

# SIMPLE WAYS TO SLOW CLIMATE CHANGE

## Drive less and drive smart

- Take the 2-mile challenge.** Whenever possible, bike or walk to places that are two or fewer miles away.
- Take public transit or carpool when biking or walking are not options. (East Bay Bicycle Coalition, see [www.ebbc.org](http://www.ebbc.org).)
- Get your engine tuned up and keep your tires inflated.

## Be energy-wise at home

- Buy **energy-efficient appliances** when you can; besides saving about 30% less energy than ones made 10 years ago, you'll save money in the long-term
- Unplug** rarely used appliances. Many appliances still use up electricity even when turned off.
- Turn off your computer when not in use (especially at night), rather than putting it "to sleep."
- Turn off lights** when you leave the room.
- Change your light bulbs to **Compact Fluorescent bulbs**—be sure to recycle, they contain mercury so cannot be thrown in the trash—or better yet, move to **LED lights**. Although more expensive they last even longer than CFLs and do not have a disposal problem.
- Turn the thermostat down in the winter and up in the summer.

## Limit disposables

- Take your own **coffee mug** to the coffee shop instead of getting a paper one. Some cafes give discounts. You can also bring your own to-go containers for take-out food!
- Use **cloth napkins** rather than paper napkins; use **rags** and **dishtowels** instead of paper towels.
- For large gatherings try using **compostable** or recycled forks, knives, plates, and cups.
- Switch to **rechargeable batteries**.
- Solve the "paper or plastic" dilemma by taking **your own bags** to the store or say "**no thank you**" to a **bag** when making small purchases. Tell the dry cleaner you don't need a plastic bag over your clothes.
- Instead of buying **bottled water**, get a filter for household water, and carry your own water bottle. Break the Bottled Water Habit: <http://www.newdream.org/water/> and [www.storyofstuff.org](http://www.storyofstuff.org).
- Avoid packaged products and foods** whenever possible, or choose those with minimal packaging that can be recycled.
- Save trees and **stop your junk mail** at [www.stopjunkmail.org](http://www.stopjunkmail.org), [www.41pounds.org](http://www.41pounds.org), or [www.catalogchoice.org](http://www.catalogchoice.org).

## Buy organic and locally-grown produce or grow your own

- Support your local **Farmers Market** or a Community Supported Agriculture (CSA) program, which lets you buy shares in a farmer's annual harvest. See [www.localharvest.org](http://www.localharvest.org).
- Buy products in the store that are **made locally** being mindful of how far that product had to travel to get to your local store.
- Grow your own fruits and vegetables!** Tear out your lawn and plant an organic edible garden and Food Forest.

## Practice water conservation at home

- Check for leaks in your home.
- Install a **low-flow** showerhead, and take **shorter showers**. Turn off water when soaping up!
- Avoid letting the water run** while brushing your teeth, shaving, or washing dishes.
- Remove your lawn, and plant natives, which use much less water, instead.
- Using your dishwasher can reduce water usage by about 35%.
- Install a grey water system in your garden.
- For conservation rebates and services see: [www.ebmud.com](http://www.ebmud.com); click on Rebates under Quick Links.

## Recycle everything you can

- Review which items can be recycled in your area.
- Start a **compost** bin or add all food waste to your green bin if your service allows this.
- Buy **recycled paper products** including cards, computer paper, stationery and toilet paper.
- All electronic waste must now be recycled in California. This includes computers, monitors, electronic games, TVs, stereos, cell phones, etc. Batteries too!
- Must it be brand new?** Buy used clothing, furniture, household goods, books, gifts, etc.
- Avoid Plastics.** Period! If there is a natural and biodegradable alternative, choose that first.

## Green your house (Residential energy use accounts for 16% of greenhouse gas emissions)

- Control heat, air, and moisture leakage by sealing windows and doors.
- Take advantage of local, state, and federal rebates and tax credits to insulate your home and buy double-pane windows. See [www.dsireusa.org](http://www.dsireusa.org) for state and federal incentives for renewable energy and energy efficiency.
- Consider renewable energy sources like solar electric systems, solar hot water, compact wind turbines, and geothermal heat pumps to help power your homes.
- Consider non-toxic paint, bamboo flooring, cork-tiles and countertops made from recycled wastepaper if you are remodeling your home soon.

## Follow eco-tips for washing your clothes

- Use **cold water** to wash and rinse.
- Save up to launder a few big loads instead of many small ones.
- Be the first on the block to **use a clothesline** on sunny days.
- Use plant-based, **petroleum-free cleaning products** for laundry and all cleaning needs.

## Eat less meat

- Addicted to burgers? You can start slowly by cutting back on eating meals with meat to once or twice a week. See the documentary film "Food, Inc," [www.foodincmovie.com](http://www.foodincmovie.com).

## Get involved in your community and spread the word about going green

- Every dollar we spend is a vote for how we want the world to be. Support green businesses and show your gratitude to them for using sustainable practices. Encourage other merchants to change practices that harm the environment. Kindly share your knowledge with others.
- Join the Transition Towns movement, mobilizing communities through organizing efforts to be more resilient around the peak oil and climate change crises. [www.transitionnetwork.org](http://www.transitionnetwork.org)
- Join organizations like the [Sierra Club](#), [1Sky](#), [Greenpeace](#), [Bay Localize](#), [Union for Concerned Scientists](#), [Kyoto USA](#), and [350.org](#), who are working around the clock to slow climate change.
- Browse the web for more tips. [Grist.org](#), [Idealbite.org](#), [NoImpactProject.org](#), [storyofstuff.com](#), and [Treehugger.org](#) are some of the many sites dedicated to sustainable living. Read *The Story of Stuff* by Annie Leonard and *Eaarth* by Bill McKibben.
- Join a free Ecology Center Climate Action Group and get involved with Green Sangha** See [www.ecologycenter.org/climatechange](http://www.ecologycenter.org/climatechange) and [www.greensangha.org](http://www.greensangha.org).

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## Take Action

I will commit to changing the following 1-3 actions in the next month:

- 1.
- 2.
- 3.

For more Ecological Dharma see: [www.InsightBerkeley.org/ExpandingPractice.html](http://www.InsightBerkeley.org/ExpandingPractice.html)