



Individual Vs. Systemic Change: **WE BELIEVE IN A BOTH/AND APPROACH.** We know that individual action alone won't get us there and systemic change is absolutely necessary. To be effective change agents we need to be walking the talk. Choose to do BOTH. Pick one new individual/personal action and one system-based action to take.

1. **SHARE YOUR WHY:** To begin with, a lot of people don't understand how important it is to begin the climate change conversation with family, friends and community members. In fact, almost 2/3rds of Americans rarely or never talk about climate change with family and friends. Share why you care and talk about climate solutions that matter to you. Putting it on a personal note can remove political overtones.
2. **CHANGE THE WAY YOU EAT:** If cattle were their own nation, they would be the world's third-largest emitter of greenhouse gases. Making the transition to a plant-based diet may be the most effective way an individual can stop climate change. Why not try to reduce your meat intake for Earth Week, or even Earth Day? Have a Personal Action Plan, whether you Go Gradual as in Meatless Monday or go Cold Turkey. There are lots of online resources to help.
3. **SUPPORT RENEWABLE ENERGY:** Support Community Choice Energy and join Climate Reality in our efforts to support it in Orange County. Go Solar, Drive Electric, Change one thing to be more energy efficient in your home. Install digital controls or change all your lighting to LED.

4. **PLANT A TREE:** Plant a tree in your own yard for shade, fruit, or to attract birds. Planting a tree for Earth Day can be a fun family experience. Or join us in planting trees in OC parks and along walkways with the OC Tree Movement as soon as we're able to resume social gatherings.
5. **PLANT A GARDEN:** Now that you're thinking about eating more plants, it's a great time to plant a vegetable garden. A backyard Victory Garden is a great way for you and your family to enjoy fruits and vegetables. Or plant native plants and wildflowers that draw pollinators and create habitat for birds, bugs and wildlife.
6. **PRACTICE THE 5 R's OF WASTE REDUCTION:** They are Refuse, Reduce, Reuse, Recycle, Rot. REFUSE is the first rule. Since only about 10% of our waste has actually been recycled, it's best to limit what we use in the first place. See more on the 5 R's here: <https://meowmeowtweet.com/blogs/blog/the-five-rs-refuse-reduce-reuse-recycle-rot>.
7. **CHANGE THE WAY WE SHOP:** Shopping local instead of ordering from an online retailer can reduce transportation freight costs and make a big difference in the carbon footprint of your goods while supporting local business. Look for Zero waste shops like Eco Now OC in Costa Mesa, and you can order online for pickup. Drive-through Farmers Markets are a great option for fresh produce
8. **CHANGE THE WAY YOU TRAVEL:** This is a good time to get back on your bike or walk and hike around your neighborhood (socially distanced of course). It's also a good time to research a new EV or hybrid and support neighborhood bike/walk paths and public transportation. Planning a trip later in the year? Consider driving or ground transportation for shorter trips. And if you must fly, look into carbon offsets that fund conservation.
9. **USE YOUR VOICE:** Join a group that supports your goals. Climate Reality collaborates with multiple groups to advocate locally and globally for change. Do you know who represents you? A great civics lesson for students and adults alike is to find and keep the contacts of local and national representatives. Our "Use Your Voice" handout helps you locate your representatives and see examples of current legislation that needs your voice: [www.climaterealityoc.com/events](http://www.climaterealityoc.com/events).
10. **ENJOY NATURE ALL AROUND US:** Whether it's in your own yard or walking around your neighborhood, local park or beach walk, take time to enjoy the songs of birds, the warmth of the sun or the coolness of the breeze. Trees, clouds, wildlife can bring joy and restore our balance. Nature can also inspire our creative side, whether it's taking photographs of wildlife, creating art from natural materials, or finding inspiration for music.

**BONUS ACTION - EDUCATE OURSELVES & OTHERS:** Commit to watching a Climate Change video or listening to a Climate Change podcast with family and friends.

Check [www.climaterealityoc.com/events](http://www.climaterealityoc.com/events) for more Earth Day resources and share your Earth Day ideas with us at: [climaterealityprojectoc@gmail.com](mailto:climaterealityprojectoc@gmail.com) or on the Climate Reality OC Chapter Facebook group.