

## Actions to Reduce Your Carbon Footprint

### FOOD

- Meatless Mondays – even if you’re not ready to go vegetarian or vegan, you can designate 1 or 2 meatless days each week.
- Reduce waste by buying just what you need and utilizing all leftovers. The UN Report highlighted the importance of plant-based, meatless diets in reducing our carbon footprint.
- Compost – find out about composting options in your area. You can learn about worm bin composting at local garden shows and fairs.
- Keep everything plastic free if possible. Try giving up single-use plastic for a week as a start.
- Reduce your food waste. Buy unpackaged goods. Use reusable produce bags and storage containers instead of plastic bags or wrap.
- Use reusable cups, dinnerware, utensils, straws and linens whether you are eating out or at home.

### ENERGY

- Install a smart thermostat and turn your water heater temperature down 3 degrees.
- Check to see if you have energy efficient HVAC and insulation.
- Use LED light bulbs and turn your lights off when you don’t need them.
- Unplug “Dracula” devices like computers.
- Use your dishwasher. Dishwashers use less energy than handwashing.
- Find out if you can switch to a “green” renewable electricity company.
- Consider installing solar.

### WATER

- Install smart, water-saver shower heads and aerators.
- Take shorter showers.
- Get leaks fixed right away.
- Flush less.
- Use a reusable water bottle and reusable cup even when you go to restaurants, since many are using single-use cups.
- Plant trees that are native to your area and switch your yard from grass to native plants and permeable hardscape.

### TRANSPORTATION

- Use alternative transportation: walk, bike, ride public transit, carpool.
- If you are buying a car look at Hydrogen, EV and hybrid options and try to size down.

### VOTE & SHARE YOUR VOICE

- Talk about climate change and its human cause with family, friends and colleagues.
- Use your vote to elect candidates who support science and are ready to enact climate-friendly legislation for renewable energy, carbon taxes, and low or zero emission transportation.
- You can also influence legislators and influencers by attending rallies, speaking at public comments during city council meetings, calling local/state/federal representatives’ offices, signing online petitions, etc.
- Vote with your dollars – divest from banks or investments that fund fossil fuel companies or other industries contributing to green-house gasses.
- Invite a Climate Reality Leader to come speak to your neighborhood group, scouts, church, community organization, etc.  
*Allen Finlayson at [margo.ipc@gmail.com](mailto:margo.ipc@gmail.com) or Linda Kraemer at [LKTeamTalk@gmail.com](mailto:LKTeamTalk@gmail.com)*
- Join the LA Climate Reality Chapter (<https://www.climaterealityproject.org/chapters>) or become a Climate Reality Leader (<https://www.climaterealityproject.org/training>)

### CHECK YOUR FOOTPRINT

- <https://carbonfund.org/individuals/> and while you’re at it check on offsets for air travel at Carbon Fund or third-party certification programs, such as Verified Carbon Standard (<https://verra.org/>), Gold Standard (<https://www.goldstandard.org/>), and Green-e Climate Standard (<https://www.green-e.org/programs/climate>).