



Harmonize with Earth

AN ACTION TOOLKIT

Talk about it.

According to the Yale Program on Climate Change Communication, people learn most of the important facts they know about climate change from loved ones.



Think Globally *Eat Locally*

Leverage local and plant-based foods when possible - this cuts down on the miles your goods travel and lessens GHG emissions.



Two Birds, One Stone

We all spend time and money taking care of ourselves - whether it's buying a winter coat or starting your retirement fund, we can turn these aspects of self-care into activism.



It starts at home

Shrink your domestic footprint with small tweaks. Small choices and changes can add up to save our planet while saving you money on your energy bill.



MAKE A COMMITMENT

Every day has an impact regardless of our intent, so let's use that opportunity to make a difference. Commit to a better future with us today [here](#).



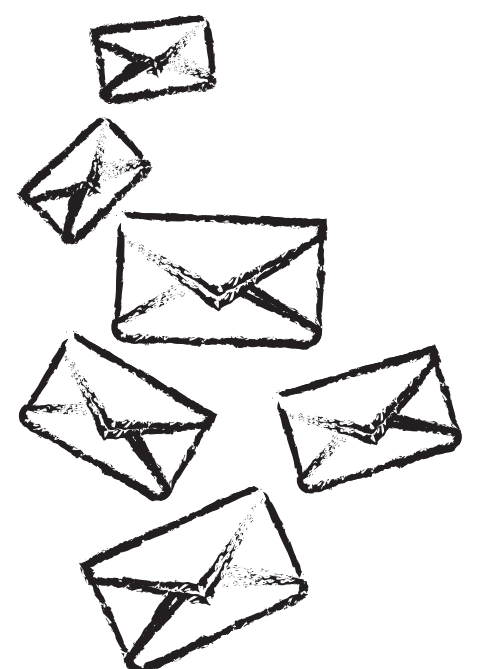


Use Your Voice

Speaking about climate change with others can be intimidating, but we cannot inspire change without involving and educating others. We can recognize our power by using our voices and acting as agents of change within our communities. Plus, anyone can do it, regardless of background.

Here are a few things you can bring to the table:

- *Talk* about the positives of living more sustainably
 - What has been your favorite plant-based meat you've tried?
 - Have you saved money since going solar or updating appliances?
- *Engage* your community - talk to people at work/school/activities about climate change and the steps we can take to make a difference!
- *Share* information about climate change
 - The Yale Program on Climate Change Communication has shown that people learn the most about climate change from loved ones
- *Vote* for candidates who care about climate change in elections, and take a friend with you!
 - Contact your elected officials and encourage them to make green policy choices
- *Support* organizations doing good work by volunteering or donating



Find information about voting in US elections [here](#), and EU elections [here](#).



Consume Consciously



We live in a world of convenience, where everything is in season year-round and every apple is blemish free... *but at what cost to our planet?*

One third of food is thrown away each year globally. Food is often thrown away before it even makes it to our homes because it is misshapen, too small, too large or otherwise undesirable. **Have a plan when you grocery shop** so that you can avoid creating waste. No one is perfect,

but try to compost plant waste when possible to help regenerate our soils. Food is transported from areas where it is in season to areas where it is not. This means extra miles driven and extra refrigeration, which can be very energy intensive.

To avoid this, we can **buy locally grown**, in season fruits and vegetables whenever possible. We can also lower our dietary impact on the planet if we **eat more beans, greens, and grains** - eating a plant based diet can reduce your carbon footprint by more than 70%.

Calculate your carbon footprint including diet [here](#). Play around to see what impact small changes can have!



Make it all Count

When we are thoughtful about the choices we make and the ways that we take care of ourselves, we can turn ordinary events into moments of action. Here are a few ways you can help:

Fast fashion has a long-term impact on our climate. In the pursuit of sustainable style, we can **thrift** for clothing whenever possible, and **donate** clothes we no longer need to donation centers or to loved ones rather than throwing them out. This saves you and your community money, while giving an outgrown or unwanted item a new life. The same goes for things like furniture - try browsing an online marketplace or a local thrift store before buying that desk or table new. We can also make an investment in **reusable versions of single use products**, like sandwich bags, grocery store totes, cling wrap, etc, and save on replacing these goods.

You may also want to **consider reviewing your bank's climate policies**. For instance, do they donate a portion of their profits to climate issues? Also, check your bank's funding portfolio and avoid banks that fund fossil fuel companies when possible. If you have the capital, **invest in clean energy** and divest from fossil fuels. Renewables and other clean technologies are only growing in usage, and this is activism you could actually profit from.

Learn more about the environmental impact of fast fashion [here](#).



Green Up Your Act

Prevent lost energy

- Unplug appliances with clocks or lighted displays when not in use
- Check your home's caulking and insulation to reduce lost energy
- Check your air filters several times per year
 - a dirty filter makes your air conditioning and heating work harder than they need to

When replacing appliances






- LED bulbs last much longer and use significantly less energy than incandescent bulbs; make the switch to cut your energy bill
- New, highly efficient toilets use far less water than older models
- Save yourself some work - water efficient dishwashers use less water than washing dishes by hand

Test your knowledge...

Learn about how you could have a more efficient home with [this quiz](#) from saveonenergy.gov

Strength in Numbers

Simple actions each of us can take will reduce our carbon footprint, and this is magnified if many people take the same actions. We've crunched the numbers to provide insights if 1000 people would do the following:

Climate Action	Individual Impact	1,000 People
Substituting soy/oat milk for the cow's milk in your coffee	50 lbs CO ₂ saved annually	 x 375
Composting 24 lbs of food every year	140 lbs CO ₂ saved annually	 x 1000
Air drying clothes in the spring and summer	250 lbs CO ₂ saved annually	 x 1850
Moving thermostat down 2 degrees in winter	600 lbs CO ₂ saved annually	 x 4,500
Maintaining pressure in car tires with regular checks	2000 lbs CO ₂ saved annually	 x 14,500
Voting in local elections & inviting 5 friends to join	6 voices heard	6000 voices heard



x 1 = 135 lbs CO₂ saved

Emissions sources: (1), (2), (3), (4), (5).

Tree equivalent calculator: (6).



Learn

&

Grow

Use the QR code below or click [here](#) to make a pledge of your own to lead a more sustainable lifestyle. Check out our [action partners](#) on our website to find more climate action resources.



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