

## Help Alameda Protect the Climate! Each of Us Can Make a Difference!

Post this checklist in a prominent location at home. Tackle one or two items at a time, checking them off as you complete projects and change habits. In addition to protecting the climate, you'll save money and incorporate a little more activity into your lifestyle. Check out helpful resources on page 2.

### Transportation - Every gallon of gasoline burned creates 19.4 lbs of CO<sub>2</sub> (from US EPA)

#### The most critical change needed in Alameda is to drive less!

- Bike or walk for short trips
- Take public transit (relax - no fighting traffic)
- Carpool for work, kid activities, meetings, clubs...
- Share rides with friends (ask/offer)
- Work from home if possible (even 1 or 2 days/week helps)
- Make your next vehicle purchase a fuel efficient one

#### Drive more efficiently:

- Clear out items from trunk/rear of vehicle (do seasonally)
- Check tire air pressure monthly
- Keep regular vehicle maintenance schedule
- Do not speed; accelerate/brake smoothly
- Consolidate trips
- Organize route in clockwise pattern to minimize left-hand turns

### Conserve Energy at Home

#### Heating/Cooling:

- Insulate attic (and exterior floors & walls if you can)
- Replace/clean furnace/AC filters at least every other month when in use (keep a supply)
- Caulk/weather strip windows & exterior doors
- Lower (raise) thermometer setting 2 or 3° F in winter (summer) – Set automated thermostat
- Use a fan to cool instead of A/C (turn off when leave room)
- Install insulated curtains or blinds

#### Lighting:

- Replace incandescent with florescent or LED bulbs

#### Water Heater:

- Install tank & hot water pipe insulation properly
- Set to 120° F

#### Appliances:

- Use appliance energy saving options like air dry
- Purchase only Energy Star® appliances
- Consider replacing old fridge/doing w/o 2<sup>nd</sup> one (AMP rebates)
- Clean refrigerator coils every 6 months

#### Laundry:

- Wash full loads only
- Use cooler water for wash cycle; cold for rinse cycle
- Clean dryer filter after each load
- Don't overheat clothes in dryer (use moisture sensor option)
- Even better, install and use a clothes line or rack

#### Dish Washing:

- Skip garbage disposal; scrape food bits in green bin
- Only run dishwasher when completely full
- Fill sink/basin rather than letting water run over dishes down drain

#### Miscellaneous:

- Install reduced flow shower/faucet heads
- Turn items off when not in use (lights/TV/computers...)
- Take shorter showers
- Consider installing solar panels
- Microwave when you can (more efficient than stove/oven)
- Use smart power strips & unplug chargers/electronics when not in use
- Check out a Kill-A-Watt meter to measure electrical use (see back)
- Complete an AMP online home energy audit (see back)

### Reduce, Reuse, Recycle and Rot (Compost) – The Four R's

- Put paper, plastic, glass & metal in blue bin
- Put yard trimmings, food & food soiled paper in green bin
- Reuse mug for coffee/ tea instead of paper cups
- Reuse cloth bags instead of paper/plastic for all shopping
- Buy reusable bottles and use tap water (filtered if you like) instead of bottled water
- Sign up for Freecycle™ to give/get local free items (see back)
- Decline plastic straws/utensils
- Repair items instead of replace if salvageable
- Buy used instead of new items when possible
- Buy products made from recycled materials when possible
- Donate/sell gently worn, no longer wanted items
- Pack no-waste lunches (see back for help)
- Switch to paperless billing  Reduce junk mail (see back for help)
- Return hangers to cleaners, berry baskets to farmers market, etc.
- Reduce food waste

### Other Ways to Help

- Plant trees; grow a fruit and vegetable garden
- Shop locally; buy locally made/grown goods
- Call elected officials, speak at city council meetings
- Invite CASA to speak at one of your gatherings
- Use rake, broom & push mowers for yard work
- Write letters to the editor
- Give 10 friends this list and help them get started on it
- Create your own way to influence others to protect the climate

Helpful resources on page 2

Questions? Email Joyce Mercado at [jlmercado246@us.ibm.com](mailto:jlmercado246@us.ibm.com)

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## Helpful Resources Available for Alamedans!

### Transportation

- **BikeWalkAlameda:** Nonprofit encourages everyday walking and biking in and around Alameda. Organizes Bike to Work Day events, offers bike classes, bicycling & walking map of Alameda, safety flyers and experts to address biking and walking questions and concerns. Members get discounts at local bike shops and more. [www.bikewalkalameda.org](http://www.bikewalkalameda.org)
- **Changing Gears Bike Shop:** Nonprofit offers earn-a-bike programs, refurbished bicycle sales, bicycle field trips, job training, library bike program and accepts used bike donations. [Info@ChangingGearsBikes.org](mailto:Info@ChangingGearsBikes.org), [changinggearsbikes.org](http://changinggearsbikes.org)
- **Alameda Bike Shops:** Local bike shops offer bike and accessory sales, maintenance and repairs, advice and more. List of Alameda bike shops here: <http://bikewalkalameda.org/resources-2/bicycle-shops/>
- **AC Transit:** Trip Planner, Bus Schedules and Routes [www.actransit.org](http://www.actransit.org)
- **Ferry Service:** Alameda/Oakland Ferry & Alameda Harbor Bay Ferry. [www.eastbayferry.com](http://www.eastbayferry.com)
- **511.org:** Public transit trip planner, find a carpool, get FasTrak<sup>®</sup>, check traffic conditions, bike routes, etc. Call 511 or [www.511.org](http://www.511.org)

### Energy and Water Conservation

- **Alameda Municipal Power (AMP):** See the “Save Energy” and “Resources” sections of [www.alamedamp.com/](http://www.alamedamp.com/) for online Home Energy Calculator, Home Energy Audit (510-748-3900), Kill-A-Watt monitor, rebate programs, educational info for adults and kids, etc.
- **PG&E:** Residential rebates & energy conservation tips [www.pge.com/myhome/saveenergymoney](http://www.pge.com/myhome/saveenergymoney)
- **East Bay Mud:** Water saving tips, gear & rebates [www.ebmud.com/environment/conservation-and-recycling/watersmart-center](http://www.ebmud.com/environment/conservation-and-recycling/watersmart-center)

### Reduce, Reuse, Recycle and Rot (Compost)

- **Alameda County Industries (ACI):** Publication & Resources page has detailed guides on what goes in each bin, solving green bin issues, educational videos and lots of useful links. [www.alamedacountyindustries.com/alameda/residential-resources.html](http://www.alamedacountyindustries.com/alameda/residential-resources.html)
- **StopWaste.org:** Great information including household hazardous waste disposal, bay friendly gardening, green building, environmental purchasing links, etc. [www.stopwaste.org/home/index.asp](http://www.stopwaste.org/home/index.asp)
- **Alameda Freecycle:** Connects people getting rid of unwanted items with others seeking the same items. No item is too big or small. All must be free. <http://groups.yahoo.com/group/AlamedaFreecycle/>
- **Donate Items:** Alameda Goodwill Store 2319 Lincoln Avenue, 510-337-2742; Salvation Army 1918 Park Street, 510-769-7401; Musical instruments for AUSD email [info@AlamedaEducation.org](mailto:info@AlamedaEducation.org); Friends of the Alameda Free Library (books, DVDs, CDs) <http://www.friendsalamedafreelibrary.org/untitled-c1ktj>
- **Universal Waste Management, Inc.:** Free recycling of electronics, textiles, non-useable clothing, pillows, curtains, bedding, linens, towels, small household appliances, paper products and more at 721 37<sup>th</sup> Ave. Oakland [www.unwaste.com](http://www.unwaste.com) 888-832-9839
- **Sell or Buy Used Items Online:** [www.ebay.com](http://www.ebay.com) or [www.craigslist.org](http://www.craigslist.org)
- **Bay Area Salvage Yards:** [www.ohmegasalvage.com/resources/bay-area-salvage-yards/](http://www.ohmegasalvage.com/resources/bay-area-salvage-yards/)
- **Habitat ReStore:** Accepts donations and resells new/gently used building materials and household goods. 9235 San Leandro Blvd, Oakland, CA 94603 <http://www.habitat.org/restores>
- **No-waste Lunches:** Information on how to pack waste free lunches [www.wastefreelunches.org/](http://www.wastefreelunches.org/)
- **Junk Mail Reduction:** fee service [www.41pounds.org](http://www.41pounds.org) or free online kit <http://bayarearecycling.org/content/learn-how-reduce-your-junk-mail>

### Tree Planting, Gardening and Food

- **Alameda City Street Trees:** Home owners can request a street tree by e-mailing Todd Williams at [twilliams@ci.alameda.ca.us](mailto:twilliams@ci.alameda.ca.us) with their name, phone number and address.
- **Alameda Nurseries:** Trees, native plants & vegetable garden essentials at Ploughshares Nursery, Encinal Nursery & Thomsen’s Garden Center. Free workshops: [www.ploughsharesnursery.com](http://www.ploughsharesnursery.com)
- **Alameda Backyard Growers:** Building community 1 veggie at a time. Free membership, monthly education & support donating excess produce to those in need locally. <http://alamedabackyardgrowers.org/>

### General Community Assistance

- **Community Action for a Sustainable Alameda (CASA):** We made this checklist. Join our distribution list to hear about environmental events in Alameda by emailing [info@casa-alameda.org](mailto:info@casa-alameda.org). Like us on [facebook](https://www.facebook.com/casa.alameda). Check out our website [www.casa-alameda.org](http://www.casa-alameda.org)
  - **Alameda Schools Go Green Group:** To share ideas with other schools join <http://groups.google.com/group/alameda-schools-go-green>
  - **Planet Alameda:** City of Alameda’s environmental resources guide [www.planetalameda.com](http://www.planetalameda.com)
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