

## **11 Things You Can Do For the Climate**

### **Meatless Mondays**

Experiment with cutting meat out of your diet, especially red meat! The meat industry emits a large amount of methane, one of the most damaging greenhouse gases. It also uses masses of land and resources in order to provide food, water, and shelter for the animals. The Amazon Rainforest is being burnt in order to create more land for meat production. Even cutting out meat for one day a week makes a difference!

### **Bike or Walk**

Motor vehicles burn gasoline which emits carbon dioxide, the most abundant greenhouse gas, through tailpipes. They also majorly support the oil industry, which is destroying ecosystems through drilling and fracking an extremely limited resource. Bikes and walking give off NO emissions, keep you in shape, and save you money!

### **Go to a Farmer's Market**

When you buy things like produce from local farmers instead of supermarkets, the food has not been shipped overseas. The transportation of food overseas on large commercial ships emits large quantities of greenhouse gases. Also, eating from organic farmers' markets is healthier!

### **Thrift Shopping**

The modern fashion industry accounts for a huge amount of landfill waste due to ever-changing trends. Also, the clothing is often made using an abundance of unsustainable materials. Buying from thrift shops helps reuse unwanted clothes instead of letting them get thrown away. It also helps channel support away from unsustainable fast fashion.

### **Ecosia Browsing**

The "Ecosia" search engine works just like Google but gives all of its proceeds to an organization that plants trees. Their income comes from running small ads on the margins of the search engine. They publish their financial reports monthly so you can make sure they are economically honest, and all of their servers are run on 100% solar energy. Supporting them helps support sustainable practices and tree-planting, especially in an age of such rampant deforestation.

### **Avoid Heating and Air Conditioning**

Heaters and AC use energy, which more often than not comes from burning fossil fuels and emitting greenhouse gases. Next time you're cold, put on a sweater. Next time you're hot, open the windows. But if you do use air conditioning, keep the windows SHUT so that you don't waste the energy!

### **Cut Down on Single-Use Plastic**

Plastic fills our landfills, and takes forever to decompose. It also accidentally gets into oceans, killing wildlife. It's made out of oil, which is a nonrenewable resource. Invest in reusable cups, water bottles, straws, silverware, grocery bags, and takeout containers to avoid single-use plastic. Take these items with you whenever you go shopping or go out to eat.

### **Plant a Garden**

Plants sequester carbon dioxide and release oxygen through photosynthesis. Different kinds of flowers also help keep pollinator species alive. By starting up even a small garden, you can grow your own food, create an aesthetic masterpiece, and help clean the air of carbon dioxide.

### **Unsubscribe from Paper Junk Mail**

Do you ever get college-advertising letters, coupons, or magazines in the mailbox that you immediately recycle? What a waste of paper. Take the time to go online to the source of the junk mail and unsubscribe in order to limit paper waste and save some trees.

### **Talk to People**

Tell three friends and/or family members about the climate crisis. It's important that you listen to how they respond in order to have a meaningful discussion about how the climate crisis affects everyone.

### **Start a Discussion on Social Media**

Take a moment out of your day to post or share information about the climate crisis. Social media is a great way to start more conversations about the climate, and learn how many of your friends share similar interests.