

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

Post this checklist in a prominent location at home. Tackle an item or two 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. Leverage the plethora of resources on page 2 for assistance completing the checklist items.

### 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, events, clubs, etc.
- Work from home if possible (even 1 or 2 days/week helps)
- Buy an electric vehicle
- Carpool adhoc via uberPOOL or Lyft Line apps

#### 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 exceed speed limit; accelerate/brake smoothly
- Consolidate trips
- Organize route in clockwise pattern to minimize left-hand turns

### Conserve Energy at Home

#### Heating/Cooling:

- Insulate attic  Seal air gaps to exterior throughout house
- 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) – Use automated thermostat
- Use a fan to cool instead of A/C (turn off when leave room)
- Install insulated curtains/blinds & plastic film on windows

#### Lighting:

- Replace incandescent with florescent or LED bulbs

#### Water Heater:

- Properly install tank & hot water pipe insulation
- 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 before 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:

- Request an AMP home energy audit (see back)
- Turn off items when not in use (lights/TV/computers...)
- Take shorter showers
- Consider installing solar panels
- Microwave when possible (more efficient than stove/oven)
- Use smart power strips & unplug electronics when not in use
- Swap gas appliances for electric
- Install reduced flow shower/faucet heads

### 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 & any extras you don't need
- Repair items instead of replace if salvageable
- Buy used or made from recycled materials products instead of new
- Use dish cloths/rags/mops instead of paper towels/other disposables
- 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 (see back for help)

### Other Ways to Help

- Plant trees (lots of trees); grow a fruit and vegetable garden
- Shop locally; buy locally made/grown goods
- Eat less beef and avoid processed foods with palm oil
- Eat a plant-based diet
- Use rake, broom & push mowers for yard work
- Vote and campaign for environmentally minded officials
- Give 10 friends this list and help them get started on it
- Volunteer with/donate to organizations which protect the climate

For electronic copy of this checklist visit our website at [www.casa-alameda.org](http://www.casa-alameda.org)

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

December 2020

---

## Helpful Resources Available for Alamedans!

### Transportation

- **BikeWalkAlameda:** Nonprofit offers bike safety classes, bicycling & walking map of Alameda, safety flyers and experts to address biking and walking questions and concerns. [www.bikewalkalameda.org](http://www.bikewalkalameda.org)
- **East Bay Bicycle Coalition:** Free bike safety classes. <https://bikeeastbay.org/>
- **AC Transit:** Trip Planner, Bus Schedules/Routes, real time arrival information using NextBus or Routeasy apps or [www.actransit.org](http://www.actransit.org)
- **BART:** Quick planner, real time departures, schedules <https://www.bart.gov/>
- **Ferry Service:** [www.eastbayferry.com](http://www.eastbayferry.com)
- **511.org:** Public transit trip planner, find a carpool, get FasTrak®, check traffic conditions, bike routes, etc. Call 511 or [www.511.org](http://www.511.org)
- **Golden Gate Electric Vehicle Association:** Nonprofit provides guidance on electric vehicles, rebates, charging, etc. [www.ggeva.org](http://www.ggeva.org)

### Energy and Water Conservation

- **Alameda Municipal Power (AMP):** Request a free Home Energy Audit (510-748-3900), check out energy efficiency rebates, energy information for kids, etc. [www.alamedamp.com/](http://www.alamedamp.com/)
- **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 <http://www.ebmud.com/water-and-drought/conservation-and-rebates/>
- **Electrify Alameda:** Single stop for all things electrifying [www.electrifyalameda.org](http://www.electrifyalameda.org)

### 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/Buy Used Items:** [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); free 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 free 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. Volunteers provide monthly education, glean excess fruit from trees for donation to Alameda Food Bank, and work with City to plant fruit trees in Alameda. <http://alamedabackyardgrowers.org/>
- **The Nature Conservancy:** Protects natural lands, restores forests <https://www.nature.org/en-us/>
- **Reduce Food Waste:** Tons of helpful food waste reduction tips (food planning, storage & preparation) at [StopFoodWaste.org](http://StopFoodWaste.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)
  - **Climate Reality Project:** Training for speakers on climate protection <https://www.climateRealityProject.org/>
  - **Vote.org:** Register to vote
-