

Help 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 will 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 CO₂ (from US EPA)

The most critical change needed in California is to drive less!

- Bike or walk
- 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)
- If you buy a car, go electric, smaller is better
- Consider going car-free (use carshare if need car)

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 Replace gas furnace with heat pump
- Replace/clean furnace/AC filters at least every other month when in use
- Caulk/weather strip windows & exterior doors
- Lower (raise) thermometer setting 2 or 3° F in winter (summer) – Use smart thermostat
- Use a fan to cool instead of A/C (turn off when leaving 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
- Replace gas water heater with heat pump water heater

Appliances:

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

Laundry:

- Wash full loads only
- Wash and rinse with cold water
- Clean dryer filter before each load
- Don't overheat clothes in dryer (use moisture sensor option)
- Even better, install and use a clothesline 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:

- 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
- 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 dishcloths/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)
- Use reusable period products and reusable diapers
- 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 a plant-based diet; avoid beef, lamb, and palm oil
- Fly less (consider a staycation)
- Use rake, broom & push mowers for yard work
- Vote and campaign for environmentally minded officials
- Contact representatives at all levels about climate change
- Volunteer with/donate to organizations that protect the climate

For an electronic copy of this checklist visit our website at www.casa-alameda.org

Questions? Email Joyce Mercado at jlmercado246@gmail.com

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Helpful Resources Available for Alamedans!

Transportation

- **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
- **BART:** Quick planner, real time departures, schedules <https://www.bart.gov/>
- **Ferry Service:** <https://sanfranciscobayferry.com/>
- **511.org:** Public transit trip planner, find a carpool, get FasTrak®, check traffic conditions, bike routes, etc. Call 511 or www.511.org
- **Golden Gate Electric Vehicle Association:** Nonprofit provides guidance on electric vehicles, rebates, charging, etc. www.ggeva.org
- **Drive Clean Bay Area:** Lots of information about Electric Vehicles. www.DriveCleanBayArea.org
- **Shared Mobility resources (carshare)** <https://www.alamedaca.gov/RESIDENTS/Information-for-Residents/Getting-Around-Alameda#section-7>

Energy and Water Conservation

- **PG&E:** Residential rebates & energy conservation tips www.pge.com/myhome/saveenergymoney
- **Alameda Municipal Power:** Residential and business rebates <https://www.alamedamp.com/>
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- **East Bay Mud:** Water saving tips, gear & rebates <http://www.ebmud.com/water-and-drought/conservation-and-rebates/>

Reduce, Reuse, Recycle and Rot (Compost)

- **Alameda County Industries (ACI):** What goes in each bin, <https://alamedacountyindustries.com/alameda/residential/resources/>
- **StopWaste.org:** Great information including household hazardous waste disposal, bay friendly gardening, green building, environmental purchasing links, etc. www.stopwaste.org/home/index.asp
- **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 37th Ave. Oakland <https://dtsc.ca.gov/hw-projects/universal-waste-management-inc/> 888-832-9839
- **Sell/Buy Used Items:** www.ebay.com or www.craigslist.org or Facebook Marketplace
- **Bay Area Salvage Yards:** 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 <https://www.epa.gov/students/pack-waste-free-lunch>
- **Junk Mail Reduction:** fee service www.41pounds.org; free kit <http://bayarearecycling.org/content/learn-how-reduce-your-junk-mail>

Tree Planting, Gardening and Food

- **100K Trees for Humanity:** Tree planting organization <https://www.100ktrees4humanity.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:** Food waste reduction tips (food planning, storage & preparation) at StopFoodWaste.org and Savethefood.com

General Community Assistance

- **Climate Reality Project:** Training for speakers on climate protection <https://www.climateRealityProject.org/>
 - **Climate Action Now:** An app for writing state and federal government representatives and corporations on climate protection
 - **Vote.org:** Register to vote
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