

Climate Protection Checklist

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.

Transportation - Every gallon of gasoline burned creates 19.4 lbs of CO₂ (from US EPA)

The most critical change needed in the US 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 a 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/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 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 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 clothes line or rack

Dish Washing:

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

Miscellaneous:

- Get a home energy efficiency audit
- 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 recycle bin
- Put yard trimmings/food scraps/food soiled paper in compost 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
- Use dishcloths/rags/mops instead of paper towels/disposables
- Donate/sell gently worn, no longer wanted items
- Pack no-waste lunches
- Switch to paperless billing Reduce junk mail
- Use reusable diapers and period products
- Reduce food waste

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

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