

The Climate Change Crisis:

More than 50 Ways You Can Help Cool the Planet

TRANSPORTATION

- Buy a small vehicle that is fuel-efficient
- Drive less
- Drive 80 kph (55 mph) or less
- Car pool
- Keep your tires properly inflated
- Walk or use a bike instead of driving
- Fly less
- Work from home when you can; telecommute when possible
- Consolidate your errands
- Use and advocate for mass transportation
- Purchase carbon offsets on the internet to reduce the impact of your travel-related carbon emissions
- Advocate for walking and biking pathways

HOME ENERGY USE

- Install a solar or “on demand” hot water heater
- Turn down the temperature on your hot water heater
- Use the clothes dryer less
- Hang clothes outside or on an inside drying rack
- Insulate your house more fully
- Ensure that your windows and doors have good weather-stripping
- Reduce your water use, particularly hot water
- Buy energy-efficient appliances
- Use programmable thermostats to turn down the heat at night
- Use energy-efficient light bulbs
- Design and live in a small, energy-efficient home
- Incorporate solar, wind or geothermal energy into your home
- Ask your energy company to provide power from renewable sources

FOOD

- Grow and produce your own food
- Buy locally grown and produced food
- Buy organic food
- Avoid buying processed and packaged food
- Modify your diet to include less red meat
- Compost your garden waste
- Use re-usable grocery bags

POLITICAL

- Get involved with others working on climate change
- Lobby for local, provincial and federal policies that reduce greenhouse gases
- Encourage your school or business to reduce energy use and emissions
- Invest in businesses that are part of the solution to climate change
- Contribute funds to and support organizations and efforts working on climate change

OVERALL CONSUMPTION

- Have a smaller family
- Consume less—ask if you really need it
- Consider the total energy and transportation costs of your purchases
- Buy second-hand
- Rent, share, or borrow
- Buy things that last
- Buy things without excess packaging
- Buy from climate-friendly companies
- Recycle
- Try not to waste paper
- Carry your own cup or refillable bottle
- Buy organic cotton clothes

EDUCATION

- Talk with your friends & family about climate change
- Read more about climate change
- Write letters to the newspaper
- Buy books about climate change for public and school libraries
- Ensure that your schools are educating children about climate change
- Re-read this list once in a while to remind yourself that YOU can be a part of the climate change solution in more than 50 ways!**