

STEPS YOU CAN TAKE TO FIGHT CLIMATE CHANGE

Climate change can seem like an overwhelming problem, but there are steps we can take – as individuals and as communities – to live more sustainable lifestyles and protect the planet. These are just a few things you can start doing today:

CONSERVE WATER & ENERGY



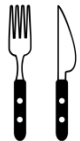
Turn off lights when you're not using them. Buy energy efficient lightbulbs and other appliances. Talk to your landlord about installing solar panels on your building. Place blinds and curtains over your windows to trap heat in the winter and cool air in the summer. Don't let the faucet run while brushing your teeth, and take shorter showers.

REDUCE, REUSE, & RECYCLE



Recycle all paper, plastic, glass, and cardboard. When something breaks, see if you can fix it before replacing it. Donate old clothing to a thrift store, rather than throwing it away. Bring your kitchen scraps to your local farmer's market to be composted.

CHANGE YOUR DIET



Eat less meat! Set aside one day each week to eat only vegetarian foods ("Meatless Mondays"). If you eat meat, try substituting chicken in place of beef. Eat lots of locally-grown fruits and vegetables; you can get these at a nearby farmer's market.

MAKE YOUR VOICE HEARD



Use your right to vote and elect officials who are working to combat climate change. Tell you elected officials that climate change is an important issue to you. Hold politicians accountable – ask them what they're doing to fight climate change and protect your community.

BUILD COMMUNITY



Talk with your neighbors about environmental issues affecting your community. Brainstorm solutions to these problems. Get to know neighbors with vulnerabilities (senior citizens, young children, handicapped, etc.) and check on them during extreme weather.