

What can I do about Climate Change?

5 Things

- Get Involved
- Be Less Reliant on Fossil Fuels
- Eat Better
- Avoid Single Use Plastic
- Learn More

1. Get Involved – Use your Money, Time, Voice!

- Give/Support a Group: (There are many!)
 - Sustainable Cleveland - Local
 - Ohio Environmental Council - Columbus
 - Climate Reality Project – NEO Chapter
 - Union of Concerned Scientists - National
 - Environmental Defense Fund - National
 - Clean Air Task Force – Centerist Policy Group
 - Carbon 180 – Centerist Policy Group
 - Clean Energy Innovation @ ITIF – Innovators
 - Climate Emergency Fund – Climate Activists
- Contact your Elected Officials
 - Tell them what you want from them.
 - Support Farm System Reform Act

2. Be less reliant on Fossil Fuels

- Almost everything you do, and everything you buy can be done with a lighter footprint.
- Use Green Energy!!!
 - **Go to energychoice.ohio.gov and select a 100% green electricity.**
- Upgrade to low energy use products. LED lights, Energy Star appliances, Smart thermostats, Instant hot water heaters, Low flow water faucets/showerheads.
- Travel lighter. Use public Transit. Drive don't Fly. Bike don't Drive. Buy an Electric Car.

3. Eat Better

- Eat (and Drink) Local when you can – Shipping burns Fossil Fuels.
- Eat Sustainably grown food – Commercial Agriculture is one of the biggest contributors to climate change. Farmer's Markets are good ways to access local food, that is grown on a small farm.
- Eat Less Meat – One of the QUICKEST ways to lower our impact globally is to eat less Meat.
- Better yet, Grow some food of your own! – Grow food, not lawns.
- Compost the rest – No backyard? Too icky? Rustbeltriders.com will do it for you.

4. Avoid Single Use Plastics

- Plastic is made from fossil fuels. It's a product of the oil & gas industry. In addition to pollution, plastic manufacturing increases Carbon emission.
- Carry a reusable water bottle
- Get a Soda Stream, no need to buy Club Soda, etc.
- Buy Veggies without plastic on them, at a farmer market or even at the grocery. You're going to wash them when you get home anyway.
- Find the glass or metal choice, for juices, bottled Iced tea, sodas. You may have to look harder, but they are there.
- Always bring a bag to the store.
- And so much more. Think about plastic you throw out, and figure out an alternative.

5. Learn More

Watch:

- Before the Flood – Overall Climate Change
- Kiss the Ground – Regenerative Agriculture
- Game Changers – Vegan life
- A Life on our Planet – Nature

Follow:

- Allan Savory & Walter Jehne – Regenerative Agriculture

Read:

- Drawdown: The Most Comprehensive Plan Ever to Reverse Global Warming
- The Death and Life of the Great Lakes – Dan Egan

You CAN make a difference!