

Actions You and Your Family Can Take to Reduce Your Carbon Footprint

Directions: For each item, circle the letter that matches with your current and future actions.

A = I already do this

B = I commit to doing this

C = Nope...not willing/doesn't apply



Transportation

A	B	C	Take public transit or carpool
A	B	C	Drive a hybrid/electric vehicle
A	B	C	Combine errands to make fewer trips in your car
A	B	C	Bike to work/school
A	B	C	Fly one less trip per year
A	B	C	If you do fly, choose to fly with airlines that commit to being carbon neutral
A	B	C	Turn off car rather than letting it idle when waiting for someone

Inside Your Home

A	B	C	Install LED bulbs/lighting fixtures
A	B	C	Turn off lights when not in room
A	B	C	Unplug appliances to avoid "ghost" energy consumption
A	B	C	Do a home energy audit to identify ways to reduce your overall energy consumption
A	B	C	Install low-flow shower heads, faucets and toilets
A	B	C	Take shorter showers
A	B	C	Dry clothes without a dryer
A	B	C	Turn down heat to 68 degrees during the day
A	B	C	Run full loads in the dishwasher versus washing by hand
A	B	C	Compost your food waste
A	B	C	Purchase energy from renewable sources (Peninsula Clean Energy)
A	B	C	Turn off heat when you go to bed
A	B	C	Replace air filters regularly
A	B	C	Insulate your water heater
A	B	C	Turn down water heater to 120 degrees
A	B	C	Downsize your home (less space to heat/cool)
A	B	C	Wash clothes in cold water
A	B	C	Insulate your home
A	B	C	Recycle, recycle, recycle!

Outside Your Home

A	B	C	Plant trees and shrubs to help with natural cooling
A	B	C	Landscape with drought resistant plants
A	B	C	Get rid of your lawn
A	B	C	Install solar panels
A	B	C	Install a cool roof
A	B	C	Install LED porch light

Directions: For each item, circle the letter that matches with your current and future actions.

- A = I already do this
 B = I commit to doing this
 C = Nope...not willing/doesn't apply



On Your Plate

A	B	C	Eat more plant-based meals on a regular basis – Green Monday
A	B	C	Plan meals to avoid food waste
A	B	C	Purchased locally grown food
A	B	C	Eat at restaurants committed to sustainable food practices
A	B	C	Buy “imperfect” fruits and vegetables
A	B	C	Decline items (bread, pasta, etc.) if you don't plan to eat them to avoid waste
A	B	C	Request smaller portions (if restaurant is known for big servings) to avoid waste
A	B	C	If eating non-plant based diet, choose foods that are produced sustainably

What You Buy

A	B	C	Use your cell phone for as long as you can versus always upgrading
A	B	C	Don't buy bottled water
A	B	C	Make your own sparkling water
A	B	C	Use reusable shopping bags
A	B	C	Buy energy efficient appliances
A	B	C	Replace old appliances with energy efficient ones
A	B	C	Buy products with minimal packaging/avoid plastic-wrapped produce
A	B	C	Don't buy/use single use items – straws, cups, etc.
A	B	C	Simplify your life – buy less stuff
A	B	C	Buy “second hand” versus brand new
A	B	C	Buy “green” cleaning products
A	B	C	Buy products that are/or contain ingredients that are sustainable produced
A	B	C	Buy products made from recycled materials – paper towels, toilet paper, paper plates
A	B	C	Purchase carbon offsets for the carbon you use that you can't decrease
A	B	C	Avoid purchasing “fast fashion”
A	B	C	Buy carbon offsets to offset your carbon footprint

Get Involved/Support Climate Activism

A	B	C	Take part in a climate demonstration
A	B	C	Vote for candidates who support sustainable policy actions
A	B	C	Write a letter to the editor
A	B	C	Talk about climate change with friends or family members
A	B	C	Write or lobby elected officials
A	B	C	Join a climate/sustainability organization
A	B	C	Donate money to green organizations
A	B	C	Request (write email, post to FB, etc.) retailers commit to sustainable practices