

## Action Possibilities for the Climate-Concerned:

### Refuse

### Reduce

### Reuse

### Recycle

Just add one thing to your daily life that feels doable to you now. When that thing becomes comfortable and habitual, pick another. St. Francis built his church slowly over time by going out each day and gathering a few stones to put in place until he had the little church he envisioned. We may not have as much time as Francis did, but each action that each of us takes moves us closer to preserving our planet for future generations.

- Add more meatless days to your week. Try out a new vegetarian recipe every couple of weeks.
- Turn off/down the HVAC – discover the power of fans to cool, the power of sweaters to warm.
- Drive less – walk, bike, Bus, Metro, carpool; consolidate trips to use less gas; research electric cars or hybrids for your next purchase.
- Sign up for Dominion Energy's Green Power Renewable Energy Program and match your home electricity use with solar, wind, hydropower, or biomass energy. For a small extra charge each month you can offset your entire electrical use. [www.dominionenergy.com](http://www.dominionenergy.com)
- Send \$100 to further the work of a faith-based climate organization: Faith Alliance for Climate Solutions, Catholic Climate Covenant, Franciscan Action Network, Interfaith Power & Light, Catholic Creation Care.
- Help Get Out the Vote with Elders Climate Action and the Environmental Voter Project.
- Join Citizens Climate Lobby and support their main goal to pass HR763 – Energy Innovation and Carbon Dividend Act.
- Waste no food this week and going forward. Clean out the refrigerator and use up all leftovers or food going bad. Compost all scraps and start nourishing the green space around you as well.
- Take a walk in the woods and observe the wonder around you. Bring a bag to pick up any litter and bring it home to recycle.
- Talk to everyone you meet about climate change – be a Climate Ambassador.
- Go on a “Buy Nothing” fast for a week, a month or?? Use what you have, give away what you no longer need or don't use, simplify your lifestyle.
- Say “no” to plastic bags, straws, containers whenever possible.
- Ask your elected officials to support legislation that keeps fossil fuels in the ground, protects natural resources, supports international efforts to fight climate change, promotes energy efficiency and renewable energy.
- Save water: only do laundry and wash dishes when you have a full load; cut minutes off your shower time.
- Plant a tree or buy a plant for your house or community. Surround yourself with greenery.
- Avoid single use products: use cloth napkins, rags for cleaning, reusable water bottles, etc.
- Fast from Styrofoam for the rest of the year – it takes 500 years to decompose. Use only biodegradable paper products if you can't use real dishes.
- Make one-pot meals and save on electricity, gas and water.
- Bring a reusable container for leftovers when you go to a restaurant.
- Always print on both sides of the paper; minimize print jobs when possible; recycle all used paper, refuse paper receipts when digital is available.