

Do not fall prey
to the error
that your actions
don't matter.
THEY DO!

Every molecule
of CO₂
kept out of
the atmosphere is a
GOOD THING!

How much time
do we have?
RIGHT NOW!!

RESOURCES

IPCC: Intergovernmental Panel
on Climate Change
www.ipcc.ch

Yale Program on Climate Change
Communication
www.climatecommunication.yale.edu

Union of Concerned Scientists
www.ucsusa.org

Sierra Club
www.sierraclub.org

Environment New Jersey
www.environmentnewjersey.org

350.org
www.350.org

Earthjustice
www.earthjustice.org

Carbon Offsets
For air travel, purchase units from
a group dedicated to offsetting the
carbon emissions created by your travel

PLEASE USE THIS FLYER AS A CHECKLIST
PLEASE USE THIS FLYER AS A WISH LIST!

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this flyer, please contact:

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This Brochure is printed on post-consumer paper
PLEASE copy and distribute at will!

You Can
TACKLE
CLIMATE
CHANGE

RIGHT
NOW!!



HERE'S
HOW

A GUIDE TO DAILY
CLIMATE ACTION

HOME

- Heat in winter: 65-68 degrees
- AC in hot weather: 76-78 degrees
- Insulate around windows
- Use rakes for leaves and shovels for clearing snow—not power tools
- Eliminate all plastic bags
- Use cloth napkins
- Use a metal water bottle instead of single-use plastic
- Reduce, re-use, recycle
- Maintain your property and clean your home chemical-free

FOOD

- Reduce meat consumption (better yet: eliminate meat!)
- Use only sustainable seafood*
- Select fresh produce and in season (no raspberries in February)
- Shop for locally-produced foods
- Purchase organic food (as much as possible)
- Use re-usable shopping bags and coffee mugs

*www.seafoodwatch.org
Your guide to sustainable seafood

TRAVEL

- Use public transportation
- Walk or bike when possible
- Reduce your driving by 10%
- Observe the speed limit (Good luck in New Jersey!)
- Drive a fuel efficient vehicle
- No idling a vehicle for more than 3 minutes (N.J. State law)
- Purchase carbon offsets for air travel*

*To purchase Carbon Offsets, see one of the following:

www.terrapass.com

www.nativeenergy.com

www.standfortrees.org

www.sustainabletravel.org

Or any nature group of your choice

SHOPPING

- Reduce shopping
- Buy at thrift and consignment stores
- Barter or trade for items and services
- Gifts: give consumables, tickets for events, and memberships
- Re-gift, re-purpose

PLAY

- Spend time in nature (at least once a week)
- Invite family and friends to join you
- Work in your garden
- Organize a community garden
- Learn the native plants in your area
- Observe and learn the birds in your neighborhood

SUPPORT

- Take care of yourself for the long haul
- Do a restorative practice on a regular basis: meditation, yoga, tai-chi, etc.
- Join local groups for shared values and collective action
- Cultivate clarity, peace, compassion, courage
- Maintain HOPE

YOU CAN DO THIS!