

GREEN TIPS Reduce your carbon foot print with these actions related to energy use and community action:

- Support wind, solar, biomass energy production. Opt to receive your energy from sustainable sources and minimize use of fossil fuels. (<https://myavista.com/your-account/buck-a-block>, <https://www.clearwaterpower.com/content/green-power-sponsorship-form>).
- During cold seasons, turn the thermostat down or purchase a programmable thermostat. Put on an extra sweater instead of turning up the heat.
- Use LED lights.
- Dry clothes on a drying rack or clothesline.
- Conserve energy by turning off appliances you are not using, shutting the microwave door so the light goes off, running your dishwasher and washing machine only with full loads.
- Purchase the highest Energy Star rated appliances within your budget.
- Support regulations promoting/supporting green building codes (According to the US Green Buildings Council the commercial and residential buildings sectors accounts for 39% of CO₂ emissions in the US. <https://www.eesi.org/files/climate.pdf>)
- Participate in recycling efforts to the greatest extent possible.
- Donate extra garden produce to local food banks and meal sites.
- Promote development of community gardens.
- Promote/support development of bike lanes, pedestrian paths and public transportation.
- Work toward development and implementation of a city compost pick-up program.
- Support public policies that reduce greenhouse gasses.

GREEN TIPS Reduce your carbon foot print with these actions related water use, landscaping and every-day purchases:

- Install low-flow faucets, shower heads and water efficient toilets (24% of the average American home water use is by toilets <https://www.conserveit2o.org/toilet-water-use>.)
- Rinse dishes using a dishpan.
- Install low-water-use landscaping by reducing lawn area, planting natives and xeriscaping. Mulch lawns, flower beds and gardens to help conserve soil moisture.
- Install water catchments for yard watering and install drip irrigation in your landscaping and garden.
- Reduce or eliminate pesticide use around your home.
- Plant pollinator-friendly plantings.
- Request no junk mail/ no catalog delivery to home mail box (This site has information on how to Opt-Out of direct mailings: <https://www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email>).
- Purchase clothes that are constructed to last- No fast fashion. (<https://www.ecowatch.com/fast-fashion-is-the-second-dirtiest-industry-in-the-world-next-to-big--1882083445.html>)
- When making a purchase, choose items with no or minimal packaging, or all recyclable packaging.

- Decline plastic straws at restaurants and reduce ball point pen use. (Every year Americans use over 500 million plastic straws. (<https://news.nationalgeographic.com/2017/04/plastic-straws-ocean-trash-environment/>). Both straws and plastic pens are some of the most common debris found on coastal beaches.)
- Choose environmentally friendly cleaning supplies.
 - Use rechargeable batteries.
 - Use reusable shopping bags. Buy them at thrift stores or make them.
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GREEN TIPS Reduce your carbon foot print with these food related actions:

- Buy local and in season or grow your own.
- Buy in bulk (with minimal packaging) and reuse your containers- even the plastic bags.
- Consider the origin and transportation of the food you purchase. (Food moved by plane has a higher carbon footprint than those moved by container ship or truck. Food transportation for US households accounts for 11% of carbon emissions associated with food consumption. <http://css.umich.edu/factsheets/carbon-footprint-factsheet>)
- Reduce meat consumption or purchase grass-fed, local meat. (Global livestock production represents 14.1% of all human made greenhouse gas emissions. <http://www.fao.org/news/story/en/item/197623/icode/>)
- Reduce food waste. Eat or compost everything you purchase.
- Do not purchase food containing palm or coconut oil unless it is sustainably sourced. (Palm oil plantations, like any monoculture agriculture, are diversity deserts; the worst harm comes from clearing virgin forests for them. The best source for sustainably produced palm oil may be Central America where land previously cleared for cattle grazing is now used for palm oil production. <https://rspo.org/about/sustainable-palpreviosum-oil>, <http://www.worldwatch.org/node/6059>, <https://phys.org/news/2017-06-palm-oil-responsible-global-deforestation.html>)
- Reduce the amount of processed food purchased.