

Save money=

Save energy=

Reduce GHG emissions=

Environmental protection=

Good for community=

Transportation and Energy Reduction



- Utilize alternative transportation one day a week (bike, walk, bus, carpool).
- Combine errands and trips to reduce miles traveled in your car.
- Hang dry your clothes instead of using your dryer.
- Unplug electronics when not in use to reduce energy consumption.
- Lower your utility bill by turning off lights, reducing your AC use, and turning down your thermostat when possible.

Waste Reduction



- Reduce single-use plastics.
- Use reusable food and beverage containers such as water bottles, coffee cups, and lunch bags.
- Reduce food waste.
- Reduce paper consumption whenever possible.
- Properly sort recyclable items such as aluminum, plastic bottles, paper, cardboard, and glass.

Food, Water, and Agriculture



- Support local agriculture.
- Reduce your meat consumption.
- Compost food scraps.
- Conserve water by using it wisely.
- Plant a backyard garden or join a neighborhood garden project.

Economy and Consumer Choices



- Shop locally.
- When buying items online choose longer shipping times.
- Thrift shop and buy gently used items.
- Vote with your dollar.
- When replacing household appliances, consider energy-efficient models.

Action, Community, and Resilience



- Inspire youth to become environmental leaders.
- Educate yourself and others.
- Connect with nature.
- Research political candidates' environmental stance before you vote.
- Support organizations and actions that promote sustainability!

The complete list of actions along with tips and resources can be found on our website:
www.SustainableLivingAssociation.org/actions