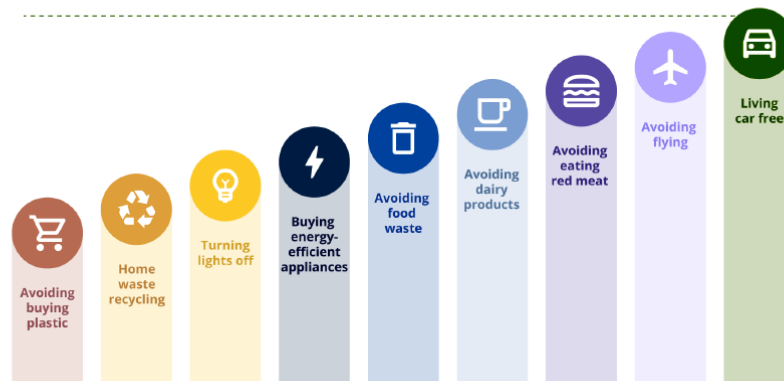


People Power: Small Lifestyle Changes Can Reduce Environmental Impacts and Make a Big Difference to Climate Change

What lifestyle choices make a bigger impact to carbon output?



Source: <https://www.bath.ac.uk/publications/climate-action-survey-results-2021-22/>

1. Reduce, reuse, and recycle

- Follow the three "R's" to conserve natural resources and landfill space.
- Separate recyclable materials from trash and place them into the correct bin.
- Not sure what's recyclable? See RecycleStuff.org for more information about your city's recycling program.
 - https://www.recyclestuff.org/ssc_cityinfo.php?County=1

2. Rehome

- See RecycleStuff.org for places that will accept and repurpose your castoffs.
- Habitat for Humanity ReStores accepts donations of reusable building materials and household items, diverting them from landfills.
- There are places that will gladly accept donations of used furniture, musical instruments, and unusual stuff like hair and crayons!

3. Volunteer

- Volunteer for cleanups in your community.

4. Educate

- When you further your own education, you can help others understand the importance and value of our natural resources.

5. Use your dollar vote when shopping and choose sustainably

- Use the power of your choices when shopping by purchasing products that are sustainably sourced and packaged in recyclable materials that can be recycled again. Your dollar vote sends a message to producers.
- Bring a reusable shopping bag.
- Buy only what you need. Freeze what you won't eat in the next few days.

6. Compost

- Compost food scraps in your yard.
- See RecycleStuff.org for a guide on "how to build a compost bin"
- <https://www.recyclestuff.org/recycling-academy>

7. Eat lower on the food chain

- Meatless Mondays is a good place to start for a healthier you while making less of an environmental footprint.

8. Go paperless

- Pay bills online.
- Ask yourself, do I really need a hard copy? Avoid printing unneeded pages. When appropriate, print on used paper.
- Create folders on your computer where you can save documents. Avoid printing.

9. Buy used

- Shop at local thrift stores or online sources that sell used stuff.
- Examples: Craigslist, E-bay, Facebook Marketplace

10. Got a yard? Plant a tree!

- Deciduous trees shade homes in the summer helping to reduce energy use, clean the air, provide homes for birds, and help combat climate change by converting carbon dioxide into oxygen.

12. Use long-lasting light bulbs

- Energy-efficient LED bulbs produce quality lighting while using less energy. They can last 10 times longer than incandescent bulbs and use at least two-thirds less energy.

13. Turn electric stuff off

- Leaving the house? Turn the furnace, air conditioning, and light switches off. Flip the light switches off when leaving rooms.
- Turn off electric vampires that suck up electricity even when you're not home. Some electronics around the house constantly draw power.
- Put them on a power strip and with a flip of a switch, no more vampires!

14. Dispose properly of household hazardous waste

- Use the county Household Hazardous Waste (HHW) program to properly discard toxic materials. It's free for county residents!
- Not sure what is toxic?
- In Santa Clara County, visit HHW.org or call (408) 299-7300.
- In San Mateo County, visit hhw@smcgov.org or call (650) 372-6200.

15. Pick up trash

- When taking a nice walk, pick up trash and place it into trash bins, even when it isn't yours.

16. Don't leave the water running needlessly

- Running the tap creates sewage while wasting water. Unused warm water going down wastes the energy it took to heat it.
- Turn the tap down when rinsing dishes for the dishwasher
- Rinse vegetables in a bowl of water, not under the tap.
- Turn the tap off when shaving or brushing your teeth.
- Run only full loads of laundry and use cold water.

17. Enjoy and appreciate nature

- Take a walk, and look at the trees, streams, and all that nature provides us. There is much to be appreciated and enjoyed. Enjoy taking the time to teach children to appreciate all that nature gives us.