

Be the Change You Want...One Small Step At A Time



The Climate Reality Project

LEE COUNTY, FL CHAPTER

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Personal Consumption	Food and diet	Home Energy	Personal Transportation	Water & Yard	Policy
<p>Bring re-usable shopping bags to the store.</p> <p>Buy produce that is not wrapped in plastic or Styrofoam.</p> <p>Bring bags for your produce instead of using new, disposable plastic bags.</p> <p>Don't buy single use bottles for drinks or containers for food.</p> <p>Carry a re-usable water bottle.</p> <p>Bring your own to-go container when you order out.</p> <p>Bring your own cup to the coffee shop instead of using a disposable one.</p> <p>Recycle everything you can.</p> <p>Do not use plastic straws.</p> <p>Set a goal to reduce your trash to one small bag per week.</p> <p>Use less stuff (Americans consume 10-15 times more stuff than most others around the world).</p> <p>Purchase used instead of new clothing. Donate your old clothes to help others.</p>	<p>Be careful not to waste food.</p> <p>Compost food scraps instead of adding to the trash.</p> <p>Reduce or eliminate your red meat consumption.</p> <p>Eat less sugar.</p> <p>Make one day or more per week a meatless day.</p> <p>Purchase locally grown and produced food.</p> <p>Purchase organically grown produce.</p> <p>Grow your own organic garden.</p> <p>Check the label and make sure none of your foods contain palm oil.</p> <p>Purchase food in bulk instead of packaging.</p>	<p>Request a home energy audit and follow the recommendations.</p> <p>Weatherize your home.</p> <p>Install solar panels for electricity (financing and tax credits now make this affordable).</p> <p>Purchase Energy Star rated appliances.</p> <p>Turn down the heat and/or AC when you're out or sleeping.</p> <p>Replace all your light bulbs with LEDs.</p> <p>Unplug your electronics and other electrical devices such as lamps, when they are not in use.</p> <p>Sign-up to purchase renewable energy from your electric utility.</p> <p>Purchase carbon offsets for your home energy.</p> <p>Run your washing machine at night to use at off-peak time.</p>	<p>Take public transportation when you can.</p> <p>Walk or ride your bicycle instead of drive.</p> <p>Purchase an electric, plug-in hybrid, or hybrid for your next car.</p> <p>Carpool and ride share.</p> <p>Reduce the number of plane trips you take.</p> <p>Purchase carbon offsets for your air and auto travel.</p>	<p>Don't let the water run when you brush your teeth or wash your hands.</p> <p>Take shorter showers.</p> <p>Use only biodegradable soaps for yourself, your laundry, dishes and pets.</p> <p>Stop watering your yard or do it less.</p> <p>Plant native plants that don't require watering.</p> <p>Don't use synthetic fertilizers.</p> <p>Don't use pesticides.</p> <p>Don't use weed killer.</p> <p>Use an electric lawn mower.</p> <p>Use an electric leaf blower instead of a gas powered one.</p> <p>Plant trees.</p> <p>Consider a "green" instead of a traditional burial or cremation.</p>	<p>Research candidates who support good environmental and climate change policy, and get out to vote!</p> <p>Sign-up for alerts on local and national bills from organizations like NRDC, LCV and others, and send letters or call your legislators.</p> <p>Attend a Climate Reality Leadership Corps training, and commit to educating your community.</p> <p>Attend town and county hearings on environmental issues and speak out!</p> <p>Ask your city or town to commit to 100% renewable energy.</p> <p>Ask your elected officials to address climate justice issues.</p> <p>Advocate for public transportation in your area, including schools, and make it electric.</p> <p>Work to prevent deforestation, and support large-scale public initiatives to plant trees.</p> <p>Divest from fossil fuel related stocks.</p> <p>Talk to your friends and family about climate change.</p>