

## Time to Act



### Transportation



- Ride the bus, walk, bike, or carpool.
- Purchase a hybrid or fuel-efficient compact car. Learn about rebate opportunities: <http://www.arb.ca.gov/msprog/aqip/cvrp.htm>
- Conserve gas by observing the speed limit.
- Turn off your engine rather than idling when you are stopped for more than a minute.
- Open your windows when going slowly; close your windows and switch to A/C when on the freeway.

### Food/Kitchen/Restaurants



- Shop at local farmer's markets & eat seasonal foods.
- Use fair trade products. Learn about Catholic Relief Services Fair Trade here: <http://www.crsfairtrade.org/>
- Eat less beef or eat a vegetarian diet at least once a week to reduce your carbon footprint.
- Purchase seafood that has been harvested sustainably. Consult the Monterey Bay Aquarium's Seafood Watch Guide <https://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-west-coast-guide.pdf>
- Store food in reusable containers, not plastic wrap or foil. Avoid using styrofoam.
- Keep a box for recyclables in your kitchen to make it easy & accessible.
- Shut off exhaust hoods when not in use.
- Use flat bottomed pans that are the size of the heating element with lids to avoid leaking heat.
- Compost food waste.
- Avoid thawing food under running water.
- Avoid using the "rinse hold" setting on your dishwasher; this feature uses 3-7 gallons of hot water for each use.
- Keep oven door closed while baking. Each time you open the door it drops the temperature by 25 degrees Fahrenheit, then using more energy to reheat the oven.

### Shopping



- Bring your own reusable shopping bags.
- Evaluate your needs and cut down on unnecessary purchases. Donate or sell unneeded items.
- Shop for clothes, furniture, and other items at secondhand stores.
- Return reusable items to merchants (e.g. plastic and rubber pots to nurseries, hangers to dry cleaners).
- Avoid plastics with #'s 3, 6 and 7 on them or products containing BPA.
- Avoid purchasing products that contain halocarbons (e.g. Halon fire extinguishers, aerosol cleaners) and other ozone-destroying chemicals.



## Garden/Yard



- Use electric powered tools instead of gas. Take old gas powered tools to recycling centers where metals can be reused. Learn about rebate opportunities here: <http://valleyair.org/grants/cgym.htm>
- Practice organic gardening and plant trees.
- Install drought-tolerant landscaping, and replace nonfunctional turf with decks, patios, low water use ground covers.
- Ensure your sprinklers are watering plants, not the sidewalk or street.
- Remove weeds; they steal water needed by your plants.
- Use hose-end shutoffs so you can turn the water off as you move from plant to plant.

## Home/Office/School



- Recycle bottles, cans, plastic, paper, and old electronics.
- Ask students to recycle their homework papers at the end of the year.
- Install solar, wind, or geothermal energy. Learn about Catholic Charities' solar partnership here: [www.sungevity.org/f/ccstockton](http://www.sungevity.org/f/ccstockton)
- Turn off all unnecessary lights.
- Switch all bulbs to compact fluorescents (CFLs)--make sure CFLs are disposed properly as they contain mercury and shouldn't be put in the landfill. Even better, switch to LEDs which last longer and have no mercury.
- Turn off all electronics, including TVs and computers, when not in use.
- Take shorter showers.
- Wash your clothes in cold water.
- Do not leave water running when showering, shaving, brushing your teeth, washing dishes or your car.
- Wash full loads of dishes and clothing
- Designate one glass for drinking water each day, or refill a water bottle.
- Keep a pitcher of drinking water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.
- At home or while staying in a hotel, reuse your towels.
- Use portable space heaters and fans in enclosed rooms.

## Community & Beyond



- Subscribe to a Community Supported Agriculture (CSA) program--CSA members receive regular baskets of organic produce from a local farmer, in return for helping to fund the farm.
- Lobby your elected representatives to support legislation that limits carbon pollution, protects fisheries from overfishing, to support international efforts to combat the threat of global climate change, that promote energy efficiency and renewable energy.
- Suggest and help organize an environmental awareness day at your parish.
- Volunteer with Catholic Charities' Environmental Justice Program.
- Start a community garden.
- Write letters to the editor expressing your concern about environmental and social justice issues.
- Contribute to international relief efforts to provide clean drinking water and food in developing countries. Learn more about Catholic Relief Services here: <http://www.crs.org/>

