What can I do about Climate Change?

5 Things
- Get Involved
- Be Less Reliant on Fossil Fuels
- Eat Better
- Avoid Single Use Plastic
- Learn More

1. Get Involved – Use your Money, Time, Voice!
   - Give/Support a Group: (There are many!)
   - Sustainable Cleveland - Local
   - Ohio Environmental Council - Columbus
   - Climate Reality Project – NEO Chapter
   - Union of Concerned Scientists - National
   - Environmental Defense Fund - National
   - Clean Air Task Force – Centerist Policy Group
   - Carbon 180 – Centerist Policy Group
   - Clean Energy Innovation @ ITIF – Innovators
   - Climate Emergency Fund – Climate Activists
   - Contact your Elected Officials
     - Tell them what you want from them.
   - Support Farm System Reform Act

2. Be less reliant on Fossil Fuels
   - Almost everything you do, and everything you buy can be done with a lighter footprint.
   - Use Green Energy!!!
     - Go to energychoice.ohio.gov and select a 100% green electricity.
   - Upgrade to low energy use products. LED lights, Energy Star appliances, Smart thermostats, Instant hot water heaters, Low flow water faucets/showerheads.

3. Eat Better
   - Eat (and Drink) Local when you can – Shipping burns Fossil Fuels.
   - Eat Sustainably grown food – Commercial Agriculture is one of the biggest contributors to climate change. Farmer’s Markets are good ways to access local food, that is grown on a small farm.
   - Eat Less Meat – One of the QUICKEST ways to lower our impact globally is to eat less Meat.
   - Better yet, Grow some food of your own! – Grow food, not lawns.
   - Compost the rest – No backyard? Too icky? Rustbeltriders.com will do it for you.
4. Avoid Single Use Plastics
   • Plastic is made from fossil fuels. It’s a product of the oil & gas industry. In addition to pollution, plastic manufacturing increases Carbon emission.
   • Carry a reusable water bottle
   • Get a Soda Stream, no need to buy Club Soda, etc.
   • Buy Veggies without plastic on them, at a farmer market or even at the grocery. You’re going to wash them when you get home anyway.
   • Find the glass or metal choice, for juices, bottled Iced tea, sodas. You may have to look harder, but they are there.
   • Always bring a bag to the store.
   • And so much more. Think about plastic you throw out, and figure out an alternative.

5. Learn More
Watch:
   • Before the Flood – Overall Climate Change
   • Kiss the Ground – Regenerative Agriculture
   • Game Changers – Vegan life
   • A Life on our Planet – Nature
Follow:
   • Allan Savory & Walter Jehne – Regenerative Agriculture
Read:
   • Drawdown: The Most Comprehensive Plan Ever to Reverse Global Warming
   • The Death and Life of the Great Lakes – Dan Egan

You CAN make a difference!