



Adapted from “AN INCONVENIENT TRUTH” by AL GORE

# 10 THINGS YOU CAN DO TO HELP SOLVE THE CLIMATE CRISIS

## SWITCH TO GREEN POWER

Although most energy in the United States comes from fossil fuels, many people are electing to use energy generated by cleaner sources such as the sun, wind, the heat of the Earth, or the burning of biomass.

FOR MORE INFORMATION ABOUT VARIOUS ALTERNATIVE SOURCES OF ENERGY, VISIT [www.eere.energy.gov/consumer/renewable\\_energy](http://www.eere.energy.gov/consumer/renewable_energy)

## PURCHASE OFFSETS TO NEUTRALIZE YOUR REMAINING EMISSIONS

It is virtually impossible to eliminate our personal contributions to the climate crisis through reducing emissions alone. By purchasing carbon offsets you are funding a project that reduces greenhouse gas emissions.

FOR MORE INFORMATION VISIT [www.nativeenergy.com/climatecrisis](http://www.nativeenergy.com/climatecrisis)

## DON'T WASTE PAPER

In addition to recycling, limit your use of paper towels and use cloth rags instead. Use both sides of paper whenever possible. And stop unwanted junk mail.

FOR INFORMATION ABOUT HOW TO REMOVE YOUR NAME FROM MAILING LISTS, VISIT [www.newdream.org/junkmail](http://www.newdream.org/junkmail) or [www.dmaconsumers.org/offmailinglist.html](http://www.dmaconsumers.org/offmailinglist.html)

## CARRY YOUR OWN REFILLABLE BOTTLE FOR WATER OR OTHER BEVERAGES

Instead of buying single use plastic bottles that require significant energy and resources to produce, buy a reusable container.

FOR MORE INFORMATION VISIT [www.grrn.org/beverage/refillables/index.html](http://www.grrn.org/beverage/refillables/index.html)

## PRE-CYCLE—REDUCE WASTE BEFORE YOU BUY

Give preference to products that use recycled packaging or that don't use excess packaging. When possible, buy in bulk.

FOR IDEAS ABOUT HOW TO PRE-CYCLE, VISIT [www.environmentaldefense.org/article.cfm?contentid=2194](http://www.environmentaldefense.org/article.cfm?contentid=2194)

## BUY THINGS THAT LAST

Buy less, choose durable items over disposable ones, repair rather than discard, and pass on items to someone who can make use of them.

FOR MORE INFORMATION [www.epa.gov/msw/reduce.html](http://www.epa.gov/msw/reduce.html) and [www.freecycle.org](http://www.freecycle.org)

## MODIFY YOUR DIET TO INCLUDE LESS MEAT

It takes far more fossil-fuel energy to produce and transport meat than to deliver equivalent amounts of protein from plant sources.

FOR MORE INFORMATION ABOUT COWS AND GLOBAL WARMING, VISIT [www.earthsave.org/globalwarming.htm](http://www.earthsave.org/globalwarming.htm) and [www.epa.gov/methane/rlep/faq.html](http://www.epa.gov/methane/rlep/faq.html)

## VOTE WITH YOUR DOLLARS

Find out which brands and stores are making efforts to reduce their emissions and operate in an environmentally responsible manner.

FOR INFORMATION ABOUT THE ENVIRONMENTAL PRACTICES AND POLICIES OF THE COMPANIES YOU BUY FROM, VISIT [www.coopamerica.org/programs/responsibleshopper](http://www.coopamerica.org/programs/responsibleshopper) or [www.responsibleshopper.org](http://www.responsibleshopper.org)

## SUPPORT AN ENVIRONMENTAL GROUP

NATURAL RESOURCES DEFENSE COUNCIL, AT [www.nrdc.org/globalwarming/default.asp](http://www.nrdc.org/globalwarming/default.asp)

SIERRA CLUB, AT [www.sierraclub.org/globalwarming](http://www.sierraclub.org/globalwarming)

ENVIRONMENTAL DEFENSE, AT [www.environmentaldefense.org/issue.cfm?subnav=12&linkID=15](http://www.environmentaldefense.org/issue.cfm?subnav=12&linkID=15)

## TELECOMMUTE FROM HOME

Reduce the number of miles you drive by telecommuting; you'll spend less time on the road, and devote more attention to business.

FOR FURTHER INFORMATION VISIT THE TELEWORK COALITION AT [www.telcoa.org](http://www.telcoa.org)