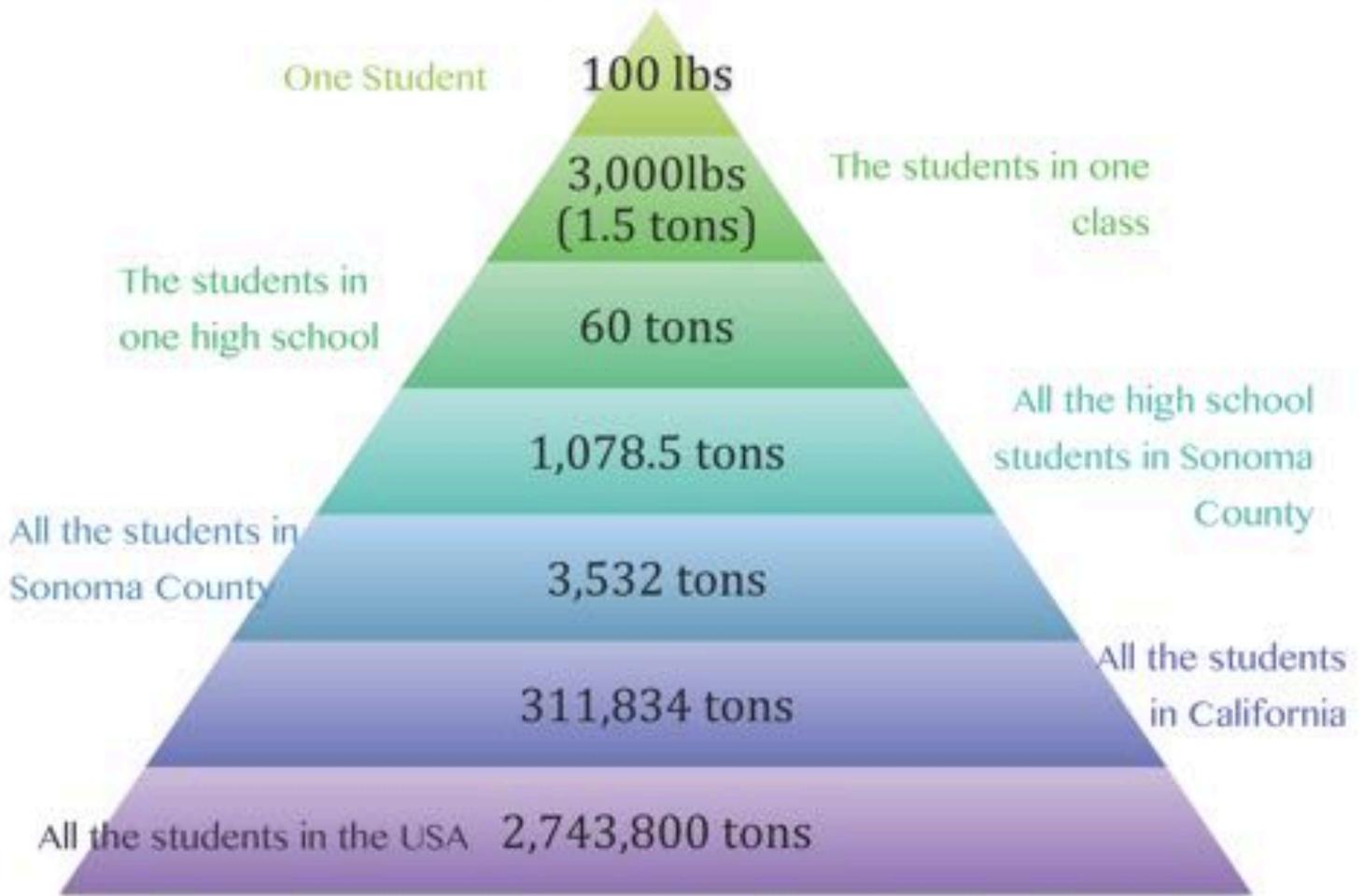


The Power of Collective Action

How much CO₂ can you save by walking or riding your bike to school one day a week?



The Power of Collective Action

We all need to start living in ways that are healthier for ourselves and more sustainable for the planet. Small individual actions become more impactful when we look at them collectively.

[ECO2school](http://ECO2school.com)

Preserve Forests and Plant Trees



Trees are the planet's lungs. Forests cover 30% of the world's land area but are disappearing at an alarming rate. Trees absorb the carbon dioxide that we exhale, and the heat-trapping greenhouse gases that human activities emit. Mature trees can absorb roughly 48 pounds of CO₂ a year.

[National Geographic](#)

Consume less



United States makes up 4% of the world population, consumes 30% of the world's resources and produces 12% of the world's trash. The average American throws away 4.4 pounds of trash a day. The average Californian 6 pounds, putting it in the top 5 states of waste producers.

[CalRecycle](#)

Turn Lights Off



A school can save 40 pounds of CO₂ per year by cutting down on overall energy use by 20% for the school year.

Windsor High School Institute for Sustainable Environment Energy Audit 2011

Adjust your Thermostat



Thermostats are mission control for residential energy use for heating and cooling—9 percent of energy consumption in the United States. There's a direct connection between your energy use and the environment. When you consume less power, you reduce greenhouse gases released by power plants, conserve the earth's natural resources and protect ecosystems from destruction.

[Save On Energy Drawdown](#)

Plant a Garden



Save 2 pounds of CO₂ for every pound of fruit or vegetables grown in a garden.

[Carbon Rally](#)

Walk or Roll to School



Save 100 pounds of CO₂ per school year for every student who walks or bikes to school just 1 day per week.

[Discovery](#)

Refuse Plastics



Less than 10% of the plastics we use get recycled. Most of it ends up in landfill or the oceans. A small makeup compact will take 1,000 years to break down. Refusing plastics is the only reliable way to keep it out of the waste stream, landfills and oceans.

[Nation Geographic](#), [Earth Institute Columbia University](#),

Buy in Bulk (or less packaging)



Much of the trash we generate comes from packaging and commercial processing before it even gets to the store. Eliminating packaging reduces your waste load. Buying in bulk mitigates the amount of garbage that ends up in landfills and streamlines the transportation needed to deliver goods to market.

[Mother Nature Network](#)

Have a Climate Conversation

Breaking Climate Silence

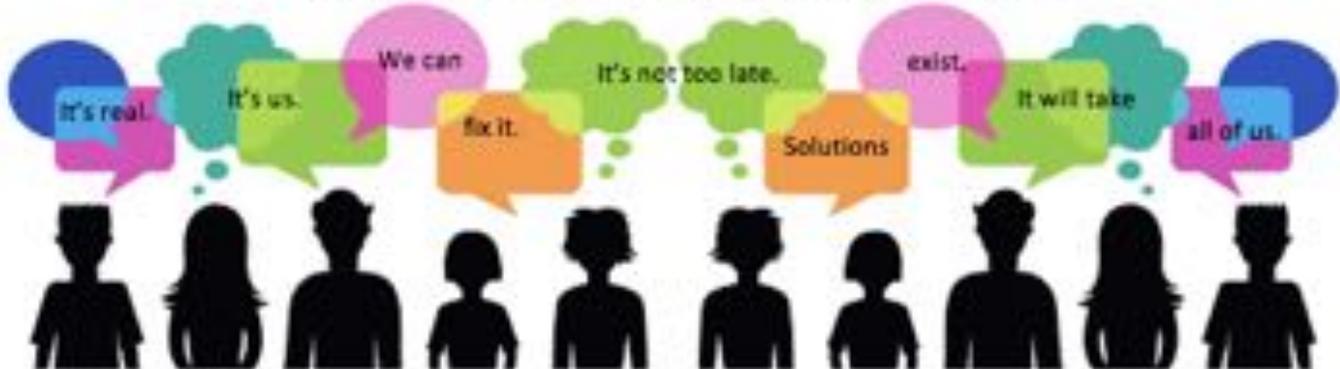
Public opinion in the United States about Climate Change



So why do most people think it's like this?



Don't let a small but vocal minority drive the conversation.



The best way to deconstruct climate misinformation is to share relevant and accurate information. The United Nations Intergovernmental Panel on Climate Change 2018 report is the most up to date and comprehensive explanation of climate change. It states that the whole world, at the global and individual level, must take action for rapid decarbonization now. Telling your climate story is an immediate action everyone can take.

[IPCC, Climate Interpreter](#)

Use Rechargeable Batteries



Rechargeable batteries consume up to 23 times less non-renewable heavy metals and corrosive materials than their single-use varieties. Because rechargeables can be used over and over, fewer batteries need to be manufactured and transported. Rechargeables have 28 times less impact on global warming, 30 times less impact on air pollution, 9 times less impact on air pollution, and 12 times less impact on water acidification.

[One Green Planet](#)

Eat Less Meat



Plant-rich diets reduce emissions and also tend to be healthier, leading to lower rates of chronic disease. According to a 2016 study, business-as-usual emissions could be reduced by as much as 70 percent through adopting a vegan diet and 63 percent for a vegetarian diet, which includes cheese, milk, and eggs. \$1 trillion in annual health-care costs and lost productivity would be saved.

[Drawdown](#)

Buy Used (Instead of New)



By buying used items instead of new ones, users on digital marketplaces contributed to 16.3 million tons of greenhouse gas emission reductions in 2016. The most significant environmental advantage comes from reuse of products such as jeans, mobile phones, bicycles and leather sofas. Trade of domestic appliances can save a lot of emissions as well, as long as one avoids items that are more than ten years old.

[Advantage Environment](#)

Eat Locally Grown Food



In the United States, conventionally produced foods are often said to travel 1,500 miles from farm to plate. Conventional food distribution is responsible for 5 to 17 times more CO₂ than local and regionally produced food. Eating foods that are in season, eating organic and less processed foods can further reduce one's greenhouse gas emissions. Small and local farms provide numerous economic, social and environmental benefits beyond fewer food miles.

[Columbia University: State of the Planet](#)

Recycle E-Waste



Old electronic devices contain toxic substances such as lead, mercury, cadmium and chromium, proper processing is essential to ensure that these materials are not released into the environment. Recycling recovers valuable materials that can be used to make new products. As a result, we save natural resources by extracting fewer raw materials from the earth.

[GCL Recycling and Refining](#)

Unplug Electronics you're not using



According to the U.S. Department of Energy, appliances account for about 9-percent of the average energy bill. Computers and other electronics account for another 9-percent.

Appliances will still draw a small amount of power even when they're switched off. These "phantom" loads can happen in most appliances that use electricity, including televisions, computers and kitchen appliances. To avoid this, make sure to unplug the appliances or plug them into a power strip and simply turn off that power strip when you're not using the appliances.

[US Department of Energy](#)

Replace Incandescent Lightbulbs



Save 94 pounds of CO₂ per year for every regular light bulb that's replaced with a LED.

Windsor High School Institute for Sustainable Environment Energy Audit 2011

Learn about Clean Energy in your community



Worldwide the power sector currently accounts for around 40 percent of annual greenhouse gas emissions to the atmosphere. Fossil fuels represent 67 percent of total worldwide electricity generation, nuclear 11 percent, and renewable energy sources just over 24 percent and growing. Here in Sonoma County our energy is a public utility giving us local control and accountability. Sonoma Clean Power's mix of renewable energy sources for the default CleanStart service has half the greenhouse gas emissions compared to PG&E. SCP's optional premium EverGreen service is 100% local AND renewable

[Drawdown](#) and [Sonoma Clean Power](#)

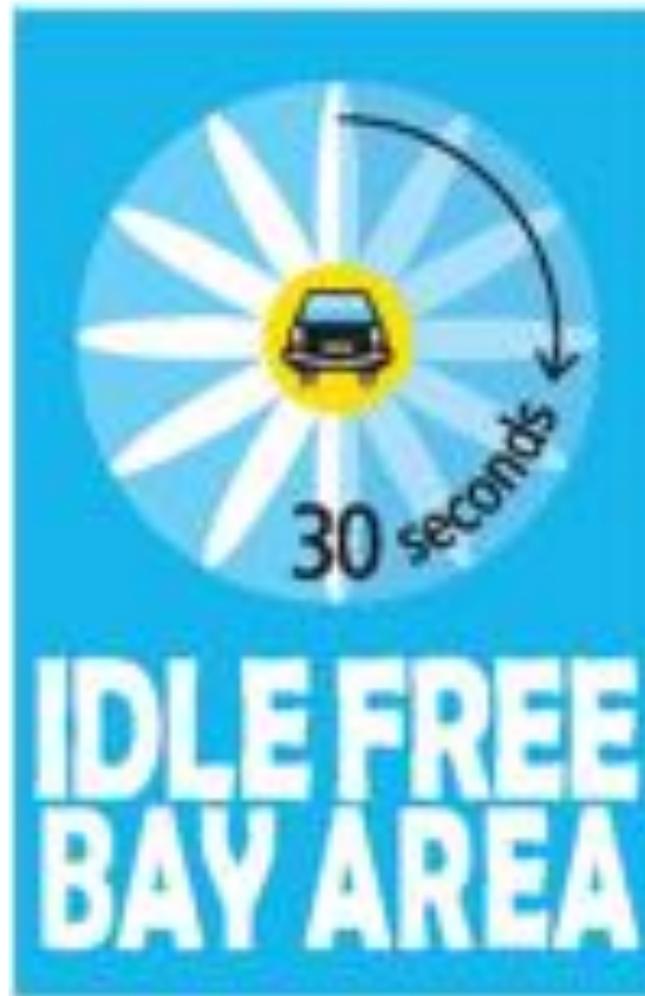
Put solar panels on your home



Small-scale solar systems, typically sited on rooftops, accounted for roughly 30 percent of PV capacity installed worldwide in 2015. Rooftop solar is spreading as the cost of panels falls, driven by incentives to accelerate growth, economies of scale in manufacturing, and advances in PV technology. Solar Sonoma County offers a free service to help you navigate your solar, electric vehicle, and clean energy options.

[Drawdown](#) and [Solar Sonoma County](#)

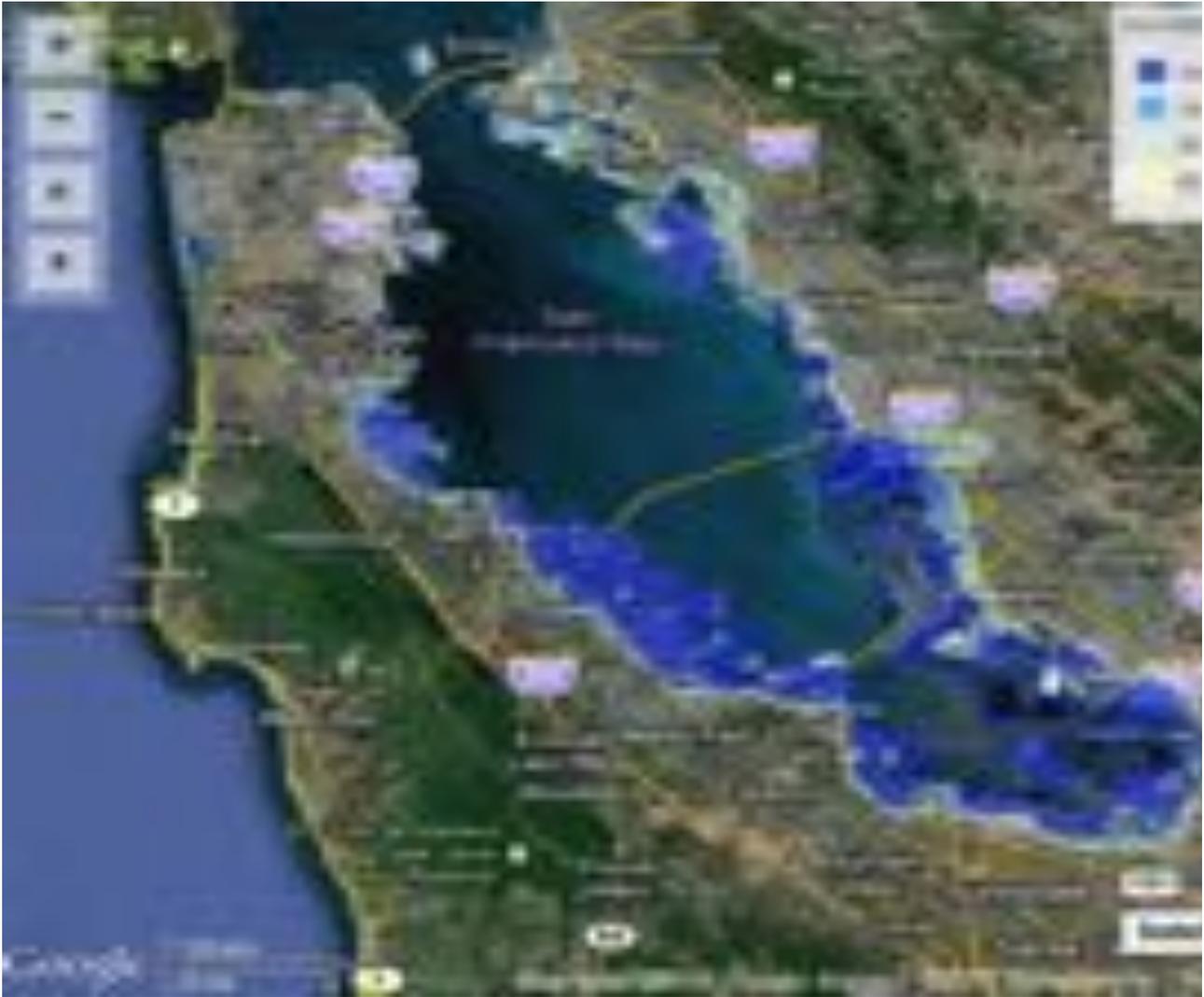
Stop Idling



Idling causes air pollution that is bad for human health and local air quality, and environmental health, while costing drivers money.

- 30 seconds of idling uses more fuel than restarting the engine.
- Batteries and starters are now more efficient and reliable so the wear and tear to the engine is negligible.
- Personal vehicle exhaust is the #1 source of summertime air pollution in the Bay Area.
- Vehicle exhaust poses health risks, especially in children. It can cause lung and respiratory problems and can exacerbate asthma and allergies.
- CO₂ emissions from vehicle exhaust are primary contributor to climate change.

Make an Action Plan for Sea Level Rise



In Sonoma County, sea level rise is also an issue that needs our attention. In addition to coastal areas and transit concerns along the 101 corridor and Highway 37, Sonoma County will need to consider sea level rise vulnerabilities from the San Francisco bay. Sea Level Rise assessments in Petaluma and other areas in Sonoma County will be necessary to create smart transportation and land use policies and resilient communities.

[Center for Climate Protection](#)

Drive Electric



Electric vehicles (EVs) offer one of the biggest opportunities to address GHG emissions from transportation. Compared to gasoline-powered vehicles, emissions drop by 50 percent. If powered by solar energy, carbon dioxide emissions fall by 95 percent. EVs are simpler to make, have fewer moving parts, and require little maintenance and no fossil fuels. In Sonoma County many EV drivers buy electricity from their local Community Choice Energy agency. When they plug in their cars, they are keeping their money in the local economy instead of sending it out to oil companies.

[Drawdown](#) and [Center for Climate Protection](#)

Use Public Transportation



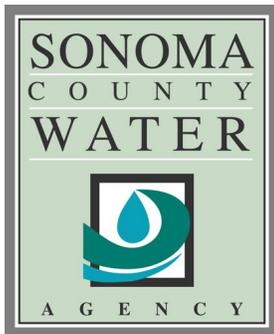
All mass transit modes use scale to their emissions advantage. When someone opts to use public transit greenhouse gases are averted.

By reducing the volume of cars, mass transit relieves traffic congestion. With fewer people driving, fewer accidents and fatalities take place. Overall, air pollution drops. Mass transit also makes cities more equitable by providing mobility to those who cannot drive.

Transportation makes up 40% of California's emissions. Almost double the second largest sector. With good urban design, mass transit can help embed mobility, livability, and sustainability in cities.

[Drawdown](#)

Support Climate Friendly Programs



Community engagement is a way of ensuring that you have access to valued social settings and activities, and that that you can participate in a meaningful way.

Amplify your personal voice and message by joining like minded organizations.

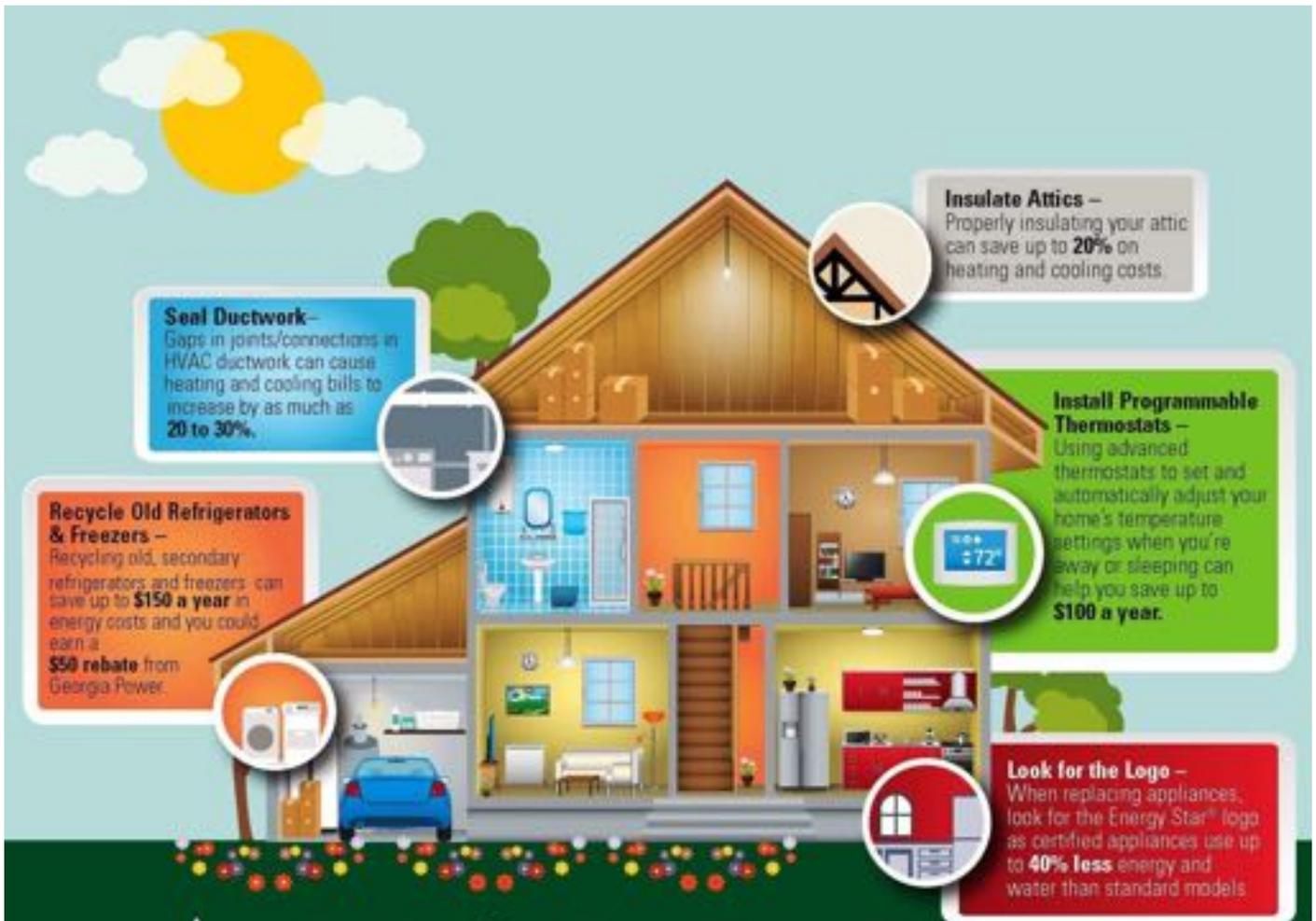
Increase rain water and grey water use



Water is heavy and expensive to move. 20% of California's energy use comes from getting water to the tap. Greywater is gently used water from your bathroom sinks, showers, tubs, and washing machines. Greywater systems recover valuable "waste" products and reconnect their human inhabitants to natural water cycle. Collecting and reusing rain water reduces the amount of water that has to be transported to your home.

[Greywater Action](#)

Increase your home's energy efficiency



Energy efficiency means using less energy to provide the same service.

Some of the best way to improve your homes efficiency are:

- Insulate your home
- Buy energy efficient appliances
- Upgrade your water heater to on demand
- Seal gaps in ducts, doors and windows
- Install low flow water systems

Energy efficient buildings use less energy and cost less to operate and produce fewer greenhouse gasses.

[PG&E Energy Efficiency](#)