

CLIMATE CHANGE: WHAT CAN ONE PERSON DO?



Addressing climate change is a large challenge but one we can all help solve. A great way to make a difference is to support efforts happening where you live.

Here are some ideas to get you started.

Vote and contact your representatives: Before you vote, learn about the candidates' positions on climate actions. Contact your representatives about issues that concern you.

Get involved: Our area has many local sustainability, climate, and environmental justice organizations.

Talk to others: Talk to your friends, family, and colleagues about climate action. Consider support networks like the Good Grief Network if you feel overwhelmed.

Learn more: Get to know your local ecosystem by walking outside and visiting local parks. Take a free course on climate change, such as those available through the California State Library on Coursera.

Be prepared: Assemble supplies you may need for climate emergencies, such as N95 masks for smoky air or fans and wash cloths to stay cool in heat waves.

Travel efficiently: Take and support sustainable transportation, including BART and buses. Bike and walk. When you need to drive, try to combine trips, use a car-sharing program, or carpool.

Upgrade your home's energy efficiency: Use energy-efficient light bulbs. When replacing appliances like laundry machines and dishwashers, look for Energy-Star rated appliances. If your electricity provider offers it, consider choosing 100 percent renewable electricity. If you own your home, weatherize to decrease heating and cooling needs

Alameda County Climate Action Plan for Government Services and Operations Through 2026 can be found here:

www.acgov.org/sustain/next/plan.htm

Sign up for our email list to receive updates about this plan.

CLIMATE CHANGE: WHAT CAN ONE PERSON DO? (CONTINUED)

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Conserve water: Install low-flow toilets and water conservation devices on older taps. Put an hourglass timer in your shower to remind you to shorten shower times. If you have a yard, landscape with native and drought-resistant plants.

Use energy, water, and waste incentives: You may be eligible for rebates for energy-efficient and water-efficient products from your local utilities.

Choose climate-friendly foods: Consider reducing how often you eat products with higher climate impacts, such as beef, dairy, out-of-season fruits, and heavily processed items. When possible, purchase food grown regionally, such as from farmers' markets.

Reduce food waste: Plan ahead to use your fruits and vegetables. Compost scraps and peels.

Buy less stuff: Purchase items secondhand, join a Buy Nothing group, share items with friends and neighbors, and donate gently used household goods and clothes. Find out how to reuse, repair, recycle, or safely dispose of specific types of items locally.

Join us: If you can help implement one of the actions in this plan, please contact us.

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