

ACTIONS INDIVIDUALS CAN TAKE IN SUPPORT OF PLANETARY HEALTH

Energy

- Enroll in a 100% renewable energy plan for your electricity
- Convert from gas to electric appliances - space heater, water heater, dryer, stove, fireplace, pool/spa
- Install solar panels and battery backup
- Improve home energy efficiency - insulate walls, seal leaks, replace old windows
- Get a home energy audit
- Install a programmable thermostat
- Switch to LED lightbulbs; turn off or unplug lights and electronics when not in use
- Wash clothes in cold water, hang dry clothes

Transportation

- Drive less; walk, bike, carpool, take public transit more
- Switch to electric vehicle
- Fly less

Food & Water

- Eat less meat, more plants
- Grow your own, buy local and organic, support regenerative agriculture
- Compost
- Conserve water with water-wise landscaping, water catchment, greywater systems
- Install water saving toilet, shower, faucet

Consumption & Waste

- Buy less
- Reduce, reuse, repurpose, recycle
- Buy products with less packaging waste
- Support companies committed to environmentally sustainable practices
- Use reusable cups, containers and bags

Funding

- Divest from fossil fuels and banks that fund fossil fuels
- Donate to organizations working on climate

Trees

- Plant more trees
- Be aware of products contributing to deforestation (e.g. palm oil, beef cattle, toilet paper) and make mindful buying choices

Advocacy

- Speak up, use your voice, talk with family, friends, neighbors, and others
- Advocate for change in your community, participate in city council and board of supervisor meetings
- Hold elected officials at all levels of government accountable for climate action
- Hold the fossil fuel industry and companies accountable
- Get involved with climate organizations
- While individual actions are important, policy level change is even more critical

Thank you for being
part of the solution!

