

Things **YOU** can do for the Earth:

1) Save energy & money

Change a light: Compact fluorescent light bulbs (CFLs) use 75% less energy and last 5-10 years compared to other bulbs

Drive less: walk, bike, carpool or take mass transit more often. Consider this when you choose a place to live!

Maintain your car: keep your tires properly inflated and your car tuned to save gas

Adjust your thermostat: set it to 68°F in winter and 74°F in summer.

Use less hot water: install lower flow shower heads, take shorter showers and switch to detergents that work in cold water for clothes washing.

Buy energy efficient appliances: flat screen computer monitors and “energy star” appliances use much less energy than older models and cost less in the long run.

Turn off unused appliances: such as stereos, TVs, computers and lights.

Plant shade trees: trees not only consume CO₂, a well placed tree will shade your home in summer, allow light in the winter and add beauty and value to your home

Buy things that last: disposable and cheaply made items cost more to replace over time

2) Take charge of waste

Recycle more: at home and at work

Avoid products with lots of packaging: make it easier to recycle your waste.

Compost your kitchen scraps: reduce your waste, feed your garden and lower waste water treatment costs (compared to using the garbage disposal in your sink)

3) Support your local community

Buy locally produced food and goods: supporting your local farmers and industries creates prosperity in your community.

Buy food in season: even if not produced locally, in season foods are less likely to have traveled halfway around the world.

Use renewable energy: SMUD’s 100% “Green Energy” option costs \$6/month but reduces air pollution and CO₂ emissions by using only renewable energy sources.

Use less water: saving water saves water treatment costs (energy and infrastructure) helping to keep taxes low.

4) Support Change

Get involved in your community: help local institutions and companies to implement the suggestions above.

Write letters to your representatives: many non-profit groups make it easy to stay aware of political events and influence your representatives by notifying you by email and providing letters to send. The following are a sample of the many groups that can help you stay informed and involved:

[The Sierra Club](#), [World Wildlife Fund](#), [Union of Concerned Scientists](#), [NRDC](#), [Environmental Defense](#) & others

Think About & Speak
Out For the Earth!