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**Help Birds! Protect the Climate!**

Audubon’s new science shows that two-thirds (64%) (389 out of 604) of North American bird species are at risk of extinction from climate change. The good news is that our science also shows that if we take action now we can help improve the chances for 76% of species at risk. Part of the solution is for each of us to reduce our carbon footprints. Post this checklist in a prominent location at home. Tackle an item or two at a time, checking them off as you complete projects and change habits. In addition to protecting the climate and birds, you’ll save money and incorporate a little more activity into your lifestyle.

**Transportation - Every gallon of gasoline burned creates 19.4 lbs of CO2 (from US EPA)**

**Drive less:** **Drive more efficiently:**

* Bike or walk for short trips □ Clear out items from trunk/rear of vehicle (do seasonally)
* Take public transit (relax - no fighting traffic) □ Check tire air pressure monthly
* Carpool for work, kid activities, meetings, events, clubs, etc. □ Keep regular vehicle maintenance schedule
* Work from home if possible (even 1 or 2 days/week helps) □ Do not exceed speed limit; accelerate/brake smoothly
* Buy an electric vehicle □ Consolidate trips
* Carpool adhoc via uberPOOL or Lyft Line apps □ Organize route in clockwise pattern to minimize left-hand turns

**Conserve Energy at Home**

**Heating/Cooling:** **Laundry:**

* Insulate attic □ Seal air gaps to exterior throughout house □ Wash full loads only
* Replace/clean furnace/AC filters at least every □ Use cooler water for wash cycle; cold for rinse cycle

other month when in use (keep a supply) □ Clean dryer filter before each load

* Caulk/weather strip windows & exterior doors □ Don’t overheat clothes in dryer (moisture sensor option)
* Lower (raise) thermometer setting 2 or 3º F in □ Even better, install and use a clothes line or rack

winter (summer) – Use automated thermostat **Dish Washing:**

* Use a fan to cool instead of A/C (turn off when leave room) □ Skip garbage disposal; scrape food bits in compost bin
* Install insulated curtains/blinds & plastic film on windows □ Only run dishwasher when completely full

**Lighting:** □ Fill sink/basin rather than letting water run over dishes

* Replace incandescent with florescent or LED bulbs **Miscellaneous:**

**Water Heater:** □ Request a home energy audit

□ Properly install tank & hot water pipe insulation □ Turn off items when not in use (lights/TV/computers…)

□ Set to 120º F □ Take shorter showers

**Appliances:** □ Consider installing solar panels

□ Use appliance energy saving options like air dry □ Microwave when possible □ Smart power strips & unplug electronics when not in use

* Purchase only Energy Star® appliances □ Swap gas appliances for electric (heat pump furnace &
* Consider replacing old fridge/doing w/o 2nd one water heaters, and induction cook tops)

□ Clean refrigerator coils every 6 months □ Install reduced flow shower/faucet heads

**Reduce, Reuse, Recycle and Rot (Compost) – The Four R’s**

* Put paper, plastic, glass & metal in recycle bin □ Repair items instead of replace if salvageable
  + Put yard trimmings, food & food soiled paper in compost bin □ Buy used or made from recycled materials products
* Reuse mug for coffee/ tea instead of paper cups □ Use dish cloths/rags/mops not paper towels/ disposables
* Reuse cloth bags instead of paper/plastic for all shopping □ Donate/sell gently worn, no longer wanted items
* Buy reusable bottles and use tap water (filtered if you like) □ Pack no-waste lunches

instead of bottled water □ Switch to paperless billing □ Reduce junk mail

* Sign up for FreecycleTM to give/get local free items □ Return hangers to cleaners, baskets to farmers market
* Decline plastic straws/utensils & any extras you don’t need □ Reduce food waste

**Other Ways to Help**

* Plant trees (lots of trees); grow a fruit and vegetable garden □ Use rake, broom & push mowers for yard work
* Shop locally; buy locally made/grown goods □ Vote and campaign for environmentally minded officials
* Eat less beef and avoid processed foods with palm oil □ Give 10 friends this list and help them get started on it

□ Eat a plant-based diet □ Volunteer, donate to orgs which protect the climate