

We offer here a CHECKLIST of environmentally-friendly ideas that are significant on an individual level. Tick off those things you have already put into place , put a star by the efforts you are currently trying to implement, highlight those you will start by the end of 2007.

The car you drive: the most important personal climate decision.

Buy/lease/drive a Hybrid Car

Can you do without a car: public transport, carsharing, biking, walking, live close to work

Buy a Fuel Efficient Car

Carpool When You Can/freely offer rides

One day a week, leave the car in the garage

Think before you drive. If you own more than one vehicle, use the less fuel-efficient one only when you can fill it with passengers.

What Do You Know About Global Warming?

What's your global warming IQ? 10 questions to find out!

<http://www.environmentaldefense.org/quiz.cfm?ContentID=5066>

Calculate your carbon footprint:

<http://www.stopglobalwarming.org/carboncalculator.asp>

Offset your personal greenhouse gas impact by contributing to clean, sustainable energy; **select a carbon offset fund.**

http://www.treehugger.com/files/2006/03/survey_of_carbo.php,

find your global footprint: (this will make you think)

http://www.footprintnetwork.org/gfn_sub.php?content=myfootprint

Buy Energy Certificates: Help spur the renewable energy market. http://en.wikipedia.org/wiki/Green_tags

Insulate Your Water Heater/Insulate all visible hot water pipes

Unplug Un-Used Electronics/turn off the lights

The food you eat Second most important personal climate decision;

Slash consumption of meat and dairy, Build your diet on fruits, vegetables and grains.

Buy Minimally Packaged Goods:

Buy Organic Food/ **Shop at your local farmer's market**, at least once a month,

Buy locally grown and produced foods.

Buy Products Locally/shop at locally owned shops/support a local economy

Bring Cloth Bags to the Market, never hear *paper or plastic?* again.

Reduce Garbage: Buy products with less packaging and recycle paper, plastic and glass.

Get a home energy audit: Call PGE

Use it Up, wear it out, make it do, or do without. (Rosie the Riveter memorial, WWII slogan)

Air Dry Your Clothes

Switch to a Tankless Water Heater

Look for Energy Star: refrigerators, freezers, furnaces, air conditioners, and water heaters use the most energy

Plant a Tree for every member in your household

Light bulbs do matter. Switch to Compact fluorescents

I am committed to bringing forth an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet as the guiding principle of our times ~pledge of the Pachamama Alliance

