



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:

- Bike or walk for short trips
- Take public transit (relax - no fighting traffic)
- Carpool for work, kid activities, meetings, events, clubs, etc.
- Work from home if possible (even 1 or 2 days/week helps)
- Buy an electric vehicle
- Carpool adhoc via uberPOOL or Lyft Line apps turns

Drive more efficiently:

- Clear out items from trunk/rear of vehicle (do seasonally)
- Check tire air pressure monthly
- Keep regular vehicle maintenance schedule
- Do not exceed speed limit; accelerate/brake smoothly
- Consolidate trips
- Organize route in clockwise pattern to minimize left-hand turns

Conserve Energy at Home

Heating/Cooling:

- Insulate attic Seal air gaps to exterior throughout house
- Replace/clean furnace/AC filters at least every other month when in use (keep a supply)
- Caulk/weather strip windows & exterior doors
- Lower (raise) thermometer setting 2 or 3° F in winter (summer) – Use automated thermostat
- Use a fan to cool instead of A/C (turn off when leave room)
- Install insulated curtains/blinds & plastic film on windows

Lighting:

- Replace incandescent with florescent or LED bulbs

Water Heater:

- Properly install tank & hot water pipe insulation
- Set to 120° F

Appliances:

- Use appliance energy saving options like air dry
- Purchase only Energy Star® appliances
- Consider replacing old fridge/doing w/o 2nd one
- Clean refrigerator coils every 6 months

Laundry:

- Wash full loads only
- Use cooler water for wash cycle; cold for rinse cycle
- Clean dryer filter before each load
- Don't overheat clothes in dryer (moisture sensor option)
- Even better, install and use a clothes line or rack

Dish Washing:

- Skip garbage disposal; scrape food bits in compost bin
- Only run dishwasher when completely full
- Fill sink/basin rather than letting water run over dishes

Miscellaneous:

- Request a home energy audit
- Turn off items when not in use (lights/TV/computers...)
- Take shorter showers
- Consider installing solar panels
- Microwave when possible
- Smart power strips & unplug electronics when not in use
- Swap gas appliances for electric (heat pump furnace & water heaters, and induction cook tops)
- Install reduced flow shower/faucet heads

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

- Put paper, plastic, glass & metal in recycle bin
- Put yard trimmings, food & food soiled paper in compost bin
- Reuse mug for coffee/ tea instead of paper cups
- Reuse cloth bags instead of paper/plastic for all shopping
- Buy reusable bottles and use tap water (filtered if you like) instead of bottled water
- Sign up for Freecycle™ to give/get local free items
- Decline plastic straws/utensils & any extras you don't need
- Repair items instead of replace if salvageable
- Buy used or made from recycled materials products
- Use dish cloths/rags/mops not paper towels/ disposables
- Donate/sell gently worn, no longer wanted items
- Pack no-waste lunches
- Switch to paperless billing Reduce junk mail
- Return hangers to cleaners, baskets to farmers market
- Reduce food waste

Other Ways to Help

- Plant trees (lots of trees); grow a fruit and vegetable garden
- Shop locally; buy locally made/grown goods
- Eat less beef and avoid processed foods with palm oil
- Eat a plant-based diet
- Use rake, broom & push mowers for yard work
- Vote and campaign for environmentally minded officials
- Give 10 friends this list and help them get started on it
- Volunteer, donate to orgs which protect the climate