



MAKE YOUR IMPACT

A GUIDE TO PERSONAL
CLIMATE ACTION
BY MY GREEN EARTH, INC.

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1 EVALUATE YOUR POTENTIAL



Before getting started on detailed actions you can take, get to know these resources:

- Complete an online Carbon Footprint Calculator, such as the simple one available at [Conservation.org/carbon-footprint-calculator](https://www.conservation.org/carbon-footprint-calculator)

What is your carbon footprint? _____ tons

- Request a free home energy audit from your electricity provider, or complete your own audit using an online resource such as www.energystar.gov/campaign/assessYourHome

What top 3 improvements will you consider based on your assessment?

**THE CARBON FOOTPRINT FOR THE AVERAGE AMERICAN IS 16 TONS.
GLOBALLY, THE AVERAGE IS 4 TONS.**

- Search your address at Google's Project Sunroof to see if installing rooftop solar is right for your home. <https://sunroof.withgoogle.com/>



2 ENERGY IMPACT

When replacing lightbulbs, buy LED bulbs, which use 75% less energy and last 25 times longer than traditional incandescent bulbs.

- How many incandescent vs LED lightbulbs do you have in each room of your home? Take an inventory and be prepared to buy LED next time you replace each bulb.

	# Classic Bulbs	# LED Bulbs
Kitchen		
Living Room		
Dining Room		
Other Room 1		
Other Room 2		
Other Room 3		

	# Classic Bulbs	# LED Bulbs
Bedroom 1		
Bedroom 2		
Bathroom 1		
Bathroom 2		
Hallway		
Outside		

Heating and cooling your home makes up 46% of the average power bill. Make these changes to save energy:

- Install a smart thermostat to save 8% off your energy bill
- Check all vents to ensure no furniture or other objects are blocking the vents.
- Change your home air filter every 3 months to save up to 7.5% off your energy bill
- When it's cold out, open your blinds and curtains during the day to let the sunlight warm your home naturally. In the evenings, close the blinds to keep the warm air in. When it's warm out, close blinds and curtains to block the sunlight.



3 RECYCLING IMPACT

Setup for Whole-Home Recycling

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- Place small recycling collection bins where they are most accessible in addition to a large bin in the kitchen, such as in each bathroom and in the laundry room.
 - For items that are not recyclable in your curbside bin, place bins in garage or somewhere to collect over time and bring to recycling facility.
 - Collect all soft plastics such as bread bags, produce bags, dry-cleaning bags, bubble wrap and bring them to your grocery store drop-off bin.
 - Rinse and collect all styrofoam such as to-go containers and cups and bring to your grocery store drop-off bin.
 - Metal, batteries, ink cartridges and electronics are all recyclable. Search to find a drop-off location near you.
 - Textiles (old socks, stained clothes, etc) and worn shoes are all recyclable. Search to find a drop-off location near you.

ANYTHING REUSABLE IS PREFERRED, BUT WHEN THAT ISN'T AN OPTION, RECYCLE WHAT YOU USE!



4 FOOD IMPACT



The food we eat, and how much we throw away, has an impact on the environment.



- When possible, purchase food from local sources. Locally grown food has a lower carbon footprint and supports our local food systems.

What percentage of your food supports local food systems? _____ %

- Increase the amount of plant-based food you eat and decrease the amount of animal-based food. A plant-forward diet has about half the carbon footprint of animal-based alternatives.

What percentage of your food is plant-based? _____ %

- Compost your excess fruits, vegetables, coffee grinds and tea bags in your backyard or find a compost drop-off site near you.

- Reduce the amount of food you throw out by buying less, using food past the expiration date if edible, and eating leftovers.

How many pounds of food do you throw in the trash each week? _____ pounds

IF FOOD WASTE WERE A COUNTRY, IT WOULD BE THE 3RD LARGEST GREENHOUSE GAS EMITTER, BEHIND THE U.S. AND CHINA.



5 CLEANING IMPACT



Form Green Laundry Habits

- Wash clothes in cold water when possible to minimize energy needed to heat the water.
- Hang dry clothes when possible rather than using a dryer. In addition to saving electricity, your clothes will last longer.
- Use wool dryer balls instead of liquid fabric softener or dryer sheets – not only are they reusable, they reduce drying time.

Buy Green Cleaning Products

- Buy eco-friendly cleaning products including laundry and dishwasher detergents. Concentrated detergents to include pods and sheets have a smaller carbon footprint.
- Buy cleaning products sold in 100% recyclable packaging, preferably cardboard or aluminum.
- Use rags instead of paper towels to clean throughout the home. Cut old t-shirts and other textiles to use as rags.



THANK YOU

Your actions make an impact toward a healthier community and a more sustainable planet. Regardless of where you are on your journey towards more sustainable living, we are here to provide the resources you need.

To amplify your impact, please consider following us on social media or volunteering with My Green Earth to help inspire others in our community.



FOLLOW US ON FACEBOOK OR INSTAGRAM

facebook.com/MyGreenEarthInc
instagram/my.green.earth



JOIN OUR MEETUP

<https://www.meetup.com/sustainable-cobb/>



QUESTIONS?

Email info@mygreenearth.org



My Green Earth, Inc.