SAVE MONEY

* Decrease thermostat heat setting by 1oF
* Increase thermostat cool setting by 1oF
* Buy used, not new
* Use cloth towels instead of paper towels
* Use cloth napkins instead of paper napkins
* Unplug technology charging cables when not in use
* Turn off computer when not in use
* Turn off cell phone when not in use

IMPROVE YOUR HEALTH

* Replace some meat servings with plant-based foods
* Bike or walk to the store
* Bike or walk to work

REDUCE TRANSPORTATION CARBON (LESS WEIGHT ON THE ROADS)

* Buy beverages in aluminum cans instead of glass (or plastic) bottles
* Use reusable water bottles instead of plastic water bottles
* Use tap water instead of purchased water
* Use bar soap instead of liquid soap
* Empty car of extra weight (don’t use your car for storage)
* Schedule a telehealth appointment instead of driving to the doctor’s office
* Use solid laundry sheets instead of liquid laundry detergent
* Compost plant food waste (reduces volume and weight of trash)

REDUCE YOUR ENERGY USE (Not all these options are available to everyone.)

* Get a home energy assessment
* Install weather stripping
* Install insulation
* Replace incandescent bulbs with LED (light-emitting diode) bulbs
* Switch to an induction heat stovetop
* Install a heat pump
* Buy an electric car
* Install rooftop solar panels
* Sign up to use solar farm-generated electricity
* Recycle old refrigerators where the refrigerant gets safely captured
* Telework
* Carpool
* Take public transportation to work
* Take public transportation to shop
* Replace an old appliance with an energy efficient (EnergySTAR) appliance

Another resource with more information (from Newton, MA) about these options: <https://takeaction.greennewton.org/actions>