



## Small Actions Count: A Checklist

*“Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other.” - Jane Goodall*

Buildings—homes, apartments, offices—are responsible for more than 56% of greenhouse gas emissions. One-fifth of all food goes to waste. The fashion industry accounts for 10 percent of all carbon admissions. It sounds awful. But we have power. Some corporations are making improvements in their adverse environmental impact, but others lag in their efforts.

Wondering what you can do to help the planet and reduce the carbon emissions that are blanketing our earth? Small actions can have a big impact.

### Here’s what you can do to help.

#### In your home . . .

- ◇ **Replace incandescent light bulbs** with long-lasting LED bulbs.
- ◇ **Turn down your thermostat.** 68° by day and lower when you sleep. Wear sweaters.
- ◇ **Reduce the temperature of your water heater to 120°.** Save six to ten percent a year in water-heating costs.
- ◇ **Scrape dirty dishes, rather than rinsing.** Dishwashers work more efficiently if they sense dirt, and you’ll save water. Run your dishwasher only when it is full.
- ◇ **Wash full loads** in cold water in your washing machine to reduce water and energy usage. Tests show that cold water does as well as hot water in most circumstances.
- ◇ **Dry clothes on a rack—or even better, on a clothesline, if you have one.** In the dry indoor temperatures of winter, your rack-drying clothes will add a bit of humidity to the air. In nice weather, your outdoor line-dried clothes will smell fresh and lovely.
- ◇ **Switch to “off” or unplug electrical appliances.** Some appliances suck energy even when they are shut off.
- ◇ **Electrify!** Shift away from gas toward clean electricity for heating, cooking, and driving.
- ◇ **Use energy-efficient appliances** – the newer ones brag about their low-energy use.
- ◇ **Heat and cool smarter with air-source heat pumps.** Replacing heat and air conditioning equipment will increase your home’s resale value and improve air quality and comfort.
- ◇ **Consider solar for powering your home.** Equipment is always improving. It is more efficient, and prices are coming down.
- ◇ **Build better.** Renovating or building new? Use efficient, healthy, and sustainable building methods and materials.
- ◇ **Schedule a no-cost energy audit** to lower your energy use and lower your bills. You might be able to insulate walls, attics and basements. You’ll learn how and where to seal leaky windows and doors. Go to [MassSave.com](http://MassSave.com) for information.
- ◇ **Consider green power.** Contact your electricity provider to discover renewable energy options. Some may be cheaper than the power you have now.

### For your meals . . .

- ◇ **Buy local food.** Farmer's markets, individual local farms, Community Supported Agriculture-sometimes even local items in supermarkets-will provide fresher and tastier produce and reduce transportation costs.
- ◇ **Eat more vegetables and fruit and less meat.** It's healthier.
- ◇ **Eat meat-free** once a week to conserve water, land resources and reduce methane.
- ◇ **Avoid plastic-wrapped foods.** This can be difficult in supermarkets, but it is another reason to patronize farmer's markets and local farms. Their produce is often not wrapped.
- ◇ **Refuse bottled water.** Many lightweight reusable water bottles are now available. And testing organizations have discovered that commercially bottled water is more contaminated than your municipal water system. By the way, City of Boston water is regularly judged the best tasting in the nation.
- ◇ **Reduce food waste.** Take home leftovers from restaurants. Ask the restaurants to package leftovers in paper containers.
- ◇ **Reduce food waste at home.** Improve your ability to plan meals and cultivate a love for left-overs.
- ◇ **Compost** in your yard or find a compost pick-up service. Composter machines, while expensive, are another option, especially for city dwellers with no outdoor space.

### In your household . . .

- ◇ **Keep a lightweight, foldable shopping bag in your handbag or pocket.** You'll always be prepared for small purchases.
- ◇ **Take your own shopping bags when you go grocery shopping.** Keep them in your car or in your rolling shopping cart if you walk to the grocery store.
- ◇ **Buy a combination bar shampoo and conditioner.** It's great quality, long lasting and plastic-free.

- ◇ **Try laundry detergent sheets.** These have had mixed reviews, but they'll get better and better.
- ◇ **Purchase green cleaning products or make your own.** Use the internet to get advice on using vinegar, baking soda and other common, safe products for cleaning.
- ◇ **Reuse** plastic storage containers, aluminum foil, glass jars and bottles instead of deploying throw-aways.
- ◇ **Recycle** paper, glass, aluminum, and metal.
- ◇ **Reduce consumption of single-use plastics.** Use reusable cutlery, straws, beverage containers (water/coffee), and bags.

### In your closet . . .

- ◇ **Shop thriftily.** Thrift stores are fashionable again, and not just with the younger crowd. Many of these new-fangled shops carry used goods that you will swear are new.
- ◇ **Find sustainable fashion.** Some companies take back their clothes and re-use them in redesigned pieces of clothing. Search out these manufacturers.
- ◇ **Use a green dry cleaner.** More and more dry cleaners are advertising their environmental procedures.
- ◇ **Gift and share.** Offer gently used items through consignment, resale shops, or pick-up services like BigBrother/BigSister.

### What else? . . .

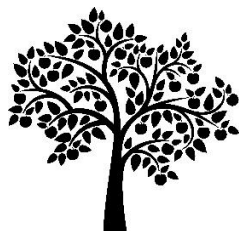
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### In your garden . . .

- ◇ **Choose native plants and pollinators.** Native species are usually more beneficial to bees, insects and birds, and they will grow better in your garden.
- ◇ **Reduce lawns.** Replace with native plants that grow well in meadows or artfully designed native shrubs and paths.
- ◇ **Pave with porous materials.** Water will be able to seep into the soil.
- ◇ **Swear off pesticides.** They are hazardous to pets, children, bees, other insects and birds. They also can contaminate your private well water or your municipal town water supply.
- ◇ **Grow your own.** Gardening can be fun, educational, rewarding, and delicious. You'll find yourself popular as you share your surplus veggies, fruits and herbs with friends, neighbors and your local food pantry.
- ◇ **Go quiet.** Switch to electrically powered, rechargeable garden and landscaping equipment—your mower, trimmer, chainsaws—to eliminate fumes and ear-splitting noise.
- ◇ **Support community gardens.** Such gardens foster health, money-saving and friendships.

### In nature . . .

- ◇ **Devote time each day/week to get outdoors.** Enjoy bird watching, hiking, gardening, canoeing, biking, playing sports, identifying mushrooms, and admiring native plants, insects and trees. Most people find nature both relaxing and invigorating.
- ◇ **Appreciate the connections between all living things.** Observe the splendor of nature and the rhythms affecting all creatures' lives.



### In your travels . . .

- ◇ **Drive less.** Take the train, bus, or your bike. Walk, carpool or telecommute. Forego one trip a week, or a day, to take on America's largest source of carbon emissions.
- ◇ **Go electric.** Electric vehicles improve their range every year. There are now many options, including affordable ones. The number of charging stations is growing. Look for state and federal incentives to save.
- ◇ **Inflate your tires.** EPA says driving 12,000 miles on under-inflated tires uses about 144 extra gallons of gas costing from \$300 to \$500 a year. This extra fuel pumps out more than 20 lbs. of carbon per gallon of gas.
- ◇ **Fly less.** Take a train, ship or bus or drive to your vacation spot.

### Spend wisely . . .

- ◇ **Bank your values.** Switch from banks that support fossil fuel expansion to those that share your environmental values. Try a local bank or credit union.
- ◇ **Invest wisely.** Look into Environmental, Social, and Governance (ESG) or Socially Responsible Investment (SRI) options.
- ◇ **Use a carbon calculator** to establish a baseline for your household, then find ways to reduce emissions and costs.

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### Getting together . . .

- ◇ **Join.** Participate with King's Chapel! Join Environmental Initiatives via zoom conversations, movies at the Parish House, the newsletter, and our mailing list.
- ◇ **Volunteer or join local organizations.** We have a plethora of groups that promote green energy and sustainability. Investigate such local groups as Mothers Out Front, the Conservation Law Foundation and your town's initiatives.
- ◇ **Subscribe** to an e-newsletter or mine the internet to stay informed and find opportunities to join action initiatives. For example, earthday.org will keep you informed on many fronts.
- ◇ **Spread the word.** Tell friends, family and neighbors about your efforts.
- ◇ **Talk to your elected representatives.** Write and call town, state and federal officials to encourage legislation that will help our planet.
- ◇ **Celebrate!!!** We are enjoying more and more opportunities for celebrating our successes in the environmental arena. Pat yourself on your back for your efforts.

### What else? . . .

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At King's Chapel we recognize that the climate crisis is not only an environmental, health, and social justice matter but also a spiritual one.

Join the Environment Committee and attend our events to make a difference. Come join us!

<https://www.kings-chapel.org/environmentalaction.html>

*“From a small seed, the King's Chapel Environmental Initiative has grown into a community determined to make a difference for our planet and all life. Enlivened by the Spirit of Life and Love that encompasses us all, we act, vote, lobby, create art, write poetry, change our own patterns, and plant more seeds within others. May that Spirit of Life and Love continue to bless us all.... May these glimpses of creation lift us to wonder, so that together we live within this Sacred World, awestruck.”*

- The Rev. Joy Fallon, Senior Minister, King's Chapel