

HOW CAN I BE PART OF THE **SOLUTION?**



WHAT YOU CAN DO TO HELP

The challenges of climate change can seem vast, complex, and far away. If you are wondering what you can do, you aren't alone!

Here are some simple actions that you can take:

MEASURE YOUR CARBON FOOTPRINT

- You can't manage what you don't measure. Try an [online carbon calculator](#) to figure out how your lifestyle contributes to climate change.



CONSERVE ENERGY

- Shut off the lights!
- Unplug equipment when not in use.
- Close the blinds!
- Turn down the heat, use a programmable thermostat, and lower your water heater temperature to 120 degrees.
- For more ideas, download the [Department of Energy's Energy Saver Guide](#).



BUY GREEN

- Buy local whenever possible!
- Review [St. Mark's Sustainable Purchasing Policy](#) for purchases.
- Use the [EWG guides](#) on healthy, less toxic products.
- Seek out reusable goods with recycled content, and [Green Seal certified](#) cleaning products.
- Buying a new laptop or appliance? Look for [EPEAT](#) or [EnergyStar-rated](#) electronics.
- Use [the fashion transparency index](#) before buying clothes or try vintage!



TACKLE TRANSPORTATION

- Stay within the speed limit, using cruise control, and gently using the gas and brake pedals can increase fuel economy by 10-40%! Check out [fuelconomy.gov](#) for more tips.
- Check your tire pressure and service your vehicle regularly.
- Consider carpooling or the healthiest, fossil fuel-free alternative – biking!
- Cut back on air travel and consider carbon offsets for the rest. Do your homework and be sure the offsets are from a [reputable source](#).



BE WASTE-WISE



- Don't be a wish-cycler. When in doubt, check the [RecycleSmartMA](#) website to see if an item can be tossed in the blue bin.
- Opt out of junk mail by using [DMAChoice](#).
- Don't toss it, donate it! Search the [Beyond the Bin Directory](#) for options.
- Flatten those cardboard boxes and stack them next to your recycling bin.
- Set your printer to "double-sided" by default.

SAVING WATER TO SAVE ENERGY



- Conserving water also saves a tremendous amount of energy!
- Choose short showers (5 minutes or less) over baths.
- Turn off the tap while brushing your teeth! For more ideas, check out the [EPA WaterSense website](#).
- Wait until you have a full load of laundry to wash and use the cold-water setting.
- A leaking toilet can waste up to 200 gallons per day! Report all leaks to Facilities using [SchoolDude](#).

DINE SUSTAINABLY



- Incorporate more plant-based meals into your diet. Try "[Meatless Monday](#)" as a starting point.
- Download the [Monterey Bay Aquarium Seafood Watch app](#) to select the most environmentally sustainable seafood.
- Eat local. It reduces food miles and helps the regional economy.
- Incorporate leftovers in your next meal or freeze what can be saved for later.

ACT ON YOUR CLIMATE VALUES



- Learn the basics of climate science and start talking with your family and friends. Focus on climate hope and try these tips from [ClimateRealityProject](#).
- Look for civic engagement opportunities like community planning, hosting a [Climate Café](#) and campaigning in support of climate policies.
- Vote! Seek out candidates and ballot questions that support the environment.

KEEP IN TOUCH!



- Follow [@sustainablelionss4s](#) on social media.
- Students can join Students for Sustainability Club (S4S).
- Faculty & Staff can contact Lindsey Lohwater to be added to the Sustainability Steering Committee mailing list.