

Here are some actions we can all take to reverse climate change:

1. Support the **Green New Deal** in the U.S.; it's not extreme. It's essential
2. **VOTE** for candidates both local and nationally who are committed to protecting the earth.
3. **Tell your political representatives how you feel** about issues. Badger them to commit to renewable energy.
4. **Sign petitions** calling for businesses to reduce plastic. It works. Trader Joe's recently announced plans to phase out plastic waste after a Greenpeace petition circulated. Petitions work!
5. **Recycle** passionately as if your life depends on it, because it does. Particularly the lives of the sea animals who are eating and getting caught in plastic.
6. **Spay/neuter** your pets. The world doesn't need more homeless dogs and cats; the shelters are overflowing.
7. If you want a pet, please **adopt from a shelter**.
8. Use **organic cleaning products** [yes, that would include the 7th Generation brand – that's where they got the name!] Better yet, make your own. You'd be amazed at what you can do with vinegar and baking soda. <https://www.mollylarkin.com/can-save-earth-vinegar-baking-soda/>
9. **Stop** using single use plastic bottles. Buy a BPA-free water bottle and keep refilling it. Globally, humans purchase 1 million plastic bottles per minute, 91% of which is not recycled! It's estimated that by 2050, the ocean will contain more plastic by weight than fish.
10. **Buy** recycled everything!
11. **Buy** organic. Yes, **organic produce** may cost more, but wouldn't you rather pay the farmer instead of the hospital?
12. **Stop using pesticides** - there are many organic alternatives. Google it.
13. **Ban plastic** from your home; bring your own canvas bags to the supermarket. You can keep them in your car so they're always handy.
14. **Don't buy "disposable"** anything, but if you must, buy paper rather than plastic and plastic rather than Styrofoam, which isn't recyclable and depletes the ozone layer.
15. Don't use the dryer – **dry your clothes in the sun**. There's nothing like it.
16. Use **phosphate-free laundry and dish soap**.
17. Use **hand soap** that comes in bars; plastic bottles of soap are... plastic!
18. Use **washable rags**, not paper towels, to clean up. What better use for old clothes too stained to wear any more?
19. Buy only **energy efficient appliances**.
20. Plug appliances into power strips and **turn them off at night**. Most appliances that use electrical power are consuming electricity even when turned off.
21. **Shop locally**. The travel time, gas and mileage it takes for products to get to big box stores, or for you to get to that store, undermines their savings.
22. Use the **train** instead of flying for trips under 300 miles.
23. Let your next car be a **hybrid or electric**.
24. **Compost**. It's a joy to watch the miracle of rotten food turned into glorious soil!
25. **Fix things that break**, if you can, rather than replacing them.

26. **Pull weeds instead of using herbicides.** Get your hands in Mother Earth. Again, there's nothing like it!
27. Use **organic fertilizers.**
28. **Xeriscape:** plant things that don't need supplemental water. That means they are native to your area and have adapted to however much rainfall you normally get.
29. **Voice your concerns** to merchants about excess packaging and use of plastics.
30. **Vote with your dollars; Support businesses committed to sustainability.** Don't shop at stores that still give out single use plastic bags and let them know why.
31. **Cut down on meat!** It's not healthy and beef is one of the highest emitters of CO2.
32. **Throw away less** food and eat a plant-heavy diet.
33. **Follow the advice of Marie Kondo and declutter.** Give the things you no longer need to a charitable resale shop so someone else can enjoy it.
34. **Harness wind energy and solar.** Despite what some people say, coal is not clean.
35. Support **education for women.** Research shows that women with more education tend to have fewer children, which could slow population growth and curb carbon emissions.
36. **Talk to the earth,** the plants and trees. Thank the water every time you use it.

Above all, be a light in the world through your thoughts, words and actions.