



SUSTAINABILITY AMBASSADORS

Rapidly advance a sustainable future

TOP TEN CLIMATE ACTIONS

Lead by example! Communicate your impact to peers, stakeholders, and policy makers to urge collective action.

ONE: Get Out of Your Car

Conduct a [Carbon Commute Count](#) at your school to get a baseline. Calculate the “walkability” of where you live. Read up on [walkable cities at Project Drawdown](#). Get exercise and reduce your footprint by riding your bike everywhere, especially to school. Participate in a [Bike to School Campaign](#). Advocate for safer routes to school by researching [My City's Bike Plan](#). See the importance of improving [bike infrastructure at Project Drawdown](#). Launch a [carpool to school campaign](#). Use the [SchoolPool](#) App. See the importance of [carpooling at Project Drawdown](#). Get on the bus! Activate your ORCA card and practice by playing [Bus Bingo](#). Take light rail to get anywhere.

TWO: Conserve Energy

Insulate your home to prevent wasting the air you are trying to warm. Air infiltration accounts for 25 to 60 percent of energy used to heat and cool a home, energy that is [simply wasted](#). Install [LED light bulbs](#) to increase the efficiency of your lighting. Get the [LED Impact Project](#). Get the Impact Project for [Adjusting Your Thermostat](#). Get the Impact Project for [Unplugging Your Vampire Loads](#). Biggest and best, switch to clean energy by ditching your gas furnace and your air conditioners. Learn how [Heat Pumps at HotCool](#).

THREE: Generate Clean Energy

Get the Impact Project, [Can My Family Go Solar?](#). Study Project Drawdown's [Utility Scale Solar](#) and also their [Rooftop Scale, Distributed Solar](#). Find everything you need to know at [Solar Washington](#). Invest in Puget Sound Energy's [Green Power Program](#), or a similar program with your own Energy Utility.

FOUR: Eat Less Meat, More Plants

A meat-centric Western diet, which is on the rise globally, accounts for one-fifth of global emissions. If cattle were their own nation, they would be the world's third-largest emitter of greenhouse gases. Plant-rich diets reduce emissions and also tend to be healthier, leading to lower rates of chronic disease. \$1 trillion in annual health-care costs and lost productivity would be saved. Learn more at [Project Drawdown](#). Here is an op-ed from the NY Times which sums up [the moral challenge](#):

FIVE: Waste Less Food

From farm to fork to landfill, 40% of food in the US today goes uneaten. Throwing away food wastes the water and energy used to produce, package and transport it. Worldwide, it takes 2.5

billion acres of land just to grow the food we waste, and 25% of all freshwater in America is used to produce food that is never eaten. See King County's [Food: Too Good To Waste](#) and the City of Seattle's [Love Food Stop Waste](#). Learn more at [Project Drawdown](#). Get the Impact Project on [Reducing Food Waste](#).

SIX: Plant and Care for More Trees

Helping to plant and care for more trees improves your community's urban forest and its tree canopy. Among many benefits that trees bring to our cities, they sequester carbon, which is the process of removing carbon from the atmosphere and storing it. See the [22 Benefits of Trees](#). See all five Impact Projects in the row organized under the theme [Trees Are Cool](#).

SEVEN: Buy Less Stuff

Think before you buy. Americans shop a lot, and as a result, we have high [carbon footprints](#) and [water footprints](#). Use these calculators and take action to reduce your consumption footprint.

EIGHT: Reuse, repurpose, recycle

See all five Impact Projects in the row organized under the theme [Zero Waste](#). To recycle weird stuff that you are not sure about, look it up on King County's "[What do I do with?](#)" Learn all about the principles of [The Circular Economy](#) and study some of the amazing industry [case studies](#). [I](#)

NINE: Claim Your Consumer Power

Every time you make a purchase you are voting with your money. What kind of businesses do you want to encourage or discourage with your consumer choices? Read up on [Green America](#), [Seattle Good Business Network](#), [Seventh Generation](#), [Who Gives a Crap](#), [Pela Cell Phone Cases](#), and others. Learn about the organizing principles of a [Bcorp Company](#) and invest in these kinds of business instead of others.

TEN: Vote

Read about the issues. Listen to multiple points of view. Vote for a better democracy. Vote for structural changes that will lead to a more sustainable economy and much stronger climate change policies that benefit all, not just the wealthy. And most especially, vote for better ways to vote so participation increases across the country. Read up on [Voter Reform Issues and Opportunities](#).