

# Taking Climate Action: At Home

## Checklist for Climate Action Around the Home

**Fighting climate change requires everyone to contribute by taking action in their homes with small changes. Here are some suggestions of how you can help right now.**

### Energy:

- Unplug electronics and turn off lights when not in use or use a power strip.
- Replace old lightbulbs with LEDs that use less energy and last longer.
- Replace refrigerators and other appliances with those labeled ENERGY STAR®.
- Determine how much electricity you can save by plugging devices into an electricity usage monitor.
- Adjust your thermostat in the winter to 68°F during the day and lower while asleep or away from home. In the summer, keep your home warmer while away and 78°F only when you at home. Install a programmable thermostat for more savings.
- Only run the dishwasher with a full load and only do full loads of laundry.
- Take shorter showers and/or install a low-flow showerhead.
- Get a free energy audit/assessment for your home from MidAmerican or Green Iowa AmeriCorps.
- Ensure that your home is properly insulated.
- Consider installing a solar thermal system for your hot water needs.
- Take advantage of your utility's energy efficiency programs.
- Wash clothes in cold water and hang out to dry.
- Stay informed of opportunities to offset natural gas use for clean electricity use.

### Transportation:

- Walk, ride a bike, use public transit, or carpool.
- Reduce the number of single-destination and single-occupant trips.
- Use your most efficient vehicle when feasible.
- Avoid idling your vehicle for long periods.
- Buy a more efficient or alternative fuel car, such as a hybrid or electric vehicle.

### Food:

- Consume foods which are grown locally and/or are certified organic.
- Join a Community Supported Agriculture and shop at farmers' markets.
- Eat at restaurants that feature local and seasonal foods.
- Reduce your consumption of meat and dairy.
- Consider the carbon impact of food choices.

### Others:

- Plant trees, especially where they'll provide shade for your house.
- Connect a rain barrel to your gutter system.
- Plant fruits and vegetables in your garden instead of buying them.
- Install a green roof, rain garden, or permeable pavement in your home.

### Waste:

- Buy only items that are necessary and that you are sure you will use.
- Donate unused clothes and electronics to charity.
- Reduce junk mail by asking to be removed from mailing lists.
- Opt-in for electronic billing statements.
- Recycle.
- Take your own bags (e.g., cloth) to the store.
- Avoid buying products in single-serving packaging or buy in bulk.
- Reduce purchases of disposable products and instead focus on durable goods.
- Compost your organic (food, yard) waste.
- Use extra paper as scrap paper and print double-sided.
- Recycle, donate, or repurpose used textiles.
- Initiate or participate in "repair cafes" as a means of giving longer life to household items that might otherwise be discarded.

### Community:

- Buy local products
- Support environmentally-conscious businesses.
- Share this information with your neighbors.