



**My Climate Action Commitment**

Sustainable Development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”  
(The United Nations, Brundtland Commission, 1987).

\*\*Based on the average American’s annual carbon footprint of 15,000 pounds of carbon dioxide (CO<sub>2</sub>).

Sources:  
www.climatecrisis.net,  
www.kyero.com,  
www.terrapass.com

Quantity	Activity	Pounds of Carbon**
	<b>Alternative Energy</b>	
	Buy 5% of your electricity from a renewable energy source.	650
	<b>Reduce/Reuse/Recycle</b>	
	Use a compost bin to dispose of kitchen waste.	250
	Use your canvas tote bag in place of 2 plastic bags every time you do your grocery shopping.	50
	Reduce your garbage by 10%.	1200
	Switch to online bill paying.	4200
	Remove yourself from junkmail lists.	200
	<b>Energy Conservation</b>	
	Replace one 60 watt incandescent bulb with one compact fluorescent.	450
	Insulate your hot water pipes.	300
	Turn down your thermostat 2° F in winter, up 2° F in summer.	2000
	Switch washing machine from hot/warm cycle to warm/cold cycle.	300
	Wash your clothes in cold water.	500
	Reducing the clothes dryer loads by 2 loads of laundry per week.	400
	Clean or replace filters on your furnace and air conditioners.	350
	Wrap your water heater with a blanket.	1000
	Turn down your water heater 10°F.	500
	<b>Purchasing</b>	
	Choose a fuel efficient car which gets at least 10 mpg better gas mileage.	2800
	Choose to buy a native tree species and plant it in your garden.	5000
	Replace one non-recycled ream of paper with one ream of post-consumer recycled paper.	5
	<b>Food</b>	
	Replace one meat-centered meal per week with a vegetarian meal.	400
	Eat local food once a week.	5000
	Let hot food cool before placing it in the refrigerator.	700
	<b>Transportation</b>	
	Lower speed on highway by 5 mph.	750
	Avoid 10 miles of driving each week.	500
	Check your tires once a month and keep them properly inflated.	350
	Replace one 5 mile car trip per week with walking or biking.	250
	<b>Total</b>	
	Signed _____ Date _____	
	Print Name _____ Email _____	