

## Websites for climate change actions and resources

- **Sustainable Medfield** and **Medfield Environment Action** are grassroots organizations in Medfield who have made great impacts in terms of climate awareness and sustainable actions <https://sustainablemedfield.org/> and <https://meamedfield.org/>
- **Living On Earth** – a weekly environmental news radio program on WBUR. Every week approximately 250 Public Radio stations broadcast Living on Earth's news, features, interviews and commentary on a broad range of ecological issue. <https://www.loe.org/>
- **US Environmental Protection Agency (EPA)** – protects human health and the environment in terms of the quality of air, water, land, endangered species, and hazardous waste. Their calculator helps you get an estimate of your greenhouse gas emissions and find ways to reduce usage <http://www.epa.gov/climatechange/ghgemissions/ind-calculator.html>
- **Citizens Climate Lobby** – a grassroots lobby missioned to create the political will for a stable climate. They promote a revenue-neutral carbon fee and dividend, working to get Congress to enact it. Will empower you! <http://citizensclimatelobby.org>
- **Climate XChange** – guiding Massachusetts to a clean energy future. The mission is to reduce global warming pollution and strengthen the Massachusetts economy through a carbon fee and rebate policy. <http://www.climate-xchange.org/>
- **350.org** – building a global climate movement with climate-focused campaigns, projects and actions led from the bottom up by people in 188 countries. The number 350 means climate safety: to preserve a livable planet, scientists tell us we must reduce the amount of CO2 in the atmosphere from 400 parts per million to below 350 ppm. [www.350.org](http://www.350.org)
- **Third Act** - a community of Americans over sixty determined to change the world for the better. Third Act harnesses an unparalleled generational power to safeguard our climate and democracy. <https://thirdact.org/>

## Some of the things we all can do

- Adopt a vegetarian diet
- Change light bulbs to energy-efficient ones
- Turn off all lights and/or unplug appliances when not in use
- Install dimmer switches
- Install solar panels
- Wash full loads of laundry in cold water
- Turn off anything plugged into an electric socket (plug small appliances into a power strip and turn it off)
- Change filters on heaters, air-conditioners
- Dry on the clothes line, or at least only run your dryer with full load
- Use your stove less. Use the microwave oven or toaster oven instead
- Install a timer on your hot water heater
- Grow your own produce as much as possible
- Buy groceries from local farmers
- Turn your air conditioner up or off when leaving the house
- Use awnings to shade south and west facing windows
- Hang white drapes to reflect light
- Service your air conditioner
- Recycle motor oil
- Weather strip doors and windows
- Keep your house cool by closing blinds on sunny side of house
- Water your gardens in the morning
- Use a car wash for washing your car
- Don't idle your car
- Buy a hybrid or electric vehicle
- Drive less often: walk, bike, use mass transportation
- Replace appliances with energy efficient ones
- Retrofit home
- Install low-flow showerheads
- Turn off the tap when you brush your teeth
- Vote with your dollars! Don't buy products from companies not practicing sustainability
- Drink shade-grown coffee
- Join groups to make your voice be heard and to learn, e.g., Citizens Climate Lobby, 350.org, etc
- Educate yourself (see website list or read)