

Ideas for Living Sustainably - A Call to Ecological Conversion

1. **Consume less, reuse more.** Consider the impact of your purchases socially and environmentally.
2. **Use your voice** to urge the government to take bold, ambitious climate action. Vote.
3. **Eat for a climate stable planet** - less meat and more plants.
4. ICC has joined the Vatican and over a thousand faith leaders and institutions who have called for a **Fossil Fuel Treaty Non-Proliferation Treaty**. Learn more and sign on at www.fossilfueltreaty.org
5. **Learn why biodiversity** is important for a healthy planet and how we can safeguard the greatest number of species. Virtually join **Half-Earth Day** at the Smithsonian on Oct. 13, 2022. www.half-earthproject.org
6. **Take advantage of tax rebates** from the recently passed Inflation Reduction Act which includes \$80 billion in rebates to help households pay for green-energy upgrades such as efficient **heat pumps** (\$8,000 back per household), **electric water heaters** (\$1,750) and **electric cooktops** (\$840). Homeowners can also receive a 30 percent credit for installing **solar panels** and up to \$7,500 tax credit for people who buy new **electric vehicles** beginning next year. www.washingtonpost.com/business/2022/08/16/inflation-reduction-act-save-money/
7. **Invest in glass containers and consider local refill stores.** Shop for bulk food products at Part and Parcel or the Durham Coop Market in Durham. They accept refillable bottles & support package-free purchases. www.pnpdurham.com and www.durham.coop
8. **Listen. Have conversations on climate change**, especially with young people.
9. **Invest wisely.** If you have investments, learn whether they include fossil fuels and if so, encourage your organization to divest.
10. **Visit local stores** that support sustainability by offering **refillable** soap and shampoo options and other alternatives to plastic waste. www.fillaree.com and www.dontwastedurham.org
11. **Consider your transportation** - walking, biking or taking the bus even one day a week makes a significant impact on carbon emissions.
12. **Wash clothes** at a cooler temperature and use wool balls in dryer or air-dry on a clothes line to save energy. **Use laundry detergent sheets** to replace the 700 million laundry jugs that are discarded every year. www.theglobeandmail.com 08-29-2021
13. **Compost food scraps.** Organic matter rotting in a landfill releases **methane**, a greenhouse gas several times more potent than carbon dioxide. Composted leftovers in a bin that lets in oxygen will significantly reduce the amount of methane released into the atmosphere and the **carbon** in the composting organic matter will be held in the resulting soil. www.bbc.com/future/article/20200224-how-cutting-your-food-waste-can-help-the-climate
14. **Choose a reusable** water bottle, coffee cup, shopping bag and lunch box.
15. **Turn your thermostat down** in the winter or when you are away from home to save both money and energy; do this automatically with a programmable thermostat.
16. **Buy local, organic and seasonal food.** Support CSAs and the Durham Farmer's Market.
17. **Purchase paper products** made from bamboo or recycled fibers.
18. **Reduce junk mail** by removing your name from mailing lists at www.paperkarma.com
19. **Use LED light bulbs & turn off electronics** when not in use. Choose energy-star appliances.
20. **Walk in nature, pray and reflect** on how to integrate these teachings into your daily life. www.usccb.org/offices/general-secretariat/laudato-si-care-our-common-home