

# Go on a Low-Carbon Diet!

## Pledge to Reduce Carbon Emissions\*

Take this pledge home and discuss it with your family!

**It's easy!**

I Will    Done

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Visit sustainability websites to learn more ( <a href="http://www.yourgreencity.sarasotagov.com">www.yourgreencity.sarasotagov.com</a> , <a href="http://www.scgov.net/sustainability">www.scgov.net/sustainability</a> , <a href="http://www.sarasota.extension.ufl.edu">www.sarasota.extension.ufl.edu</a> , <a href="http://www.solutionsforyourlife.com">www.solutionsforyourlife.com</a> ). |
| <input type="checkbox"/> | <input type="checkbox"/> | Measure my ecological and carbon footprint ( <a href="http://www.footprintnetwork.org">www.footprintnetwork.org</a> for ecological footprint, <a href="http://www.terrapass.com">www.terrapass.com</a> for carbon footprint).  |
| <input type="checkbox"/> | <input type="checkbox"/> | Install compact fluorescent light bulbs.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Sign up to reduce junk mail ( <a href="http://www.privacyrights.org/fs/fs4-junk.htm">www.privacyrights.org/fs/fs4-junk.htm</a> ).  |
| <input type="checkbox"/> | <input type="checkbox"/> | Join community civic engagement organization(s) to promote climate change solutions.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Turn off lights and computers when not in use.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Set thermostat at 78° for A/C and 68° for heat— adjust further when not at home.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Unplug electronics like cell phone chargers, appliances, and DVD players when not in use.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Fully load the dishwasher without pre-rinsing the dishes.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Wash laundry in cold (not hot) water.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Dry laundry outside instead of in the dryer whenever possible.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Drive the speed limit (or 2 mph less) with no fast accelerations or abrupt stops.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Plan more meals with seasonal locally-grown food ( <a href="http://www.eattheseasons.com">www.eattheseasons.com</a> ).   |

### Take it a few steps further...

I Will    Done

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Clean my refrigerator coils, ensure the seal holds and clear the top of clutter.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Schedule regular service and filter changes for my A/C system.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Replace all of my most frequently used lights with Compact Fluorescent Bulbs (CFLs).  |
| <input type="checkbox"/> | <input type="checkbox"/> | Install low-flow showerheads.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Use cloth re-usable bags for shopping.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Buy less and buy minimally packaged goods with recycled content.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Shop for more locally-grown, in-season, and organic foods (check out <a href="http://sarasota.extension.ufl.edu/AG/FoodChoiceCarbon.pdf">http://sarasota.extension.ufl.edu/AG/FoodChoiceCarbon.pdf</a> for more information). |
| <input type="checkbox"/> | <input type="checkbox"/> | Walk, bike, carpool, take the bus, bundle errands—leave car at home as much as possible.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Increase fuel efficiency by tuning my car, maintaining tire pressure, and cleaning air filter.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Ask my elected officials to pass laws to cut greenhouse gas emissions.  |

### And now lose all the pounds!

I Will    Done

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Weatherize my home with caulk and weather-stripping, and schedule a free energy audit with FPL.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Install or use ceiling fans so I can turn up the A/C temperature—and turn off fans when I leave the room.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Insulate my water heater and set the temperature to 120°.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Plant trees to cool the east/south/west sides of my home and my A/C unit.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Eat fewer animal products to save the water and land used to produce feed, and in turn reduce methane produced by animals.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Shop for groceries at the local farmers' markets ( <a href="http://downtownsarasotafarmersmarket.com/">http://downtownsarasotafarmersmarket.com/</a> ). |
| <input type="checkbox"/> | <input type="checkbox"/> | Grow my own produce in the backyard or in a container garden.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Shop for ENERGY STAR <sup>®</sup> appliances and equipment when current items need replacing.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Switch to the most fuel efficient vehicle that meets my needs.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Support green companies and write to companies asking them to reduce their emissions.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Help educate friends, neighbors, and co-workers about making sustainable lifestyle choices.   |

I (we) pledge to reduce my (our) emissions with the above sustainable choices and practices,

\_\_\_\_\_  
Signature(s)

\_\_\_\_\_  
Date

We look forward to hearing about your progress! We'll send you a short email in October.

The email addresses gathered in this project are used for the purpose of relaying information related to this pledge. They will not be shared with anyone or used for any unsolicited communications.

\*Adapted from "My Pledge to Reduce Carbon Emissions" by Sarasota Network for Climate Action (SNCA)