



What Households Can Do To Fight Climate Change

By Aman B., San José, Youth Member of Climate Reality Silicon Valley



Small Actions:

- Switch to 100% clean electricity (for about \$3-\$5 more per month) [TotalGreen - San Jose Clean Energy](#) or [Silicon Valley 100% Clean Energy](#)
- Eat lower on the food chain, as much plant based as possible, very small amounts of fish, eggs, and poultry, and no or almost no red meat and dairy; now, there are delicious vegan substitutes for basically any recipe, and they can be found on the internet
- Turn down the thermostat to 68°F or lower, and 50°F or lower at night
- Turn down your water heater temperature to 120°F or lower
- Buy fewer non-essentials made from plastic, paper, and other polluting and resource-heavy materials
- Waste less food, and always save and eat leftovers, because food put in the landfill has the potential to release methane and other greenhouse gasses
- Go on fewer unnecessary car and especially plane trips, and instead “walk and roll” by going on foot, bike, or public transportation. Carpool is another good option, but Uber and other driving services are just as bad for the climate as individual driving
- Use LED light bulbs
- Start composting to keep organic materials out of polluting landfills, many cities offer free compost bins
- Plant trees, food plants, and native plants supporting pollinators and other wildlife
- Don't pour any new concrete if you can at all avoid it
- Purchase a refillable metal water bottle and stop buying or using plastic bottles, and don't accept bottled water from anyone else if offered
- Consider buying your clothes used from a second-hand store, to prevent them ending up in a landfill and reuse
- If you are considering purchasing carbon offsets, try putting that money into electrification of your home, and other actions listed here, as many are not as helpful for the climate as they claim to be; or do proper research on the offset project before buying the offsets, because some do exist that genuinely work to help the Earth
- [Sign up for Climate Reality Silicon Valley Newsletter!](#)
- Write to your elected officials, especially on the California State level, to support climate-smart legislation
- Do more research and discover new solutions not mentioned here!
- Discuss these actions and more on climate change with your friends and family

Medium Actions:

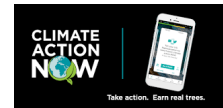
- Become vegan
- Take out your lawn and replace it with water-wise natives
- Install water-efficiency parts like a shower reducer and a faucet aerator
- Avoid using garden pesticides or synthetic fertilizers
- Shop at local farmers' markets for fresh produce that isn't shipped long-distance
- Ride your bike, walk, or take a bus or train as much as you can
- Recycle everything you can, and nothing you can't, with [San Jose Recycles](#)
- [Ditch junk mail](#) and shift your bills, bank statements and other important messages online
- When taking notes or writing, try to use a computer or use scratch paper with one side already marked on, to reduce paper usage
- Use a small solar panel to power any outdoor electricity need, like a fountain pump or lighting
- Use reusable (especially recycled) grocery bags and reuse them as many times as possible. Plastic, paper, and cotton bags each have their own host of environmental issues, so [your best option is to use the bags you already have as many times as possible](#), and avoid buying new bags, especially single-use ones
- When buying a new appliance, be sure that it is both electric and Energy Star Certified efficient which will save hundreds in power costs and help keep the electric grid robust)
- Install a simple laundry greywater system, some municipalities and offer free installation
- Harvest rainwater in barrels connected to roof gutters
- **If you are a renter**, encourage your landlord to install energy-efficient electric appliances in any renovations or replacements, and conserve energy and water however you can
- Join a climate smart challenge (one in [San Jose](#), and [Cupertino](#)) and join the [San Jose Go Green Teams](#), or [CoolBlock](#) in some other cities all of which are motivating, empowering, enlightening, and helpful
- [Volunteer for Climate Reality Silicon Valley!](#)

Large Actions:

- Purchase an electric vehicle
- Electrify your home and detach from gas lines, install an induction cooktop, which is efficient and user-friendly, oven, heat pump space heater, heat pump water heater, and any other previously gas-powered appliances
- Install insulated windows
- Move your money to a bank or credit union that vocally does not finance the fossil fuel industry and other polluters
- If your walls or roof are already being worked on, be sure to add an internal layer of insulation
- Put up solar panels
- Instal a whole-house greywater system

Resources:

- [TotalGreen San Jose Electricity](#): Save the Earth for the price of a cup of coffee a month with 100% carbon-neutral electricity
- [BayRen](#): An organization providing rebates, free guidance, and financing in home electrification projects
- The Earth On Your Plate [Video](#) and [PDF](#): A succinct and deeply compelling presentation on the industrial animal food system
- [Blue Barrel](#): An affordable solution for roof rainwater capture
- Green Ninja Middle School Environmentally-Focused Science [Curriculum](#) and [Videos](#)
- [Climate Action Now App](#): A concrete way to contribute to the Earth's future
- [More Resources from Climate Reality Silicon Valley](#)



Now, you can join the fight to save our planet!

Most importantly, share this with everyone you know, brainstorm new ideas, join climate groups, and always consider the Earth in your everyday actions, purchases, and trips.