

## Quick Actions for Sustainable Living

- **Lifestyle**

- Take the carbon footprint survey on The Nature Conservancy's website to find out what your carbon footprint is:  
<https://www.nature.org/en-us/get-involved/how-to-help/consider-your-impact/carbon-calculator/>
- Educate yourself more by reading books and articles on climate change. A good starter: *Braiding Sweetgrass* by Robin Wall Kimmerer
- Recycle. But proactively try to avoid buying plastic products.
- Look into carbon offsets
- Take shorter showers and only wash full loads of dishes to reduce water use
- Try incorporating more plants in your diet. If you can't commit to an entirely meat free lifestyle, try committing to one meat-free day a week.
  - If you enjoy experimenting with new recipes, "Minimalist Baker" is a blog with some fun and colorful vegetarian/vegan ones! <https://minimalistbaker.com/>
  - A couple Indy spots to get you started:
    - Ezra's Enlightened Cafe
    - Broad Ripple Ice Cream Station (BRICS)
    - Duos
- Reduce food waste. Buy unpackaged goods and don't go to the grocery store hungry (good for the wallet too). If you do end up with some food wasted, see what you can compost to divert from a landfill.
- Bring reusable bags to the grocery store and avoid the plastic bags used to hold fresh produce.
- Carry around a reusable water bottle and thermos for hot drinks. Some coffee/tea shops will offer discounts if you bring your own mug/thermos!
- Cut back on plastic straws. They are unnecessary extra pieces of plastic. If you really want a straw, consider a reusable metal one!

- **Home**

- Switch to a renewable electricity supplier
- See if wind turbines or solar panel installation is an option for you
  - Rectify Solar LLC provides a free solar energy report and layout <http://www.rectifysolar.com/>
- Install efficient lighting, appliances, machines
- Check to see if you have energy efficient HVAC and insulation

- **Transportation**

- Keep in mind fuel efficiency and the impact on the environment when buying things like automobiles. Consider an electric vehicle, hybrid car, or one with a higher MPG rate.
- Use public transportation (try out the new Indy Red Line!), ride sharing, biking, or walking as much as possible.
- Take a stand with your local officials to improve public transportation. Greater Indy is making strides, but still has a long way to go in reliable and efficient public transport. Let your leaders know this is off importance to you and your community!

- **Policy**

- Don't underestimate the power you have in taking local action in your community!
- Hoosier Environmental Council (HEC) is one of the biggest environmental advocacy groups in the state. Attend one of their Earth Ambassadors or other trainings to learn more about the current state of affairs in Indiana and how you can take further individual and collective action.
  - Follow HEC's "Bill Watch" for opportunities to speak up for our state's air, water, land, and quality of life. <https://www.hecweb.org/bill-watch-2019/>
  - Host or attend an HEC event. Claire can put you in contact with Amanda Shepard, their Outreach Coordinator.
  - Check out HEC's *Legislative Advocacy Guide for easy to follow steps on understanding the Indiana Legislative Process and contacting elected officials* <https://www.hecweb.org/wp-content/uploads/2019/01/Legislative-Advocacy-Guide-HEC-2018-edition.pdf>
- Vote for elected officials who support earth friendly policies
- Look into companies you support or even work for, and see if they have any sustainability policies. If not, maybe there is a greener option.
  - Check out HEC's vetted list of Green Biz in Indy <https://www.hecweb.org/hecgreenbiz/>
- Write a letter to the editor for your local paper
- Call or write your representative and senator on bills of concern and in support of strong environmental programs
  - Find your local legislators here: <http://iga.in.gov/legislative/find-legislators/>