

Help Alameda Protect the Climate! Each of Us Can Make a Difference!

Post this checklist in a prominent location at home. Tackle an item or two at a time, checking them off as you complete projects and change habits. In addition to protecting the climate, you'll save money and incorporate a little more activity into your lifestyle. Leverage the plethora of resources on page 2 for assistance completing the checklist items.

Transportation - Every gallon of gasoline burned creates 19.4 lbs of CO₂ (from US EPA)

The most critical change needed in Alameda is to drive less!

- Bike or walk for short trips
- Take public transit (relax - no fighting traffic)
- Carpool for work, kid activities, meetings, events, clubs, etc.
- Work from home if possible (even 1 or 2 days/week helps)
- Buy an electric (or at least much more fuel efficient) vehicle
- Carpool adhoc via uberPOOL or Lyft Line apps

Drive more efficiently:

- Clear out items from trunk/rear of vehicle (do seasonally)
- Check tire air pressure monthly
- Keep regular vehicle maintenance schedule
- Do not exceed speed limit; accelerate/brake smoothly
- Consolidate trips
- Organize route in clockwise pattern to minimize left-hand turns

Conserve Energy at Home

Heating/Cooling:

- Insulate attic Seal air gaps to exterior throughout house
- Replace/clean furnace/AC filters at least every other month when in use (keep a supply)
- Caulk/weather strip windows & exterior doors
- Lower (raise) thermometer setting 2 or 3° F in winter (summer) – Use automated thermostat
- Use a fan to cool instead of A/C (turn off when leave room)
- Install insulated curtains/blinds & plastic film on windows

Lighting:

- Replace incandescent with florescent or LED bulbs

Water Heater:

- Properly install tank & hot water pipe insulation
- Set to 120° F

Appliances:

- Use appliance energy saving options like air dry
- Purchase only Energy Star® appliances
- Consider replacing old fridge/doing w/o 2nd one (AMP rebates)
- Clean refrigerator coils every 6 months

Laundry:

- Wash full loads only
- Use cooler water for wash cycle; cold for rinse cycle
- Clean dryer filter before each load
- Don't overheat clothes in dryer (use moisture sensor option)
- Even better, install and use a clothes line or rack

Dish Washing:

- Skip garbage disposal; scrape food bits in green bin
- Only run dishwasher when completely full
- Fill sink/basin rather than letting water run over dishes down drain

Miscellaneous:

- Request an AMP home energy audit (see back)
- Turn off items when not in use (lights/TV/computers...)
- Take shorter showers
- Consider installing solar panels
- Microwave when possible (more efficient than stove/oven)
- Use smart power strips & unplug electronics when not in use
- Check out a Kill-A-Watt meter to measure electrical use (see back)
- Install reduced flow shower/faucet heads

Reduce, Reuse, Recycle and Rot (Compost) – The Four R's

- Put paper, plastic, glass & metal in blue bin
- Put yard trimmings, food & food soiled paper in green bin
- Reuse mug for coffee/ tea instead of paper cups
- Reuse cloth bags instead of paper/plastic for all shopping
- Buy reusable bottles and use tap water (filtered if you like) instead of bottled water
- Sign up for Freecycle™ to give/get local free items (see back)
- Decline plastic straws/utensils & any extras you don't need
- Repair items instead of replace if salvageable
- Buy used or made from recycled materials products instead of new
- Use dish cloths/rags/mops instead of paper towels/other disposables
- Donate/sell gently worn, no longer wanted items
- Pack no-waste lunches (see back for help)
- Switch to paperless billing Reduce junk mail (see back for help)
- Return hangers to cleaners, berry baskets to farmers market, etc.
- Reduce food waste (see back for help)

Other Ways to Help

- Plant trees (lots of trees); grow a fruit and vegetable garden
- Shop locally; buy locally made/grown goods
- Eat less meat and avoid processed foods with palm oil
- Invite CASA to speak at one of your gatherings
- Use rake, broom & push mowers for yard work
- Vote for environmentally minded elected officials
- Give 10 friends this list and help them get started on it
- Volunteer with/donate to organizations which protect the climate

For electronic copy of this checklist visit our website at www.casa-alameda.org

Questions? Email Joyce Mercado at jlmercado246@us.ibm.com

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Helpful Resources Available for Alamedans!

Transportation

- **BikeWalkAlameda:** Nonprofit offers bike safety classes, bicycling & walking map of Alameda, safety flyers and experts to address biking and walking questions and concerns. www.bikewalkalameda.org
- **Changing Gears Bike Shop:** Nonprofit offers earn-a-bike programs, refurbished bicycle sales, bicycle field trips, job training, library bike program and accepts used bike donations. Info@ChangingGearsBikes.org, changinggearsbikes.org
- **Alameda Bike Shops:** Local bike shops offer bike and accessory sales, maintenance and repairs, advice and more. List of Alameda bike shops here: <http://bikewalkalameda.org/resources-2/bicycle-shops/>
- **AC Transit:** Trip Planner, Bus Schedules/Routes, real time arrival information using NextBus or Routeasy apps or www.actransit.org
- **BART:** Quick planner, real time departures, schedules <https://www.bart.gov/>
- **Ferry Service:** www.eastbayferry.com
- **511.org:** Public transit trip planner, find a carpool, get FasTrak®, check traffic conditions, bike routes, etc. Call 511 or www.511.org
- **GetAround:** Rent your neighbor's car using <https://www.getaround.com/oakland-car-rental?gclid=CNazh6vynNQCFZyCswodEdkKUA>
- **Golden Gate Electric Vehicle Association:** Nonprofit provides guidance on electric vehicles, rebates, charging, etc. www.ggeva.org

Energy and Water Conservation

- **Alameda Municipal Power (AMP):** Request a Home Energy Audit (510-748-3900), check out energy efficiency rebates, energy information for kids, etc. www.alamedamp.com/
- **PG&E:** Residential rebates & energy conservation tips www.pge.com/myhome/saveenergymoney
- **East Bay Mud:** Water saving tips, gear & rebates <http://www.ebmud.com/water-and-drought/conservation-and-rebates/>

Reduce, Reuse, Recycle and Rot (Compost)

- **Alameda County Industries (ACI):** Publication & Resources page has detailed guides on what goes in each bin, solving green bin issues, educational videos and lots of useful links. www.alamedacountyindustries.com/alameda/residential-resources.html
- **StopWaste.org:** Great information including household hazardous waste disposal, bay friendly gardening, green building, environmental purchasing links, etc. www.stopwaste.org/home/index.asp
- **Alameda Freecycle:** Connects people getting rid of unwanted items with others seeking the same items. No item is too big or small. All must be free. <http://groups.yahoo.com/group/AlamedaFreecycle/>
- **Donate Items:** Alameda Goodwill Store 2319 Lincoln Avenue, 510-337-2742; Salvation Army 1918 Park Street, 510-769-7401; Musical instruments for AUSD email info@AlamedaEducation.org; Friends of the Alameda Free Library (books, DVDs, CDs) <http://www.friendsalamedafreelibrary.org/untitled-c1ktj>
- **Universal Waste Management, Inc.:** Free recycling of electronics, textiles, non-useable clothing, pillows, curtains, bedding, linens, towels, small household appliances, paper products and more at 721 37th Ave. Oakland www.unwaste.com 888-832-9839
- **Sell/Buy Used Items:** www.ebay.com or www.craigslist.org
- **Bay Area Salvage Yards:** www.ohmegasalvage.com/resources/bay-area-salvage-yards/
- **Habitat ReStore:** Accepts donations and resells new/gently used building materials and household goods. 9235 San Leandro Blvd, Oakland, CA 94603 <http://www.habitat.org/restores>
- **No-waste Lunches:** Information on how to pack waste free lunches www.wastefreelunches.org/
- **Junk Mail Reduction:** fee service www.41pounds.org; free kit <http://bayarearecycling.org/content/learn-how-reduce-your-junk-mail>

Tree Planting, Gardening and Food

- **Alameda City Street Trees:** Home owners can request a street tree by e-mailing Todd Williams at twilliams@ci.alameda.ca.us with their name, phone number and address.
- **Alameda Nurseries:** Trees, native plants & vegetable garden essentials at Ploughshares Nursery, Encinal Nursery & Thomsen's Garden Center. Free workshops: www.ploughsharesnursery.com
- **Alameda Backyard Growers:** Building community 1 veggie at a time. Volunteers provide monthly education, glean excess fruit from trees for donation to Alameda Food Bank, and work with City to plant fruit trees in Alameda. <http://alamedabackyardgrowers.org/>
- **Reduce Food Waste:** Tons of helpful food waste reduction tips (food planning, storage & preparation) at StopFoodWaste.org

General Community Assistance

- **Community Action for a Sustainable Alameda (CASA):** We made this checklist. Join our distribution list to hear about environmental events in Alameda by emailing info@casa-alameda.org. Like us on [facebook](https://www.facebook.com/casa.alameda). Check out our website www.casa-alameda.org
 - **Alameda Schools Go Green Group:** To share ideas with other schools join <http://groups.google.com/group/alameda-schools-go-green>
 - **Planet Alameda:** City of Alameda's environmental resources guide www.planetalameda.com
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