**Climate Change in the Arctic**

**Take Action: Reduce Your Greenhouse Gas Emissions**

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| **Home Energy** | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Use green power |  |  |  |  |  |  |  |
| Get a high efficiency furnace |  |  |  |  |  |  |  |
| Solar water heating |  |  |  |  |  |  |  |
| Insulate your home |  |  |  |  |  |  |  |
| Equip your home with smart controls |  |  |  |  |  |  |  |
| Install low-flow showerheads |  |  |  |  |  |  |  |
| Get programmable thermostats |  |  |  |  |  |  |  |
| Install ceiling fans |  |  |  |  |  |  |  |
| Retire the Beer Fridge |  |  |  |  |  |  |  |
| Hang dry your clothes 100% |  |  |  |  |  |  |  |
| Replace your clothes washer with an ENERGY STAR® qualified appliance |  |  |  |  |  |  |  |
| Draft-proof your home |  |  |  |  |  |  |  |
| Wash clothes in cold water |  |  |  |  |  |  |  |
| Replace your refrigerator with an ENERGY STAR® qualified appliance |  |  |  |  |  |  |  |
| Hang dry your clothes 50% |  |  |  |  |  |  |  |
| Get CFL light bulbs |  |  |  |  |  |  |  |
| Replace your dishwasher with an ENERGY STAR® qualified appliance |  |  |  |  |  |  |  |
| Replace your light fixture with an ENERGY STAR® version |  |  |  |  |  |  |  |
| Replace your central A/C with an ENERGY STAR® qualified unit |  |  |  |  |  |  |  |

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| **Home Energy cont’d** | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Replace your doors with ENERGY STAR® versions |  |  |  |  |  |  |  |
| Replace your window A/C with an ENERGY STAR® version |  |  |  |  |  |  |  |
| Replace your windows with ENERGY STAR® versions |  |  |  |  |  |  |  |
| Replace your television with an ENERGY STAR® qualified version |  |  |  |  |  |  |  |
| Get low-flow toilets |  |  |  |  |  |  |  |
| Replace your DVD player with an ENERGY STAR® qualified version |  |  |  |  |  |  |  |
| Join a "peak saver" program |  |  |  |  |  |  |  |
| Get a home energy audit |  |  |  |  |  |  |  |

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| Cars / Transportation | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Choose not to own a car |  |  |  |  |  |  |  |
| Buy a more fuel-efficient car |  |  |  |  |  |  |  |
| Cycle or walk instead of driving |  |  |  |  |  |  |  |
| Sign up for car sharing |  |  |  |  |  |  |  |
| Carpool |  |  |  |  |  |  |  |
| Drive less |  |  |  |  |  |  |  |
| Reduce idling |  |  |  |  |  |  |  |
| Keep your tires properly inflated |  |  |  |  |  |  |  |

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| Food & Shopping | I am doing this | I will do this | Greenhouse Gas Emission Reduction |
| Become a vegetarian |  |  |  |  |  |  |  |
| Eat less meat |  |  |  |  |  |  |  |
| Eat local foods |  |  |  |  |  |  |  |
| Compost |  |  |  |  |  |  |  |
| Purchase second-hand clothing |  |  |  |  |  |  |  |
| Shop with reusable bags  |  |  |  |  |  |  |  |

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| **Recreation & Culture** | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Fly less for overseas travel |  |  |  |  |  |  |  |
| Fly less for North America-wide travel |  |  |  |  |  |  |  |
| Fly less for local travel |  |  |  |  |  |  |  |
| Use a push lawn mower |  |  |  |  |  |  |  |

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| **Workplace / School / Home** | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Fly less for overseas business |  |  |  |  |  |  |  |
| Teleconference with overseas collegues |  |  |  |  |  |  |  |
| Fly less for North American business |  |  |  |  |  |  |  |
| Teleconference with colleagues in North America |  |  |  |  |  |  |  |
| Take transit to work |  |  |  |  |  |  |  |
| Work from home |  |  |  |  |  |  |  |
| Fly less for local business |  |  |  |  |  |  |  |
| Teleconference with nearby colleagues |  |  |  |  |  |  |  |
| Turn off your computer |  |  |  |  |  |  |  |
| Turn off your monitor |  |  |  |  |  |  |  |
| Use power management for your computer and monitor |  |  |  |  |  |  |  |
| Turn off your desk lamp |  |  |  |  |  |  |  |
| Unplug your chargers |  |  |  |  |  |  |  |

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| **Other** | I am doing this | I will do this | Greenhouse Gas Emission Reduction\* |
| Recycle |  |  |  |  |  |  |  |
| Use E-billing |  |  |  |  |  |  |  |
| Earth Hour |  |  |  |  |  |  |  |

Each time you take an action, there is a positive impact on the environment. One leaf may indicate a small GHG value if evaluated on it's own, but together with others doing the same simple thing, the accumulated results are indeed impressive! An action with a five leaf value is one of the single most impactful actions you could do!

These values are based on average annual reductions in greenhouse gases:


0 - 800 kg/yr I am taking \_\_\_\_\_ actions


801 - 1,600 kg/yr I am taking \_\_\_\_\_ actions


1,601 - 2,400 kg/yr I am taking \_\_\_\_\_ actions


2,401 - 3,200 kg/yr I am taking \_\_\_\_\_ actions


3,201 kg/yr and higher I am taking \_\_\_\_\_ actions

This document has been adapted from the

Living Planet Community – Take Action website

developed by World Wildlife Federation (WWF) - Canada

<http://community.wwf.ca/ActionList.cfm>