

What You Can Do About Climate Change

A Municipal Resident's Guide to Taking Action

This guide describes suggested actions community members can take to be more sustainable and support the Town's goals. Taking many of these actions will also result in long-term cost savings. The actions are designated by the time and resources necessary to complete them, to encourage climate action on whichever level you are able to engage. Some residents may only be able to make one or two sustainable changes, while others may be able to do them all! Either way, creating a thriving, sustainable community will take collaboration and community support.

Changing Habits

These actions require little to no additional resources.

Reallocation

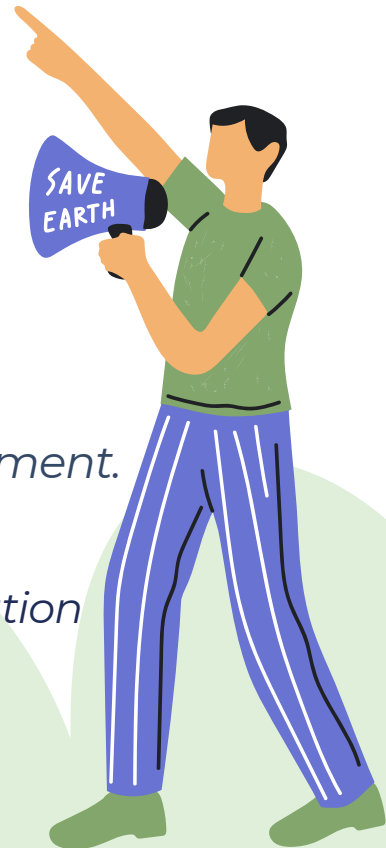
These actions require some more resources and/or time.

Investment

These actions require significant resources to implement.

Engagement and Advocacy

These actions describe ways to share information or advocate with others.



TAKE ACTION!

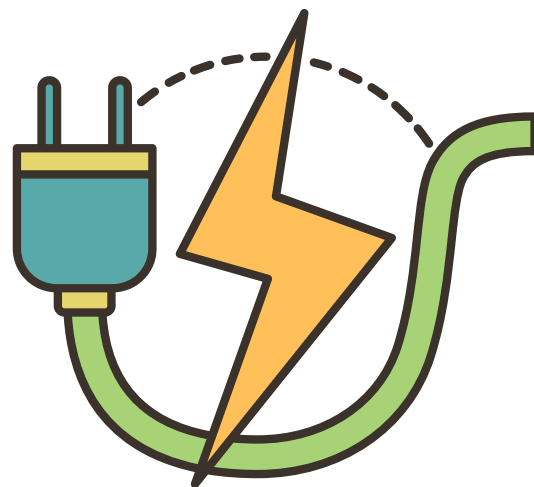
Home Energy Efficiency

CHANGING HABITS

- In hot months, close shades on the east side of the house in the morning to reduce heat coming in through the windows. Close shades on the west side of the house in the afternoon.
- Follow State guidelines for recommended home temperature settings in every season.
 - **In warm months, keep air conditioning set between 72 -78 °F.**
 - **In cold months, keep heating systems set between 64 -68 °F.**
- Changing your home Habits
 - **Unplug electronics and appliances when not in use** to avoid unnecessary electricity usage.
 - Wash and rinse dishes in cold water. When available, use a dishwasher, which uses less water and energy than handwashing.
 - **In cold months, air-dry your synthetic and wool clothing near your heat source**, to reduce energy used by a dryer and add humidity to your home.

REALLOCATION

- Insulate and air seal your home
 - **Create reusable inserts for your windows** to add extra insulation in winter. Explore WindowDressers for more information.
 - Insulate hot water tanks and pipes.
- Install **LED lighting** to reduce energy usage.
- Install **low-flow faucets** and shower heads.



INVESTMENT

- Install air-source **heat pumps** as your primary heating and cooling source.
- Install **solar panels** for your home.
- Get an **energy audit** for your home/business to identify areas in the building where insulating upgrades can be made.

ENGAGEMENT AND ADVOCACY

- **Share with your neighbors.** If you already use air-source heat pumps or have invested in an energy efficiency upgrade, tell your neighbors and friends about it! Help to encourage greener buildings in your community by sharing your experience.
- **Advocate.** Consider writing letters of support for heat pump incentives to State representatives. Include your personal experiences and how your community would benefit.

TAKE ACTION!

Transportation

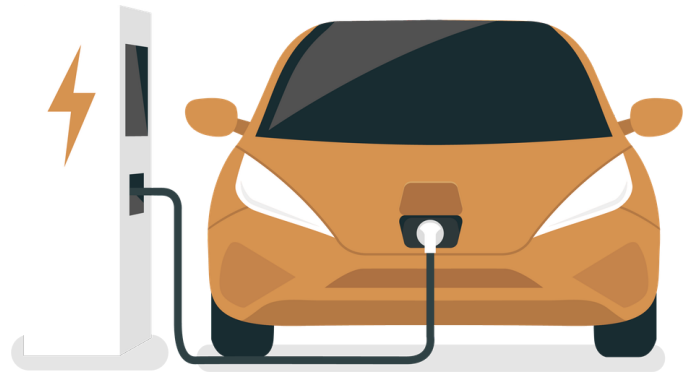
CHANGING HABITS



- **Maintain your vehicle's oil, tires, and filters** to ensure an efficient driving experience and reduce pollutants released.
- **Avoid unnecessary idling** by turning your vehicle on immediately before driving in the summer, and 1 minute or less before driving in the winter.
- **Carpool** whenever possible with neighbors, friends, and coworkers.
 - Bonus if you have a regular carpool system to work or school!
- **Combine and plan errands** to reduce the number of trips and miles traveled, also saving your time and fuel!

REALLOCATION

- Choose to **bike or walk** for local trips, if physically able.
- **Plant native species** of grass and clover on your lawn to promote native pollinators.
- When planning long distance trips, **consider a train or bus** to reduce miles traveled by car or airplane. If traveling by plane, choose flights with fewer layovers.

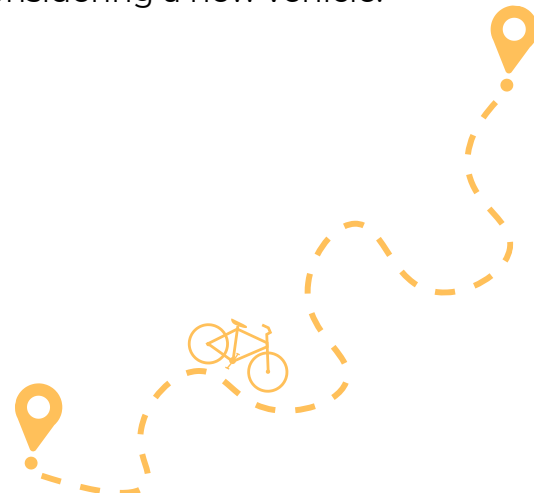


INVESTMENT

- Choose an **electric vehicle** when considering a new vehicle.

ENGAGEMENT AND ADVOCACY

- Advocate. **Write letters or testify at public hearings** with State and local representatives for improved public transportation.
- If possible, discuss the option for **remote work days** with your job to reduce the number of days employees drive to work.



TAKE ACTION!



Natural Resources and Land Use

CHANGING HABITS

- Limit mowing your lawn. **Consider not mowing in May and mowing at a taller length until the end of Fall.** This supports pollinators and reduces emissions from gasoline-powered lawn equipment.
- Collect rainwater. **Use buckets to collect rainwater,** to water plants or the lawn later.

REALLOCATION

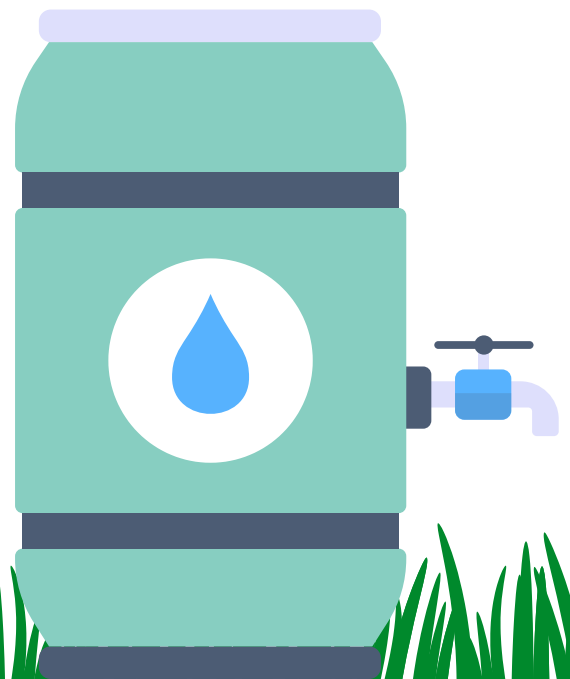
- **Research invasive species*** in your area and remove any from your property.
- When updating lawn care equipment, choose electric models over fossil fuel.
- Share or **loan electric lawn care equipment** with neighbors.
- **Switch any outdoor lights to have motion sensors** to reduce electricity usage and light pollution.

INVESTMENT

- For landowners, **consider putting forest or wetlands into conservation or donating to a local land trust.** Ensure that the open spaces of your municipality exist for generations to come.

ENGAGEMENT AND ADVOCACY

- Share with your neighbors. **Share cuttings or shoots of native plants** from your garden with neighbors or friends.



TAKE ACTION!

Resilience & Public Health



CHANGING HABITS

- **Sign up for Code Red alerts** with the Town's Fire Rescue department
- **Create plans with neighbors for wellness checks and transportation during extreme weather events.**
- Create a plan to **share emergency power resources** with family members and/or neighbors, or utilizing the Town's emergency shelter, the Fire Rescue station.

INVESTMENT

- Purchase items for an **emergency supply kit**, such as one described by FEMA on this page.
- Maintain a supply of bottled water and non-perishable food items.

REALLOCATION

- Have a little more to give? **Consider donating** items to local food pantries or emergency shelters ahead of inclement weather to support your community.
- Ensure your homeowners or renters **insurance is active** and covers flooding.

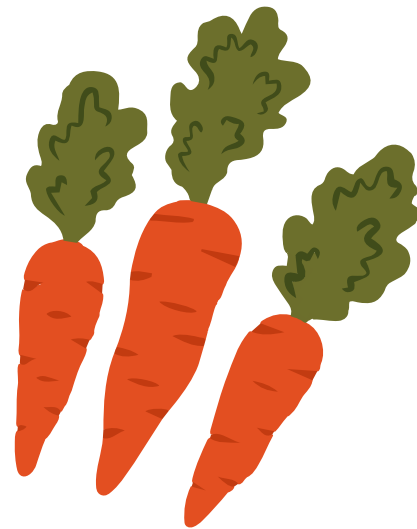
ENGAGEMENT AND ADVOCACY

- Create a **community network** that engages neighbors with each other, as well as with community organizations such as social services, behavioral health, businesses, academia, at-risk individuals, and faith-based organizations, in addition to traditional public health, healthcare, and emergency management partners.
- **Advocate** for the creation of heating/cooling centers within your community.



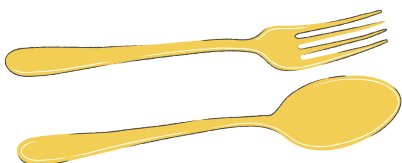
TAKE ACTION!

Food and Waste Systems



CHANGING HABITS

- **Choose thrift or resale shops** for buying goods to reduce waste volume and long-range transportation emissions from new manufactured goods.
- **Meatless Mondays!** Pick a day (or more) every week to cook plant-based proteins that are less resource-intensive than meat.
- Create a **meal-share calendar** with neighbors to save money and energy, reduce food waste, and promote community connection.



REALLOCATION

- **Buy food and goods without plastic packaging.**
- Choose products made from **compostable or biodegradable materials**, such as bamboo.
- Avoid buying goods made from plastic or with plastic coatings.
- Start indoor pots (or a small outdoor garden plot, if available) with herbs or other edible plants that take up little space.

INVESTMENT

- Buy meat and vegetables from a **Community-Supported Agriculture (CSA)** farm, supporting local farmers and avoiding long-range transportation emissions.
- Support local food pantries with donations; communicate with organization leaders to determine the most impactful donations.

ENGAGEMENT AND ADVOCACY

- Share with your neighbors. Share your favorite plant-based recipes with neighbors and on social media groups.
- Advocate. Attend meetings and write emails to encourage School officials to use food products from local farms for school lunches.

