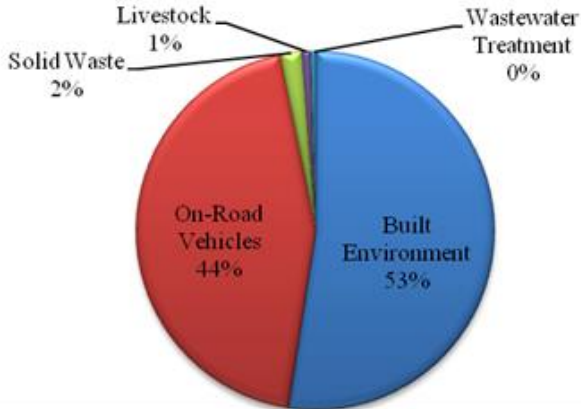




What YOU Can Do To Help Slow Climate Change

Metric Tons of Carbon Dioxide Equivalents
Emitted in 2010 from Community-wide Sources and Activities in
Thurston County, WA



TCAT’s greenhouse gas inventory for Thurston County shows that the two largest sources of carbon pollution in our county are energy used in our buildings (53%) and transportation (44%).* These are the two most important areas to work on to reduce our contributions to global warming.

The full greenhouse gas inventory report is available at <http://oly-wa.us/thurstonclimateaction/Resources.php>

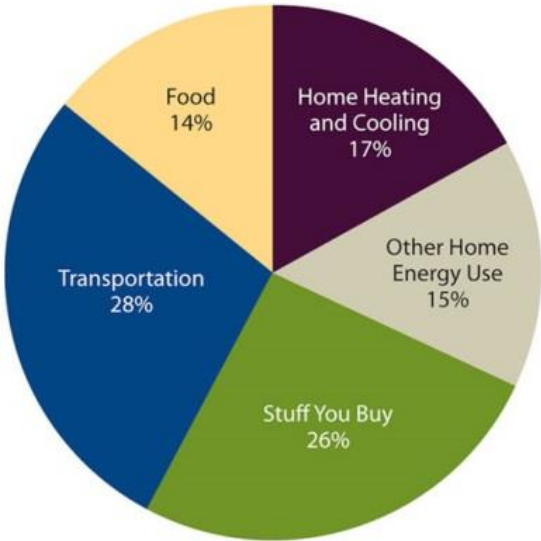
*The inventory did not measure through-traffic on I-5.

TRANSPORTATION is the second-biggest area of greenhouse gas emissions in Thurston County, and the vast majority comes from cars and trucks. Nationally, it is the largest source of GHGs (28%).¹

Bike, walk, take mass transit, carpool, switch to a car with better mileage, fly less.

- **Bicycle Maps & Safety Tips** www.trpc.org/179/Thurston-County-Bicycle-Map
- **Intercity Transit** – Trip Planner; Travel Options: bus maps/schedules, service to Tacoma and Seattle, vanpools, community vans www.intercitytransit.com/
- **One Bus Away** for real-time information in Puget Sound <http://pugetsound.onebusaway.org/>
- **Transportation and Climate Change Clearinghouse** - U.S. Department of Transportation’s one-stop source of information on transportation and climate change issues <http://climate.dot.gov/>
- **Transportation Choices** – Statewide policy and advocacy nonprofit dedicated to bringing Washingtonians more and better transportation choices <https://transportationchoices.org/>

Where the Average American’s Carbon Emissions Come From



¹ Source of data and graphics: http://www.ucsusa.org/global_warming/what_you_can_do/cooler-smarter-geek-out.html



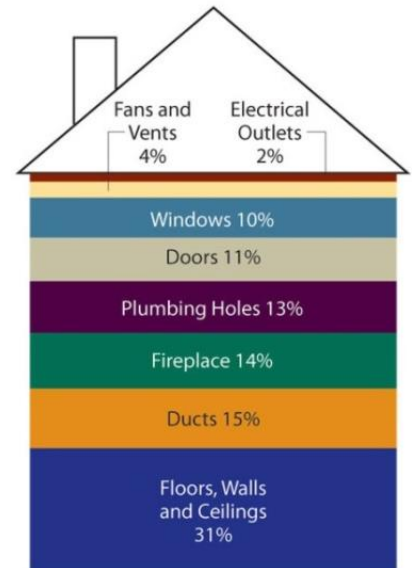
What YOU Can Do To Help Slow Climate Change

At HOME

HOME HEATING AND COOLING Upgrade your furnace or air conditioners to highly efficient models. Seal air leaks, because leaks in the average home may waste 15–25% of heat in winter and the same amount of unwanted heat gain in our homes in summer (17% of national GHG emissions).¹

- **Get a home energy evaluation** and take recommended actions
 - **Thurston Energy** <http://thurstonenergy.org>
 - **Community Action Council** - Weatherization Assistance Program for low-income families www.caclmt.org (Weatherization tab on right)
- **Puget Sound Energy** - Energy rebates, grants and programs <https://pse.com/savingsandenergycenter> (Tabs: Rebates and offers; Tips, Tools & Ideas; For Condos & Apts; Renewables; New Construction; About Efficiency)
- **Solarize with Incentives** - 30% federal tax credit, production incentives and net metering, no sales tax on electric systems. Details: www.dsireusa.org (click on WA)

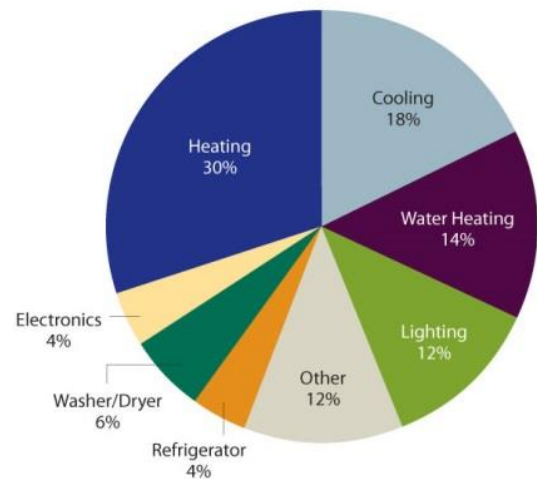
Where Air Escapes from Your Home



HOME ENERGY USE to power our appliances and electronics is another big source of emissions (15%), with lots of room for reductions. For example, LED bulbs give you the same amount of light while using up to 75% less electricity. So you'd have to shut off your incandescent bulbs entirely for three out of every four days to achieve comparable savings. *Cooler Smarter*² offers lots of specific tips and strategies for reducing your electricity consumption.¹

- **Buy and USE a programmable thermostat** for a 15 percent reduction in your heating and cooling emissions.³
- **Use power strips** in your home office and home entertainment center to curb “phantom loads” and save a surprising amount on your electric bill.³
- **Upgrade your refrigerator and air conditioner**, especially if they are more than five years old.³
- **Get an electricity monitor** to see where the energy hogs are in your home.³
- **Change those light bulbs.** New LED light bulbs can give the same light for 15 percent the electricity,³ even better than compact fluorescents.
- **Wash clothes in cold water.** They get just as clean with today’s detergents. But hot water washes use five times the energy.³

Breakdown of Household Emissions



² <http://coolersmarter.org/>

³ Cooler Smarter: Top Ten Ways to Reduce Your Carbon Emissions

www.ucsusa.org/global_warming/what_you_can_do/practical-steps-for-low-carbon-living.html



What YOU can do to help slow climate change

FOOD accounts for a sizable portion of our emissions (14%). To make cuts here, your best option is to reduce consumption of meat, especially beef. A pound of beef is responsible for some **EIGHTEEN TIMES** the emissions of a pound of pasta.¹

Beans & legumes are great protein sources.

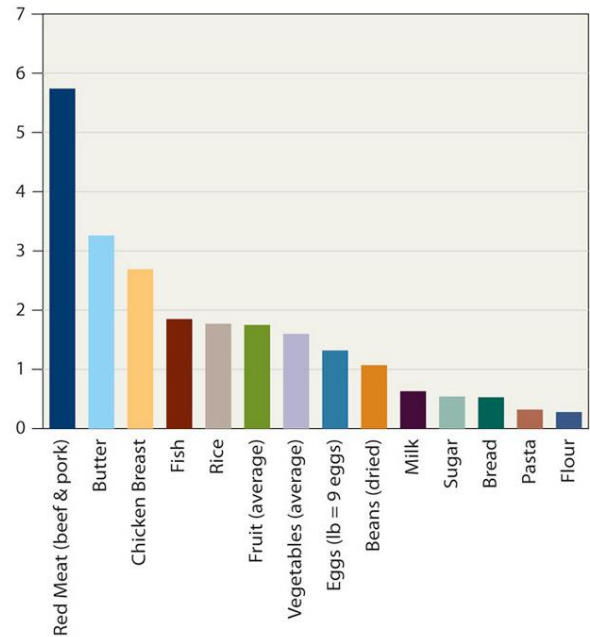
Waste Less Food

- **Reduce carbon pollution** associated with bringing food to our tables. Up to 40% of food is lost from farm to fork to landfill www.nrdc.org/food/files/wasted-food-ip.pdf
- **Waste Less Food Challenge!** Use Thurston County's SMART tips to waste less food www.co.thurston.wa.us/solidwaste/wastedfood/food-home.html

Eat Local

- **Eat locally grown food** to save energy from long-distance transportation. Transportation is about 4% of food emissions.
- **Puget Sound Fresh** - Find Farmers Markets and CSAs (Community Supported Agriculture) at www.pugetsoundfresh.org/
- **Common Sense Gardening** - eat local from your yard - garden sustainably to conserve water. www.co.thurston.wa.us/health/ehcsg/

Comparisons of Global Warming Emissions by Food Type (by Pound or Pint)

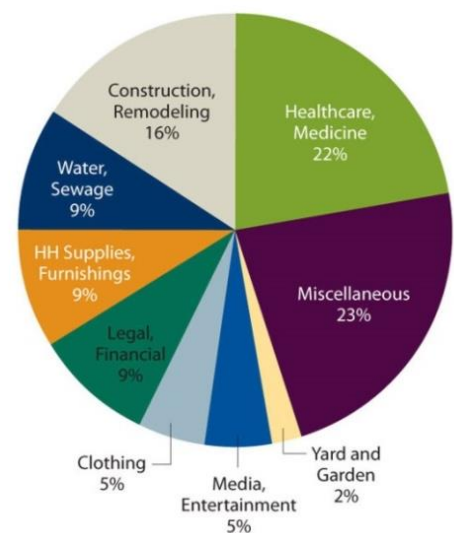


STUFF WE BUY—from tangible items like clothes and furniture to services like haircuts and healthcare—accounts for the remainder of our personal emissions (26%). These purchases are spread across so many categories it is hard to get significant reductions from a single choice. That said, simply buying less stuff or purchasing recycled or reclaimed items can significantly trim your personal emissions.

Recycling and Waste Reduction

- **Recycling in Thurston County** www.co.thurston.wa.us/solidwaste/
- **Waste Reduction and Reuse Resources** www.co.thurston.wa.us/solidwaste/recycling/recycling-reduce-reuse.html

Breakdown of Emissions from Stuff We Buy





What YOU Can Do To Help Slow Climate Change

At SCHOOL

Cool School Challenge - engages students and teachers in practical strategies to reduce carbon dioxide (CO₂) and other greenhouse gas emissions school-wide

www.nwf.org/Eco-Schools-USA/Become-an-Eco-School/Cool-School-Challenge.aspx

Food to Flowers - reduce wasted food, eliminate disposables and set up recycling programs in K-12 schools

www.co.thurston.wa.us/solidwaste/food-flowers/f2f-home.htm

Journey for the Planet - A Kid's Five-Week Adventure to Create an Earth-friendly Life

www.empowermentinstitute.net/index.php/community/children-s-sustainable-lifestyle-program

Plant for the Planet – Educates students on the science behind climate change, and prepare them to become climate

ambassadors. www.thurstoncd.com/node/393 or contact Stephanie Bishop at Thurston Conservation District at 360-754-3588, ext. 108 or sbishop@thurstoncd.com

At WORK

Energy

- **Puget Sound Energy** – energy rebates, grants and programs for businesses
<https://pse.com/savingsandenergycenter/ForBusinesses/Pages/default.aspx>

Food Businesses

- **Waste Less Food** - www.co.thurston.wa.us/solidwaste/wastedfood/food-business.html
- **Restaurant Rescue or Grocery Rescue** www.co.thurston.wa.us/solidwaste/business/business-fooddonation.html

Recycling and Waste Reduction

- **Reduce waste at work** - Thurston County Solid Waste offers FREE assistance
www.co.thurston.wa.us/solidwaste/business/index.htm
- **Business Tip Sheets** - Recycling and waste prevention tips by industry
www.co.thurston.wa.us/solidwaste/business/business-tip sheets.html

In Your COMMUNITY

- **Low Carbon Diet** - form an Eco Team of friends, co-workers or faith group
<http://www.empowermentinstitute.net/index.php/community/low-carbon-diet>,
 - Contact barb@scavezze.com for information
- **Plant trees** - volunteer with **Stream Team** and plant and maintain native trees and shrubs along local streams to help restore streamside vegetation <http://www.streamteam.info/>
- **Waste-Free Events** www.co.thurston.wa.us/solidwaste/recycling/recycling-eventplanning.html



What YOU can do to help slow climate change

CHANGE YOUR LIFESTYLE

- Carbon Footprint Pledge www.ecy.wa.gov/forms/carbonfootprint_pledge.html
- Cooler Smarter: 20/20/20 - 20 ways. 20 days. 20% less carbon. If all Americans reduced their emissions by 20 percent we could shutter 200 of the nation's 600 coal plants.³ <http://coolersmarter.org/>

CHANGING LAWS IS MUCH MORE IMPORTANT THAN CHANGING LIGHT BULBS

LOCAL CLIMATE ORGANIZATIONS

Thurston Climate Action Team (TCAT) meets monthly <http://oly-wa.us/thurstonclimateaction/>

Projects: Creating fund for clean energy projects; Greenhouse Gas inventory <http://oly-wa.us/thurstonclimateaction/Resources.php>; Tenino Home Energy Efficiency Upgrade Demonstration; annual Thurston Solar Tour; climate change clearinghouse (with Thurston Conservation District)

Carbon Thurston – working to collect signatures for Carbon Washington's state-wide carbon tax swap initiative, and then help pass it in November 2016 www.carbonwa.org

Olympia FOR Climate Crisis Group meets monthly <http://olympiafor.org> (click on "Climate Crisis")

Working Groups: Coal Trains, Direct Action, Divesting from Fossil Fuel Companies, Outreach—Education—Communication, Positive Visions (alternatives, legislation, etc.)

STATEWIDE CLIMATE ORGANIZATIONS

Alliance for Jobs and Clean Energy, Coalition of individuals, organizations, and businesses dedicated to reducing global warming pollution and strengthening our economy. <http://jobscleanenergywa.com/>

Climate Solutions - Leads successful initiatives to accelerate the transition from fossil fuels to a clean energy economy. Sign up to receive event announcements, learn about ways to engage on important climate and clean energy issues, and leverage change in the Northwest and beyond. www.climatesolutions.org/engage

Environmental Priorities Coalition – A network of over 20 leading environmental groups in Washington that influence policy at the state level. 2015 Priorities: Carbon Pollution Accountability Act and Oil Transportation Safety Now. <http://wecprotects.org/>

Power Past Coal - An alliance of health, environmental, businesses, clean-energy, faith and community groups working to stop coal exports from the West Coast. www.powerpastcoal.org/

Sierra Club <http://www.sierraclub.org/>

Coal Free PSE - Tell Puget Sound Energy it's time for a coal-free campaign <http://content.sierraclub.org/coal/pse>

Washington! Sierra Club



ADDITIONAL RESOURCES

SPEECH (South Puget Environmental Education Clearinghouse) – South Sound Green Pages <http://oly-wa.us/greenpages/>

Thurston Conservation District – Climate Corner (see box at right)

Thurston County, Climate Change www.co.thurston.wa.us/planning/climate/climate_home.htm

Thurston County Board of Health, Thurston Thrives includes work on energy efficiency and conservation www.thurstonthrives.org

Thurston Regional Planning Council (TRPC), Sustainable Thurston www.trpc.org

WA Department of Ecology, Climate Change program www.ecy.wa.gov/climatechange/

TCAT and the Thurston Conservation District are working together on climate action education. The District just launched a **Climate Corner** on their web page, which is the start of a climate clearinghouse for our area: www.thurstoncd.com/