**Actions for Individuals, Families, and Households**

There are many actions you can take to be more sustainable and lessen your extractive footprint (impact on the planet) daily. Often, when a friend or coworker sees you making these changes, they will follow suit. These include, but are not limited to:

* Reduce unnecessary energy and water use and increase water and energy efficiency around the house
  + Conduct an energy audit
  + Update appliances and insulation as needed
  + Decrease amount of yard mowed as long as it remains managed
  + Use LED lightbulbs
  + Compost yard/garden waste
  + Collect rainwater to use on your yard or gardens
  + Turn off lights when not in use
  + Wash clothes in cold water
  + Use low flow faucet filters, shower heads, and toilets
* Reduce contributions to landfills
  + Use reusable bags, containers, and straws
  + Reduce unnecessary consumption
  + Reduce food waste
  + Limit purchases of single-use goods
  + Reuse and upcycling goods and materials
  + Recycle what you can
  + Compost appropriate table scraps
  + Sign up for electronic bills
  + Create your own non-toxic home cleaners
* Be mindful of what your purchases and investments support
  + Buy locally
  + Eat more plant-based products and less meat
  + Consciously seek items that embody social, economic, and environmental sustainability at their core
  + Look for Fairtrade labels on food items and other products
  + Look for EPA WaterSense labels for showerheads, faucets, and toilets
  + Check what your bank or credit-union invests in and ensure you are aligning your money with your values
* Decrease impacts of vehicle usage
  + Bike
  + Walk
  + Video-chat
  + Carpool
  + Turn off your car when idling out of traffic for more than 10 seconds
  + Purchase and use an electric vehicle or hybrid
* Understand the importance of the phrase “Think globally, act locally” and get more involved in promoting sustainable practices in the organizations you are in, businesses you work for, and local government where you live
  + Understand that your actions can enact positive change
  + Share this pledge with friends and businesses and organizations
* Continue to learn about the climate crisis and update your actions as necessary to continue to reflect your knowledge, aspirations, and values