



**Welcome to Climate Toothpaste!** This **Activist Activator** letter connects you to local climate groups. Many folks are concerned about climate change, but feel overwhelmed. They don't know where to turn. **Good news:** amazing groups are already working on solutions! Climate Toothpaste is here to tell you about these groups, so you can find your fit.

#### Here's a text to introduce yourself:

*I'm concerned about climate change and am learning how to be involved with climate solutions/carbon pricing initiatives/conservation. Can you tell me about your group and what you do?*

## ALABAMA

Alabama is among the top 10 producers of oil and top 15 producers of natural gas in the U.S. Alabama saw five Colonial Pipeline spills and one Colonial Pipeline explosion in 2016.

### Pricing Carbon

**Citizens Climate Lobby**  
**[www.citizensclimatelobby.org](http://www.citizensclimatelobby.org)**

Citizens Climate Lobby is an international organization trying to pass legislation for a national carbon fee and dividend. What's missing from climate change? Political will. CCL creates that political will by educating about climate change. CCL has chapters in Birmingham, Tuscaloosa, Huntsville, Auburn, Dothan and Mobile.

### Climate/Conservation

**Sierra Club**      **[sierraclub.org/alabama](http://sierraclub.org/alabama)**

Alabama Sierra Club's 3000 members have helped fight for clean water...and to make Alabama a cleaner, safer place for all of us. And we hike, and bike and bird-watch. Join us to help clean up Alabama and to get outside and enjoy nature.

### Fracking

Alabama does not provide data on the number of wells that have been treated using hydraulic fracturing. The U.S. Department of Energy has estimated, however, that more than 95 percent of current oil and natural gas wells have been fracked. If that holds true for Alabama, then in 2009, 479 of the state's 504 crude oil wells were fracked, and in 2013, 5,765 of the state's 6,068 natural gas wells were fracked.

-- Ballotpedia.org

### Climate Mobilization

**The Climate Mobilization**  
**[www.theclimatemobilization.org](http://www.theclimatemobilization.org)**

Climate change presents us each with a fundamental choice. Will we be passive as civilization slowly collapses around us? Or will we mobilize and fight back for a 100% clean energy future? The Climate Mobilization believes we need a WWII-scale national mobilization to fight climate change.

### Environmental Groups in Bama

A long list of other related groups is at:  
**[www.eco-usa.net/orgs/al.shtml](http://www.eco-usa.net/orgs/al.shtml)**

*"We're already seeing the effects of a changing climate. Sea level rise is sending salt water into the state's freshwater basins, contaminating drinking wa-*

*ter and harming fish populations that fuel the state's economy. Economic infrastructure—like Louisiana State Highway 1, which the oil and gas industry uses to deliver resources to its plants—is literally sinking. And more intense storms and bigger storm surges are putting coastal communities at risk. Because of impacts like these, counties bordering the Gulf of Mexico are currently grappling with damage amounting to \$14 billion annually."*

Mark Tercek, President and CEO  
The Nature Conservancy

**Climate Advocates Save the World!**  
**Please Support this Project.**

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You can print out state-specific brochures at [climate-toothpaste.com](http://climate-toothpaste.com). Climate Toothpaste is a project by artist Heidi Cody. If you notice omissions or errors, please contact [hcodystudio@gmail.com](mailto:hcodystudio@gmail.com). Climate Toothpaste boxes are printed in CA using wind power, renewable energy credits, and vegetable-based inks. The printer is certified by the Sustainable Forestry Initiative.

## **TADA! Steps to lower your carbon footprint**

These 4 choices have the most impact: **Become vegetarian • forgo air travel • ditch your car • and—most significantly—have fewer children.**

### **FOOD**

- **Become vegan or vegetarian** Eating no meat cuts an individual's carbon footprint by 820 kg of CO2 each year, about four times the reduction they'd get by recycling as much as possible.
- **Buy Local, Seasonal Food** Minimizing transportation of goods mitigates climate change.
- **Eat Organic** when possible. Organic food is grown without pesticides and synthetic fertilizers, which usually begin as byproducts of oil refining.
- **Avoid Palm Oil**, found in many junk foods. The Amazon rain forest is being destroyed partly to plant palm oil trees (and partly for cattle ranching).
- **Filter Your Water** Don't buy bottled water. Not only is there an environmental toll of the plastic; your water is also transported to your store.
- **Bring Your Own Shopping Bags!** Duh.

### **TRANSPORTATION**

- **Get rid of your car**
- **Buy a hybrid or electric vehicle.** They're getting more affordable and battery life is improving.
- **Fly less**
- **Ride a Bike, Use Public Transit or Carpool** Check out [rideshare.com](http://rideshare.com), and [zipcar.com](http://zipcar.com). The average American spends 18 days of the year in a car,

each car emitting its own weight in carbon dioxide. Try not using your car 1-2 days per week. And if you need to drive, try a carpool. Here are some carpooling apps: [on.mash.to/2jPlcq7](http://on.mash.to/2jPlcq7)

### **HOME**

- **Make less babies** Having one fewer child reduces a person's carbon footprint by a whopping 58.6 metric tons—about the same emissions savings as having nearly 700 teenagers recycle as much as possible for the rest of their lives.
- **Ease Off the Thermostat** The biggest residential demand on our energy system is heating and cooling. Keep your house 2 degrees warmer in summer and 2 degrees cooler in winter. Turning off your thermostat while you're NOT in your home can also save you 15% on your energy bill.
- **Go Solar** Adding solar to your home is an excellent way to reduce your carbon footprint. Solar modules create power at the source, for you, and for the grid. In addition, there are several government incentives. Check out [www.dsireusa.org](http://www.dsireusa.org) for information by state.
- **Chose Energy-Efficient Home Appliances**
- **Change your light bulbs** to compact fluorescent, or LED. One bulb replacement can reduce up to 1,300 pounds of CO2 pollution.
- **Laptop v. Desktop: Laptop Wins!** Laptops are designed to be energy-efficient, because of battery lifespan. According to Energy Star, a laptop can be up to 80% more energy-efficient than a desktop.
- **Unplug and Turn it Off** Powering down your gadgets is good for the planet. Unplug your chargers, a.k.a. "wall warts."

- **Reduce and Reuse before Recycling** Transporting and processing materials for recycling is carbon intensive.

- **Avoid Products with Lots of Packaging**

- **Just Buy Less Stuff** Our disposable consumer culture is a big problem.

- **Line dry** your clothes. Old school!

### **TAKE IT ONE STEP FURTHER**

- **Move Your Money** Lots of banks are funding oil pipelines. Tell those banks to take a hike, and take your money elsewhere. A full list of those banks is listed in this article from Yes! magazine: <http://bit.ly/2cRx7E4>

- **Boycott Trump Products** There's an app for that! Download **BoycottTrump** in the app store. A similar resource is at [grabyourwallet.org](http://grabyourwallet.org).

- **Offset your carbon emissions** Even if you do all this, you'll still create some unavoidable emissions. The United Nations has made offsetting easy, cheap, and reliable, and you decide where the money goes—to solar water heaters in India, for example. Calculate and offset your emissions at [climateneutralnow.org](http://climateneutralnow.org). Or check out [COTAP.org](http://COTAP.org), which also does wonderful deeds with these funds.

- **Plant a Tree** Trees provide shade and oxygen while consuming carbon dioxide. Just one 10-year-old tree releases enough oxygen into the air to support two human beings.

*This list was compiled from a Science.com article by Sid Perkins (07/11/2017), a Forbes.com article by Jeff McMahon, "9 Things You Can do About Climate Change," and a Mashable article by Zoe Fox, "10 Actions You Can Take Today to Reduce Your Carbon Footprint." Additional help from Paige Heggie.*