



This **Climate Toothpaste Activist Activator** letter describes local climate groups. Many folks are concerned about climate change, but feel overwhelmed. There are varied angles of approach to climate action—divestment, policy change, and direct action, to name a few. This list suggests options, to help you find your perfect fit.

Here's a text to introduce yourself:

I'm concerned about climate change and want to help. I'm interested in your group. Can you tell me what your group does?

WASHINGTON, D.C./ VIRGINIA

Clean Energy Transition + Climate Policy

Chesapeake Climate Action Network camila@chesapeakeclimate.org

CCAN is the first grassroots, nonprofit organization dedicated exclusively to fighting global warming in Maryland, Virginia, and Washington, D.C. Our mission is to build a diverse movement to put our region on the path to climate stability, while using our proximity to the nation's capital to inspire action in neighboring states, regions nationwide, and countries around the world.

Renewable Energy Mandates

DC Climate Coalition [facebook.com/DCClimate](https://www.facebook.com/DCClimate)

This coalition is behind the "Clean Energy DC Act," committing DC to 100% renewable energy by 2032.

Carbon Pricing Policy - Federal Level

Citizens Climate Lobby citizensclimatelobby.org

Citizens Climate Lobby is an international organization that is 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 one chapter in DC and 20 others throughout Virginia.

Direct Action

Sunrise Movement sunrisemovement.org

We are uniting to make climate change an urgent priority across this country, end the corrupting influence of fossil fuel executives on our politics, and elect leaders who stand up for the health and wellbeing of all people. To make this happen, we need ordinary young people to grow the movement in their towns, cities, and schools.

350.org 350.org

A global grassroots climate movement that holds leaders accountable to the realities of science and the principles of justice. Through online campaigns, grassroots organizing, and public actions, 350 brings together a global network in over 188 countries. 350 is in Leesburg, Charlottesville and Fairfax.

Climate/Environment/Conservation

Sierra Club information@sierraclub.org

Protects wilderness, helped pass the Clean Air Act, the Clean Water Act, and the Endangered Species Act. Sierra Club wants to move away from the dirty fossil fuels that cause climate disruption and toward a clean energy economy. Sierra Club is in Richmond, Norfolk and Reston.

Virginia Conservation Network vcnva.org/our-partners

Virginia Conservation Network is a coalition of 120 environmental organizations working to create a powerful, diverse, and highly-coordinated conservation movement in Virginia.

Climate Mobilization

The Climate Mobilization theclimatemobilization.org

Climate change presents us each with a 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.

Climate Advocates Save the World!

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.

Activist Activator letters for every state, and awesome stuff is at:

climatetoothpaste.com

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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, and 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

- **Offset carbon emissions** at the pump. With a green gas card, you can fill up at the pump and automatically offset your carbon footprint. The card donates 10 cents/gallon to projects that clean up your pollution. Visit greengassmovement.org

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 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>
- **Offset other 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. Or check out 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.