

## How can you help?

Everyone has a role to play to help make our community a more sustainable and healthier place to live. There are many ways that you can get involved and take action at every level, even in your own home! While each action may seem small, **collectively we can make a huge difference.**



### ENERGY

- Utilize Centerpoint's home energy audits.
- Take advantage of energy efficiency programs and rebates.
- Install smart thermostats – resist high cooling and heating.
- Replace lighting with LED.
- Install solar panels.
- Install energy-efficient appliances.
- Seal, insulate, and weatherize your home.
- Utilize natural light whenever possible.
- Unplug appliances when not in use (printer, toaster, etc.).



### TRANSPORTATION

- Utilize METS public transportation.
- Carpool and consolidate trips.
- Upgrade to an electric or hybrid vehicle.
- Walk/bike to your destination whenever possible.
- Avoid idling by turning off vehicle when parked.
- Work from home when possible.
- Conduct virtual meetings to reduce travel.



### WASTE

- Compost food and yard waste at home.
- Recycle more and reuse what you can.
- Reduce waste production (purchase less goods).
- Buy in bulk to minimize packaging waste.
- Use reusable shopping bags.
- Minimize or eliminate single-use plastic items.
- Avoid fast fashion and donate unwanted clothing.
- When possible, repair/refurbish items to avoid buying new.



### LAND

- Plant trees and native plants in landscaping.
- Reduce mowing.
- Transition gas lawn equipment to electric.
- Start a personal or community garden.
- Reduce water and chemical use on property.
- Buy your food at local farms /farmers' markets.
- Adopt a plant-rich diet to reduce impact of animal farming.



### RESILIENCE

- Have a plan for seeking shelter in severe weather.
- Prepare for blackouts with a solar-powered battery bank or generator.
- Identify ways to stay warm or cool during extreme temperature events.
- Plant trees to shade your home.
- Advocate for sustainable practices at work and home.
- Volunteer for sustainability projects in your community.