

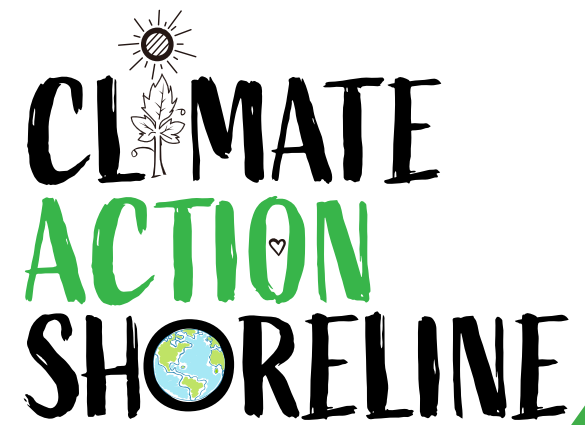
IMPORTANT TERMS TO KNOW

FOSSIL FUELS: Coal, oil and natural gas, called “fossil fuels,” are extracted from the earth by drilling, mining or fracking, and are the primary sources of energy for heating and transportation. When fossil fuels are burned they release carbon dioxide, a “greenhouse” gas, into the atmosphere.

ABOUT US

CLIMATE ACTION SHORELINE

Started as a small group of neighbors and friends who wanted to do something on an individual and local level about the climate crisis in our world.



GREENHOUSE GASES: Gases that are released into the atmosphere, such as carbon dioxide and methane, that trap the sun’s heat, warming the planet and oceans.

GLOBAL WARMING: The temperature of the earth is rising. If the temperature rises more than 1.5 degrees Celsius in the next decade, there will be devastating effects on the environment, agriculture, all humans and all of life.

RENEWABLE ENERGY: A source of energy that is not depleted when used, or can be replenished during the lifetime of a human. These are: solar, wind, geothermal, biomass and hydropower. In contrast, fossil fuels are non-renewable sources of energy.

Check out the shorelinewa.gov website and *Shoreline Currents*, a monthly newsletter for excellent plans on sustainable living, decreasing our carbon footprint, water issues, reforestation efforts, and renewable energy. Remember to shop locally, and seasonally at the Shoreline and Lake Forest Park Farmers Markets.

Climate Action Shoreline:

✉ climateactionshoreline@gmail.com

📷 [@climateactionshoreline](https://www.instagram.com/climateactionshoreline)

WORKING TOGETHER EVERY DAY TO MAKE A CHANGE

Use the ACT TO CHANGE CHALLENGE for a daily plan to reduce our damage to the earth.

ACT TO CHANGE CHALLENGE

Daily actions to reduce our damage to the earth.

Start Every SUNDAY

✓ **DO** enjoy your home, your neighbors, and the many forms of life and beauty that surround us.

✓ **DO** think about the Duwamish People, who are the First People of what is now called Shoreline. Appreciate the thousands of years the Coast Salish Peoples have lived here in connection to the land.

✗ **DON'T** spend the whole day indoors or in front of a screen.

LEARN what it could mean to connect with and give back to the environment.

LEARN that we can take action even if we do not know the impact of our efforts.

Meat-less MONDAY

✓ **DO** try getting protein from non-meat sources such as nuts, beans, lentils and tofu.

✓ **DO** eat lower on the food chain by filling up on vegetables and fruits.

✗ **DON'T** eat meat, especially beef, and dairy products.

LEARN about the factory farmed meat industry. Raising animals for meat uses lots of energy, land, and water, and creates waste. Animal waste releases methane, a greenhouse gas that contributes to earth's rising temperatures.

Trash Free TUESDAY

✓ **DO** notice what you put in the trash and take steps to reduce it.

✓ **DO** compost all kitchen and yard waste in your yard or Recology green bin. Use all purchased food.

✓ **DO** find ways to share, borrow, reuse, recycle, and donate.

✗ **DON'T** buy anything new, packaged or shipped.

✗ **DON'T** put food waste in the garbage can or garbage disposal.

LEARN about what happens to trash and recycling in your neighborhood.

LEARN how composting plant waste gives nutrients back to the earth.

LEARN how landfills give off methane into the atmosphere. This greenhouse gas contributes to the climate crisis.

Water Use WEDNESDAY

✓ **DO** notice how much water you use and need, and reduce your consumption.

✓ **DO** turn off the faucet, wash full loads of dishes/clothes, take short showers. Find and repair leaks.

✗ **DON'T** use pesticides, or let oil, chemicals or soap wash into the storm drains.

✗ **DON'T** water your lawn or waste water.

LEARN about issues affecting salmon, orcas and other sea life.

LEARN how rising sea levels and the rising temperature of the ocean affect us locally and globally.

LEARN about how excess carbon dioxide in the atmosphere leads to the acidification of the oceans.

No Plastic THURSDAY

✓ **DO** notice plastic products and packaging and avoid them.

✓ **DO** wash out plastic bags and reuse them.

✓ **DO** bring your own cups or bottles for coffee or water.

✓ **DO** buy bulk using your own bottles or bags.

✗ **DON'T** buy anything wrapped or bottled in plastic.

✗ **DON'T** buy any single-use plastics.

✗ **DON'T** throw plastic away when you can recycle it.

LEARN about microplastics in marine ecosystems and the Pacific Garbage Island.

LEARN that plastic won't ever go away and needs to be recycled.

LEARN that avoiding plastics is best because the market for recycled plastic is limited and plastics are made from fossil fuels.

Fossil Fuel FRIDAY

✓ **DO** walk, bike, carpool, use public transportation. Limit or stop airline travel.

✓ **DO** combine your errands in your household or among neighbors. Buy food and goods produced close to home.

✓ **DO** make your home air-tight to use less energy and fuel for heating or cooling.

✗ **DON'T** drive alone, or even better don't drive at all.

✗ **DON'T** use gas-fueled cars.

✗ **DON'T** use natural gas stoves, driers, water heaters and furnaces.

LEARN about the importance of leaving coal, oil, and natural gas in the earth.

LEARN how fossil fuels burn to produce carbon dioxide, a greenhouse gas that traps the sun's heat. This warms and damages the earth and oceans.

Supportive SATURDAY

✓ **DO** ask how people feel about climate change. Listen to what it is like to stop wasting or using more than needed.

✓ **DO** consider donating to people around the world who are already deeply impacted by climate change.

✗ **DON'T** give up. Don't let feelings stop you from acting.

LEARN that listening to each other will keep us thinking and working together.

LEARN to follow the lead of young people, indigenous people, and people already deeply affected by climate change.

