

## How Can I Fight Climate Change?

### Food

- Eat seasonally and locally
- Reduce meat from your diet – especially red meat
- Shop with reusable grocery bags
- Waste less – actually eat the food you buy



### Travel

- Take public transportation
- Limit your family's daily car travel
- Practice proper car maintenance
- Avoid unnecessary engine idling
- Drive fuel-efficient vehicles



### Appliances

- Invest in energy efficient lightbulbs and appliances
- Turn off lights when leaving a room
- Unplug out-of-use appliances and electronics



### Home

- Turn off heat and A/C when out of the house
- Weatherize your home
- Use renewable energy if possible
- Run your laundry machine and dishwasher only when full



### Engage

- Talk to friends and family about the climate crisis
- Get involved in climate actions locally, nationally, and globally
- Become a Clean Air Carolina member and help us fight climate change every day



### Vote

- Talk to your representative about the importance of tackling the climate crisis
- Support climate-friendly candidates
- Vote to ensure your voice is heard



**Every action, big or small, makes a difference!**