

20 THINGS YOU CAN DO THIS MONTH TO STOP CLIMATE CHANGE



- Set a timer for a 5-minute shower.
- Save 1 plastic bottle from recycling and grow a plant in it.
- Switch all of your lightbulbs over to LED.
- Walk or bike somewhere you would normally drive to.
- Make 1 forest-friendly, plant-based meal.
- Plant a tree!
- Learn how to repair something that you would normally replace.
- Bring (and remember to use) reusable bags to the grocery store.
- Register to vote and locate your polling location.
- Start a compost!
- Buy something (like toilet paper) from a sustainable brand.
- Let your elected officials know you care about climate change.
- Switch to an ethical bank (or tell your current bank to divest).
- Join a virtual protest!
- Clean up your email inbox.
- Learn what your local recycling regulations are.
- Plant a pollinator-friendly plant.
- Join any sustainable programs offered by your utility
- Let people know why you care about climate change.
- Read a book about women's rights (try *Half the Sky* to start)