

# Commitments to Lower My Carbon Footprint

Circle those things you are already doing.

Check those things you are committed to doing.

- Pray for the effort of addressing climate change.

## TRAVEL COMMITMENT

- Walk or use a bicycle as often as possible.
- Plan for non-stop flights whenever possible.
- Test-drive an electric car.
- Make next car a hybrid or electric.
- Have one less vehicle in the family.
- Other:

## ENERGY COMMITMENT

- Eat at least five vegetarian meals each week.
- Eat cheese or dairy no more than three times each week.
- Significantly reduce food waste.
- Compost all non-meat food scraps.
- Eat meat only once each week; eat chicken instead of beef or lamb.
- Avoid single-use disposable plastic as much as possible.
- Buy in bulk rather than purchasing packaged foods.
- Carry a water bottle instead of using bottled water.
- Other:

## SOCIAL COMMITMENT

- Attend "Fire Drill Fridays" or other virtual gatherings for climate justice.
- Contribute to an organization focused on addressing climate change.
- Write or call legislators to demand action for climate justice.
- Write letters to the editor to draw awareness to the climate crisis.
- Other:

Signature \_\_\_\_\_