

# ACT NOW



## Ten Impactful Climate Actions

ActNow is the United Nations campaign for individual action on climate change and sustainability. Every one of us can help limit global warming and take care of our planet. By making choices that have less harmful effects on the environment, we can be part of the solution and influence change.

Our lives depend on a healthy planet. Let's seize the moment and change course – toward more sustainable lifestyles.

### 1. SAVE ENERGY AT HOME



Much of our electricity and heat are powered by coal, oil and gas. Use less energy by lowering your heating and cooling, switching to LED light bulbs and energy-efficient electric appliances, washing your laundry with cold water, and hang-drying it instead of using a dryer — you will save money too!

### 2. WALK, BIKE, OR TAKE PUBLIC TRANSPORT



The world's roadways are clogged with vehicles, most of them burning diesel or gasoline. Walking or riding a bike instead of driving will reduce greenhouse gas emissions — and help your health and fitness. For longer distances, consider taking a train. And carpool whenever possible.

### 3. EAT MORE VEGETABLES



Eating more vegetables, fruits, whole grains, legumes, nuts, and seeds, and less meat and dairy, can significantly lower your environmental impact. Producing plant-based foods generally results in fewer greenhouse gas emissions and requires less energy, land, and water.

### 4. CONSIDER YOUR TRAVEL



Airplanes burn large amounts of fossil fuels, producing significant greenhouse gas emissions. That makes taking fewer flights one of the fastest ways to reduce your environmental impact. When you can, meet virtually, take a train, or skip that long-distance trip altogether.



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## 5. THROW AWAY LESS FOOD



When you throw food away, you're also wasting the resources and energy that were used to grow, produce, package, and transport it. And when food rots in a landfill, it produces methane, a powerful greenhouse gas. So use what you buy and compost any leftovers.



## 6. REDUCE, REUSE, REPAIR & RECYCLE

Electronics, clothes, and other items we buy cause carbon emissions at each point in production, from the extraction of raw materials, to manufacturing to transport to market. To protect our climate, buy fewer things, shop second-hand, repair what you can, and recycle.

## 7. CHANGE YOUR HOME'S SOURCE OF ENERGY



Ask your utility company if your home energy comes from oil, coal or gas. If so, see if you can switch to renewable sources such as wind or solar. Or install solar panels on your own roof to generate energy for your home.



## 8. SWITCH TO AN ELECTRIC VEHICLE

If you plan to buy a car, consider going electric, with more and cheaper models coming on the market. Even if they still run on electricity produced from fossil fuels, electric cars help reduce air pollution and cause significantly fewer greenhouse gas emissions than gas or diesel-powered vehicles.

## 9. CHOOSE ECO-FRIENDLY PRODUCTS

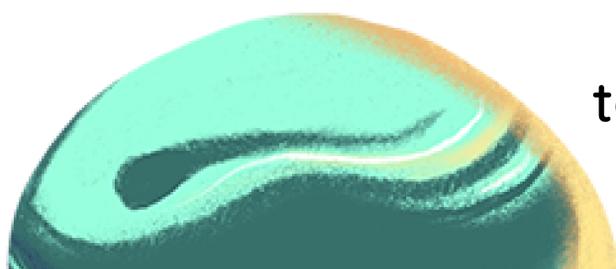
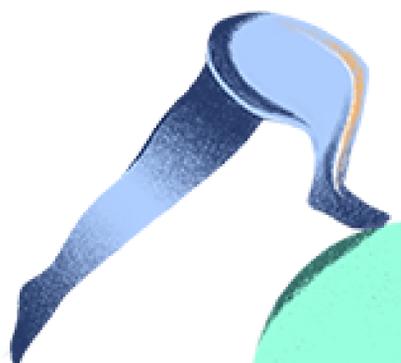
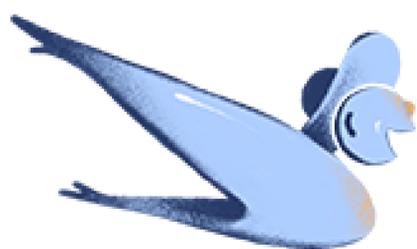


Everything we spend money on affects the planet. You have the power to choose which goods and services you support. To reduce your environmental impact, buy local and seasonal foods, and choose products from companies committed to cutting their gas emissions and waste and using resources responsibly.



## 10. SPEAK UP

Speak up for bold action by all sectors of society. Appeal to world leaders, urge your city, region and university, and encourage businesses to take urgent action toward net-zero emissions. Concrete steps by global and local leaders will determine our ability to rapidly transition to a climate-resilient future.



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## READY TO TAKE MORE ACTIONS?

Download the app  
to measure your impact:  
[actnow.aworld.org](https://actnow.aworld.org)