

April 22, 2020 – 50th Anniversary of Earth Day

From the VUU Environmental Action Team/CCL to our beloved community!

SMALL STEPS: Important Personal Steps

- __ Invest in a reusable travel coffee cup.
- __ Compost food waste at home, VUU or elsewhere.
- __ Recycle (based on your city requirements/limitations).
- __ Stop using single use plastics, including drinking straws.
- __ Carry your own refillable water bottle.
- __ Bring your own reusable silverware and take-home containers when dining out at establishments that still use plastic dinnerware.
- __ Recycle your toothbrushes and small items at VUU with FF (save until we meet once again face to face).
- __ Drive less, bicycle or walk more.
- __ Walk, bicycle or drive an electric bicycle or golf cart on short trips in your neighborhood. Invest in an electric car if possible.
- __ Eat less meat and transition to a plant-based diet. Start slowly, commit to 2 or 3 meat free days per week. Support local agriculture. <https://extension.arizona.edu/>
- __ Tune up your air conditioner and contain any refrigerant leaks.
- __ Reduce your water consumption. Flush toilet less. Fix leaks in plumbing and irrigation systems.
- __ Reduce your heating/cooling energy use and costs by setting your thermostats a few degrees lower in the winter and higher in the summer.
- __ Install solar panels or another renewable, clean energy source.

MEDIUM STEPS: Congregation, School and Community

- __ Help us certify VUU as a Green Sanctuary (work in progress, goal needing mentors).
- __ Provide alternatives to plastic single use water bottles.
- __ Shut VUU doors and windows during heating and cooling seasons and turn off lights and close shades when leaving a VUU meeting room.
- __ Become a Vegan or Vegetarian.
- __ Attend 7th Principle Faith Formation and/or other Environmental Education events or classes.
- __ Sponsor a climate discussion group or presentation in your neighborhood. (ask CCL at VUU)

LARGE STEPS: Statewide and National

- __ Contact your National Senators and Representative to let them know you are concerned about climate change – <https://www.house.gov/representatives> or <https://www.senate.gov/>
- __ Attend state chapter meetings of CCL, Sierra Club, AZSA and other local environmental groups. Follow through on their local requests for action at the state and national level.
- __ Volunteer with the VUU Citizens' Climate Lobby. Sandy Whitley: sandyariz@cox.net

TELL US WHAT STEPS YOU HAVE TAKEN TO REDUCE POLLUTION, WASTE AND/OR YOUR CARBON FOOTPRINT. Jeff Grout: groutaz@gmail.com