**CHECKLIST – INDIVIDUAL & COMMUNAL**

**Individual / Family** I/we can make these changes in my life / my family’s life:

1-**Increase efficiency:** Turn lights off or don’t turn on if there is natural lighting. Replace inefficient light bulbs with LED or other efficient lighting. Consider insulation, more efficient windows or other home improvements. Conserve water.

2- **Eat wisely:** Buy organic and locally grown foods. Grow some of your own food. Home cook more meals. Eat low on the food chain – at least one meat-free meal a day – since 18% of greenhouse gas emissions come from meat and dairy production. Food writer Michael Pollan sums it up best: “Eat food. Not too much. Mostly plants.” Use less chemical fertilizers or sprays.

3- **Travel wisely**: ride your bike to local destinations, take public transit where possible, work from home, carpool, try a staycation, fly less. Buy an electric or hybrid car.

4- **Reduce waste**: Use washable dishes. Use a home filter instead of bottled water. Reduce food waste. Choose products with less packaging. Recycle paper, plastics, bottles and aluminum cans. Buy only what I need: food, clothing, furniture, technology etc. Rid of Styrofoam, and 1 use plastics use paper.

5. **Conserve water** by taking shorter showers, planting a “desert” garden, or using artificial turf

6. **Go renewable**: Consider rooftop solar, solar hot water, or other renewable choices.

7- **Talk to friends**, colleagues and family about what you are doing to pollute less and be sustainable.

**School, Parish or Community**:

**We can join with others in our school, parish or community to advocate for or make these changes:**

1-**Educate** congregation and community members – which areas do you want to go deeper into? Refer folks to an appropriate speaker or guest preacher. Teach school students of the need to conserve energy and natural resources.

2- **Use prayer** as a sacred moment to reflect on the oneness of creation; water, earth and sun. Form an ecological spirituality: we are one family in a common home. Ask parishioners to sign St. Francis Pledge.

3- **Increase efficiency**: Inventory energy use and explore opportunities for efficiency, such as efficient lighting, insulation, windows, and low flush toilets.

4- **Go renewable**: Encourage rooftop solar for your facility. Repair, Reuse or Recycle (the 3 R’s).

5- **Encourage** low-carbon snacks and meals; less red meat and fried food, more fruit and vegetables.

6- **Organize** car pools for community meetings and activities and include transit information in event directions. Organize workshops or a study group on “Laudato Si: and a Creation Care Team in the parish.

7. **Meet or correspond with** people from other schools, or communities to learn and share activities.

8- **Join** fund or support a local community group working on climate change and sustainability.

***“Live simply, that others may simply live”***