**Sustainable Weston's Sustainable Living Action Challenge**

**“The climate crisis has already been solved. We already have all the facts and solutions. All we have to do is to wake up and change.”**

--Greta Thunberg, TEDx Stockholm, December 2018

Please join us in making adjustments to live more sustainably and take action against climate change. This is a living list that will be continually updated. Let's challenge ourselves to do what we can to live more sustainably. Send us your stories, photos and suggestions so we can see what you are up to, get inspired, share progress, and improve our list. Questions? Contact Sustainable Weston. We have lots of advice and want to help you achieve your goals.

**House**

* Get an energy audit <https://www.energizect.com/>
* Insulate your home with a safe, reliable product
* Turn your thermostat up in the warmer months and down in the colder months, and adjust settings for at home and away times
* Switch to LED lightbulbs
* Install ENERGY STAR appliances
* Own only one refrigerator (The refrigerator is the single biggest power consumer in many households. If you insist on keeping a second refrigerator or freezer, move it out of the garage and put it into the basement or another part of your home that is less temperature extreme.)
* Wash laundry on the cold water setting (wash full loads using all-natural products, wear clothing more than once)
* Turn off lights you are not using
* Unplug small appliances, chargers, adapters, etc. to avoid phantom energy consumption
* Install high efficiency heat pumps
* Switch to renewable power, go solar
* Renovate sustainably
* Use all-natural household cleaning products (mix your own, use reusable glass bottles; or purchase from a company that offers clean products in reusable glass bottles; use reusable mop/sweeper pads)

**Landscape**

* Join the Pollinator Pathway <https://www.pollinator-pathway.org/>
* Switch to all organic land care (no pesticides, herbicides, insecticides)
* Mow high (minimum 3”) and lie (leave clippings in place to feed your lawn, and leaves in beds)
* Use landscaping equipment powered by electricity/renewable energy
* Convert lawn into meadow
* Plant native plants that have been free of harmful chemical exposure at all life stages
* Collect rainwater

**Transportation**

* Did you know? "Connecticut's air pollution is among the worst in the eastern U.S., according to new report" <https://www.courant.com/news/connecticut/hc-news-bad-ct-air-quality-report-20190424-37tp7xx4b5c5lf3il6yzaybyya-story.html>
* Walk, bike and use public transportation whenever possible
* Carpool
* Do NOT idle, even in the colder months. Comply with CT's anti-idling laws: <https://www.ct.gov/deep/cwp/view.asp?q=570934>
* Drive an electric vehicle (or, minimally, a fuel efficient or hybrid vehicle)
* Follow the development of an Electric Vehicle Roadmap for Connecticut <https://www.ct.gov/deep/cwp/view.asp?Q=607428>

**Food**

* Cook at home, use electric/induction appliances
* Eat less meat, more plants
* Eat and drink organic, locally produced food (shop at farms and farmers’ markets)
* Grow your own food, organically
* Buy bulk foods at your local grocer or a bulk food retailer
* Compost all food waste (in your yard or hire a curbside service)
* Reduce waste by planning meals
* Use reusable food storage containers, bags (produce, storage, etc.) and wrap
* When you do eat out, bring reusable food containers for any leftovers
* Drink filtered tap water if possible (test your well water annually for safety), or refillable glass 5-gallon bottles of spring water to avoid plastic
* Use a reusable metal coffee filter
* Remove your garbage disposal

**Health & Personal Care**

* Use clean, natural skincare, haircare and beauty products <https://www.ewg.org/>
* Use recycled paper products or alternatives (tissues, toilet paper)
* Avoid PFAS “forever” chemicals <https://www.ewg.org/key-issues/toxics/nonstick-chemicals>

**Technology & Home Office**

* Use an electronic device to read newspapers, books, etc.
* Switch to a “green” search engine like Ecosia <https://www.ecosia.org/?c=en>
* Do your banking online and contact all service providers to go paperless and request electronic statements
* Stop junk mail <https://catalogchoice.org/>
* Avoid using paper, by scanning and photographing documents and filing them electronically
* When using paper, choose bleach-free, recycled paper with the highest post-consumer waste content available
* Avoid paper gift wrap, choose reusable fabric wrap instead (make your own or invest in Japanese wrapping cloths, furoshiki)

**Finance**

* Invest sustainably in climate solutions, divest from fossil fuels

**Recreation & Travel**

* Choose activities that are easy on the planet and do not require fossil fuels (hiking, kayaking/canoeing, cross country skiing, etc.)
* Fly less (take the train or drive your electric vehicle)

**Consumption & Waste**

* Reduce consumption and refuse to buy what you don’t actually need, consider the carbon footprint of all purchases, avoid buying anything that will have a short lifespan and end up in a landfill or incinerator
* Reuse, repair, upcycle what you already own/find
* Recycle whenever possible <http://www.recyclect.com/>
* Bring your 5 cent recyclables to the Weston Transfer Station (marked blue bins) or Onion Barn (all proceeds benefit the Weston High School Booster Club <http://www.whsboosters.com/>)
* Buy used/preowned (vintage, antique, consignment, resale, thrift, etc.) clothing, furniture, cars, etc. Consider locally made ecological fashion <https://tillbft.com/>.
* Buy clothing that does not require dry cleaning (when dry cleaning is required, choose a non-toxic method and a business that offers reusable fabric bags and recycles hangers) <http://wetcleanersusa.com/wcu/>
* Host a clothing exchange
* Avoid all single use and plastic items (including straws, toothbrushes, etc.)
* Use reusable shopping bags
* Choose electronic receipts whenever possible
* Use a reusable water bottle, mug and utensils
* Use cloth napkins, paper towel alternatives

**Get Involved, Informed, and Educate Others**

**Weston**

* Sustainable Weston Town Committee <http://www.westonct.gov/about/sustainability>
* Sustainable Weston Schools Committee
* Lachat Town Farm <https://lachattownfarm.org/>
* Pollinator Pathway Weston <https://www.pollinator-pathway.org/weston>
* Weston Garden Club <https://www.westongardenclub.com/>
* Global Preservation Society <https://globalpreservationsociety.org/>
* Wildlife in Crisis <http://wildlifeincrisis.org/>

**Fairfield County**

* Sustainable Fairfield County <http://www.livegreenct.org/sustainable-fairfield-county/>
* Live Green <http://www.livegreenct.org/>
* Aspetuck Land Trust <https://www.aspetucklandtrust.org/>
* Norwalk River Watershed Association <https://norwalkriver.org/>
* EV Club of CT <https://evclubct.com/>
* Zero Waste Faire and Sustainable Living Expo <https://wiltongogreen.org/zero-waste-faire-sustainable-living-expo-2020/>
* Zero Waste Schools Coalition <https://sites.google.com/wiltonps.org/wiltonzerowaste/zero-waste-schools-coalition>

**Connecticut**

* CT League of Conservation Voters <https://www.ctlcv.org/>
* CT Green Bank <https://ctgreenbank.com/>
* Clean Water Action <https://www.cleanwateraction.org/states/connecticut>
* Northeast Organic Farming Association <https://nofa.org/nofa-state/#ct>