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## Help Alameda Reduce Global Warming! Each of Us Can Make a Difference!

Post this checklist on your fridge and tackle a few changes at a time, checking them off as you complete projects and change habits. In addition to reducing global warming, you'll save money and get more exercise.

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### Transportation - Every Gallon of Gasoline Burned Produces 19.4 lbs of CO<sub>2</sub> (from US EPA)

#### The most critical change needed is to drive less!

- Bike or walk for short trips
- Take public transit (relax - no fighting traffic)
- Carpool for work, kid activities, clubs...
- Share rides with friends (ask/offer)
- Work from home if possible
- Make your next vehicle purchase a fuel efficient one

#### Drive more efficiently when you have to drive:

- Clean out excess from trunk (do seasonally)
- Check tire air pressure monthly
- Keep regular vehicle maintenance schedule
- Don't speed. Accelerate/Brake smoothly.
- Consolidate trips

### Conserve Energy at Home

#### Heating/Cooling:

- Insulate attic (and floors & walls if you can)
- Replace/clean furnace/AC filters at least every other month when in use (keep a supply)
- Caulk/weather strip windows & doors
- Lower (raise) thermometer setting 2 or 3° F in winter (summer) – Set automated thermostat
- Use a fan to cool instead of A/C
- Install insulated curtains or blinds

#### Lighting:

- Replace incandescent with florescent bulbs

#### Water Heater:

- Install tank & hot water pipe insulation properly  
Set to 120° F

#### Appliances:

- Cook with lids on lower heat. Use min. amount of water when steaming/boiling. Microwave when you can.
- Purchase only Energy Star® appliances
- Consider a new fridge if >10 yrs old (AMP rebates available)
- Clean refrigerator coils every 6 months

#### Laundry:

- Wash full loads only
- Use cooler water for wash cycle; cold for rinsing
- Clean dryer filter after each load
- Don't overheat clothes in dryer
- Install and use a clothes line or rack

#### Dish Washing:

- Skip garbage disposal; scrape food bits in green bin
- Only run dishwasher when full
- Turn off dishwasher after rinse cycle & let air dry

#### Miscellaneous:

- Install reduced flow shower/faucet heads
- Turn things off when not in use (incl. lights/computers)
- Take shorter showers

- Use smart power strips & unplug chargers/electronics when not in use
- Check out a Kill-A-Watt meter to measure electrical use (see back)
- Complete an AMP online home energy audit (see back)

### Reduce, Reuse, Recycle and Rot (Compost) – The Four R's

- Paper, plastic, glass & metal go in blue bin
- Yard trimmings, food/food soiled paper go in green bin
- Reuse mug for coffee/tea instead of paper cups
- Reuse cloth bags instead of paper/plastic
- Buy reusable bottles and use tap water (filtered if you like) instead of buying bottled water
- Sign up for Freecycle™ to give/get free items locally (see back)
- Reduce junk mail with <http://precycle.tonic.com/> or [www.41pounds.org](http://www.41pounds.org) (fee services) or with free online kit [www.stopjunkmail.org/kit.htm](http://www.stopjunkmail.org/kit.htm)
- Repair instead of replace if salvageable
- Buy used instead of new items when possible
- Buy products made from recycled materials
- Donate/sell gently worn, no longer wanted items
- Pack no-waste lunches
- Switch to paperless billing

### Other Ways to Help

- Plant a tree (or 2 or 3); grow fruits & veggies
- Shop locally; buy locally made/grown goods
- Get 5 friends to post this list on their fridges
- Use rake, broom & push mowers for yard work
- Write a constructive letter to the editor/elected official
- Create your own way to influence others to reduce

Check websites on back for more ideas & help

Checklist posted at [www.bikealameda.org/info/Global\\_Warming\\_Checklist.pdf](http://www.bikealameda.org/info/Global_Warming_Checklist.pdf)

Questions? Email Joyce Mercado at [info@casa-alameda.org](mailto:info@casa-alameda.org)

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## Helpful Resources Available for Alamedans!

### Transportation

- **BikeAlameda:** Nonprofit encourages everyday use of bicycles in and around Alameda. Offers bike classes, bicycling and walking map of Alameda, safety materials, valet parking at major Alameda events and experts to address biking questions and concerns. [www.bikealameda.org](http://www.bikealameda.org)
- **Cycles of Change APC Community Bike Shop:** Offers earn-a-bike programs, refurbished bicycle sales, bicycle field trips, job training, library bike program and accepts used bike donations. [bikeshop@apcollaborative.org](mailto:bikeshop@apcollaborative.org), [www.apcollaborative.org/cycles.htm](http://www.apcollaborative.org/cycles.htm), [www.cyclesofchange.org](http://www.cyclesofchange.org)
- **Pedestrian Friendly Alameda:** Making Alameda safe and enjoyable to walk. [www.pedfriendly.org](http://www.pedfriendly.org)
- **AC Transit:** Bus Schedules and Routes [www.actransit.org](http://www.actransit.org)
- **Ferry Service:** Alameda/Oakland Ferry & Alameda Harbor Bay Ferry. [www.eastbayferry.com](http://www.eastbayferry.com)
- **511.org:** Transit, traffic, bicycling, carpooling information. Call 511 or visit [www.511.org/](http://www.511.org/)

### Energy and Water Conservation

- **AMP Online Energy Audits & Educational Information:** [www.alamedamp.com/save-energy/measure-it/home-energy-calculator](http://www.alamedamp.com/save-energy/measure-it/home-energy-calculator)
- **AMP Energy Saving Tips:** [www.alamedamp.com/electricity/tips.html](http://www.alamedamp.com/electricity/tips.html)
- **AMP Residential Rebates:** [www.alamedamp.com/electricity/res\\_savings.html](http://www.alamedamp.com/electricity/res_savings.html)
- **AMP** – check out a Kill-A-Watt meter to measure appliance electrical use at AMP or Alameda Free Library (Main Library)
- **PG&E Residential Rebates & Tips:** [www.pge.com/myhome/saveenergymoney/](http://www.pge.com/myhome/saveenergymoney/)
- **East Bay Mud Drought Center:** Free water conservation tips, videos, gear and rebates [www.ebmud.com/drought/default.html](http://www.ebmud.com/drought/default.html)

### Reduce, Reuse, Recycle and Rot (Compost)

- **Alameda County Industries (ACI):** Learn what goes in each bin, plus lots of educational materials. [www.alamedacountyindustries.com/alameda/customer\\_center/residential\\_containers.html](http://www.alamedacountyindustries.com/alameda/customer_center/residential_containers.html)
- **StopWaste.org:** Great information including household hazardous waste disposal, bay friendly gardening, green building, environmental purchasing links, etc. [www.stopwaste.org/home/index.asp](http://www.stopwaste.org/home/index.asp)
- **Alameda Freecycle:** Connects people getting rid of unwanted items with others seeking the same items. No item is too big or small. All must be free. <http://groups.yahoo.com/group/AlamedaFreecycle/>
- **Donate Items:** Alameda Goodwill Store 2319 Lincoln Avenue, 510-337-2742; Salvation Army 1918 Park Street, 510-769-7401; AEF's Free Teacher Supply Store (office, art/craft supplies, musical equipment) 510-748-4008 ext.105, [info@AlamedaEducation.org](mailto:info@AlamedaEducation.org); Friends of the Alameda Free Library (books, DVDs, CDs) [www.friendsalamedafreelibrary.org/donating\\_books.html](http://www.friendsalamedafreelibrary.org/donating_books.html)
- **Universal Waste Management, Inc.:** Free drop off of electronics for recycling at 721 37<sup>th</sup> Ave. Oakland (close to High Street and Fruitvale bridges). [www.unwaste.com](http://www.unwaste.com)
- **Sell or Buy Used Items Online:** [www.ebay.com](http://www.ebay.com) or [www.craigslist.org](http://www.craigslist.org)
- **Bay Area Salvage List:** [www.ohmegasalvage.com/Showroom%20Pages/salvage\\_list.htm](http://www.ohmegasalvage.com/Showroom%20Pages/salvage_list.htm)
- **Habitat ReStore:** 9235 San Leandro Blvd, Oakland, CA 94603 [www.habitat.org/env/restores.aspx](http://www.habitat.org/env/restores.aspx)
- **No-waste Lunches:** Information on how to pack waste free lunches [www.wastefreelunches.org/](http://www.wastefreelunches.org/)

### Tree Planting, Gardening and Food

- **Alameda City Street Trees:** Home owners can request a street tree by e-mailing Todd Williams at [twilliams@ci.alameda.ca.us](mailto:twilliams@ci.alameda.ca.us) with their name, phone number and address.
- **Alameda Architectural Preservation Society:** If you join this non-profit, you can get beautiful trees and shrubs in 1-15 gallon containers for free. Chris Buckley at 510-523-0411 [cbuckleyAICP@att.net](mailto:cbuckleyAICP@att.net)
- **Alameda Nurseries:** Trees, native plants & vegetable garden essentials at Ploughshares Nursery, Encinal Nursery & Thomsen's Garden Center. Free workshops. [www.ploughsharesnursery.com](http://www.ploughsharesnursery.com)
- **Alameda Fruit Exchange:** Free excess fruit harvest swap. [www.alamedafruitexchange.blogspot.com/](http://www.alamedafruitexchange.blogspot.com/)

### General Community Assistance

- **Community Action for a Sustainable Alameda (CASA):** [www.casa-alameda.org](http://www.casa-alameda.org)
  - **Alameda Schools Go Green Group:** <http://groups.google.com/group/alameda-schools-go-green>
  - **AUSD Green Schools Challenge:** [www.alameda.k12.ca.us/index.php/schools/go-green-schools](http://www.alameda.k12.ca.us/index.php/schools/go-green-schools)
  - **Planet Alameda:** City of Alameda's environmental resources guide [www.planetalameda.com](http://www.planetalameda.com)
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