



## CLIMATE CHANGE PROGRAM

# Pledge for Sustainable Living

The effects of climate change impact everyone. Make your pledge to help protect the environment by agreeing to continue doing, or start doing, any of these simple Sustainable Living Smart Actions. For more information about climate change in Rhode Island or to become more involved, visit:

<http://www.health.ri.gov/healthrisks/climatechange/>

I, \_\_\_\_\_ pledge to do the following to show my commitment to the battle against climate change:

### Riding for the Planet



- Walk or use a bike for short trips.
- Take the bus.
- Turn off your engine instead of idling.
- Buy an electric car.
- Keep your tires properly inflated to get better gas mileage.

### Eating for the Planet



- Eat one or more vegetarian meal each week.
- Buy locally grown and raised produce, seafood, and meat.
- Shop at local farmer's markets.
- Grow some food of your own.
- Purchase seasonal, organic foods.
- Choose restaurants that use local, seasonal ingredients.
- Compost your food waste.

### Living for the Planet



- Purchase products with minimal packaging.
- Use refillable water bottles and reusable bags and straws.
- Limit online shopping.
- Wash clothes in cold water, when appropriate.
- Set your hot water heater at 120° and wrap it in a thermal blanket.
- Reduce your water use with low-flow faucets.
- Use native plants for landscaping.
- Use power strips to help reduce electricity use for small appliances.
- Get a free Home Energy Assessment from National Grid.
- Enroll in a green energy program.
- Install solar panels on your home.
- Install a heat pump system in your home.



## Resources

Rhode Island Office of Energy Resource – Programs and Incentives  
[www.energy.ri.gov/policies-programs/programs-incentives/](http://www.energy.ri.gov/policies-programs/programs-incentives/)

Drive Green Electric Car Discounts  
[www.greenenergyconsumers.org/drivegreen](http://www.greenenergyconsumers.org/drivegreen)

Eat Local  
[www.farmfreshri.org/](http://www.farmfreshri.org/)

Find Local Seafood  
[www.dem.ri.gov/riseafood/](http://www.dem.ri.gov/riseafood/)

Eat Low-Mercury Fish  
[www.health.ri.gov/publications/brochures/FishIsGoodMercuryIsBad.pdf](http://www.health.ri.gov/publications/brochures/FishIsGoodMercuryIsBad.pdf)

Guide to Farms and Farmer’s Markets  
[guide.farmfreshri.org/food/farmersmarkets.php?zip=02909](http://guide.farmfreshri.org/food/farmersmarkets.php?zip=02909)

Compost Pick-up in Rhode Island  
[www.litterless.com/where-to-compost/rhode-island](http://www.litterless.com/where-to-compost/rhode-island)

Do-it-Yourself Composting  
[www.rirrc.org/recycling-composting-disposal/do-it-yourself-composting](http://www.rirrc.org/recycling-composting-disposal/do-it-yourself-composting)

National Grid Energy Saving Programs  
[www.nationalgridus.com/RI-Home/Energy-Saving-Programs/](http://www.nationalgridus.com/RI-Home/Energy-Saving-Programs/)

Green Energy Consumer’s Alliance  
[www.greenenergyconsumers.org/programs](http://www.greenenergyconsumers.org/programs)

Rhode Island Native Plant Guide  
[web.uri.edu/rinativeplants/](http://web.uri.edu/rinativeplants/)

Rhode Island’s Residential Guide to Going Solar  
[www.energy.ri.gov/documents/solar/Guide-to-Going-Solar.pdf](http://www.energy.ri.gov/documents/solar/Guide-to-Going-Solar.pdf)

Heat Pumps  
[www.energy.ri.gov/heating/heat-pumps/](http://www.energy.ri.gov/heating/heat-pumps/)



Rhode Island Department of Health  
401-222-5960 / RI Relay 711  
[www.health.ri.gov/healthrisks/climatechange/](http://www.health.ri.gov/healthrisks/climatechange/)