



3 Things You Can Do to Fight Climate Change

There's no denying it: Our world is changing. And while the numbers show that 71 percent of global emissions come from just 100 companies, that doesn't mean our actions as individuals don't make a difference. Here are three concrete actions you can take to fight climate change and create a greener future.

Rethink Your Commute

[Cars and trucks](#) account for nearly one-fifth of all greenhouse gas emissions in the U.S. In fact, every gallon of gas you use releases more than 19 pounds of heat-trapping emissions into the air. You can't stop going to work, but there are some ways you can reduce the environmental impact of your commute:

- **Bike to work.** If you live within 10 miles of your job, you could [bike to work](#) instead of driving. Not only will you reduce your carbon footprint, you'll save money, get exercise, and start your day less stressed.
- **Carpool.** If everyone carpooled with just one person, we could slash the number of cars on the road. That means lower emissions, less traffic, and less money spent on fuel.
- **Buy electric.** If you live far from town, bicycling or carpooling may not be an option. However, you can still reduce the environmental impact of your commute by driving an electric or hybrid vehicle.

Reduce Home Energy Use

Cutting energy consumption at home is one of the most painless ways to shrink your carbon footprint. When you implement changes like these, you not only help the environment, you also help your budget—thanks to lower household energy bills:

- **Weatherize your home.** More than 40 percent of your home's [energy use](#) goes toward heating and cooling. Proper sealing and insulation helps you use the least amount of energy to keep your home comfortable.
- **Install energy-efficient fixtures and appliances.** LED light bulbs, ENERGY STAR appliances, and programmable thermostats (when [used correctly](#)) reduce household energy consumption.
- **Reduce your use.** Unplugging electronics and appliances when not in use, turning off lights when you leave a room, and air-drying clothes are painless changes that reduce your home's energy use.
- **Go solar.** Solar panels harness energy from the sun, allowing homeowners to bypass environmentally-harmful energy sources. Many homeowners shy away from solar due to cost — most homeowners pay [\\$9,865 to \\$15,241](#) for solar installation — but federal [tax credits](#) can reduce the cost up to 30 percent!

Change the Way You Eat

Agriculture is a major contributor to climate change. Raising [livestock](#) uses huge amounts of land and water and releases harmful greenhouse gases into the environment. And it's not just meat that matters: Not only are synthetic pesticides and fertilizers often made from fossil fuels, but produce grown far away has to travel long distances to reach your plate — releasing emissions in the process. Here's what you can do to make your plate more eco-friendly:

- **Shop local.** The fewer miles your food travels from farm to plate, the fewer emissions produced. Visit farmers markets, sign up for a CSA, and check labels at the grocery store to find locally-grown food.
- **Shop organic.** Organic farming practices [trap carbon](#) in the soil, instead of releasing it into the atmosphere where it contributes to global warming. Ask your local farmers about their practices to find farms with eco-friendly farming practices.

- **Eat less meat.** There's no doubt that plant-based foods are better for the environment than [meat](#). Incorporate more meat- and dairy-free meals into your diet, and eat smaller portions when it can't be avoided.
- **Shop low-waste.** When your food comes wrapped in plastic, you're left with a lot of waste to throw away. Choose minimally-packaged foods whenever possible. While prepping whole foods might take more time, reducing plastic waste is worth the effort.

Sometimes, it seems like the problem of climate change is so big that there's nothing any one person can do about it. But the truth is, all of us have contributed to climate change — and it's up to all of us to solve it. In the words of [David Suzuki](#), “In a world of more than seven billion people, each of us is a drop in the bucket. But with enough drops, we can fill any bucket.”

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