

SMALL STEPS

CLIMATE ACTIONS FOR INDIVIDUALS AND HOUSEHOLDS

Small changes to day-to-day activities can help make a difference in lowering emissions and building community resilience. Consider some small steps you can take!

AT HOME

- **Improve Insulation**

Upgrading insulation reduces the energy needed to heat a home, reducing emissions and saving you money. Efficiency Maine is offering up to \$9,200 in incentives to homeowners. Learn more at [EfficiencyMaine.com](https://www.efficiencymaine.com).



- **Use LED Lighting**

Switching your home to LEDs will bring long-term savings: LEDs use 90% less energy than incandescent bulbs and half as much as compact fluorescents, they last longer than other bulbs, and they generate very little heat. Universal adoption of LEDs could prevent 7.8 gigatons of carbon emissions, according to Project Drawdown.

- **Electrify Everything**

Cut down on energy use and emissions by installing heat pumps and switching to electric appliances. Mainers can apply for rebates on heat pumps at [EfficiencyMaine.com/Heat-Pumps](https://www.efficiencymaine.com/Heat-Pumps).



- **Compost**

Composting reduces greenhouse gas emissions at landfills, promotes uptake of carbon dioxide by vegetation, and makes our gardens more resilient to the effects of climate change. Kittery residents can compost for free at the transfer station. Learn more at [KitteryME.gov/resource-recovery-facility-transfer-station/pages/kittery-kitchen-composting](https://www.kitteryme.gov/resource-recovery-facility-transfer-station/pages/kittery-kitchen-composting).

- **Eat Less Meat**

Cutting out meat one day per week with a practice like “Meatless Mondays” can shrink your carbon footprint. Try new vegetarian and vegan options that offer all the flavor but less carbon emissions.

HOW YOU EAT

HOW YOU SHOP

- **Buy Less**

Choosing to buy less or not at all is the original mantra for **saving money**. An ecological footprint calculator tool can help you determine your current **ecological footprint** and offer actionable solutions for change, including buying less. Calculate your footprint at ecological-footprint-calculator.climatehero.me.

- **Reduce Packaging**

Packaging accounts for nearly a third of municipal solid waste in the U.S., according to the EPA. Introducing a few simple practices into your life will improve your footprint and might even save you money. **Carry your own reusable bag, water bottle, coffee cup, straw and utensils.** Buy in bulk when you can or buy loose products, such as fruits and vegetables, instead of pre-packaged packs.



- **Shop Green**

Find businesses that have earned Green America's **Green Business Certification** at GreenPages.org. These are organizations that are dedicated to building an economy that works for people and the planet.



HOW YOU TRAVEL

- **Drive Less**

Telecommuting, walking, biking, sharing rides, taking transit, combining trips, or carpooling with family, friends, or coworkers **at least one day per week** can make an impact. Sign up at GoMaine.org to share rides with like-minded travelers – and earn rewards. Learn about **combining trips** at DrCommute.com/trip-chaining-a-new-way-of-commuting.

- **Switch to an Electric Vehicle**

When it's time for a new vehicle, consider going electric. **Rebates for fully electric vehicles** are available from the federal and state government. Some makes and models can be purchased for \$20,000 after rebates. There are also rebates to buy used. Visit EfficiencyMaine.com/additional-ev-financial-incentives and EfficiencyMaine.com/electric-vehicle-rebates for the latest details.

- **Fly Less**

Flying in an airplane is **the most polluting activity** we commonly do. Try being a tourist in your own region and **explore areas within reach of bus, car, or train.** Opt for video conference instead of flying for business. If you do fly, try to fly direct and choose carbon-efficient airlines.