

Climate Action In Your Community Resource List



ENERGY EFFICIENCY AND RENEWABLES

Technology for your home

1. Check out [Energy Efficiency Ambassador](#) reviews to learn more about energy management tools for your home.
2. Develop a plan for your home. To start, select one room in your house OR one device that you would like to test out.
3. Purchase tools and set-up schedules for your devices.

LED Lighting

1. Switch your lights at home yourself or through a [ComEd Home Energy Assessment](#) (Call 855-433-2700 to schedule).
2. Advocate for and support the switch to LEDs at community buildings in your neighborhood (churches, community centers, schools).
3. Ask your workplace about their plans for switching to LEDs.

Smart Thermostats

1. Turn the temperature up (in summer) or down (in winter) 2°F.
2. [Check out the ComEd marketplace](#) for current rebates and options for smart thermostats.
3. Replace your manual or programmable thermostat with a smart thermostat or tell a friend how cool yours is. [Ecochallenge.org](#)

Additional resources:

[10 reasons to install a smart thermostat.](#)

[Check out some studies](#) on the savings related to smart thermostat installations.

[Portable AC vs Window AC](#)

Induction Stoves

1. Educate yourself on induction stoves by reading the article [Your Gas Stove Is Bad for You and the Planet.](#)
2. Research energy efficient induction stove options!

3. Make your switch from a gas stove to an induction cook-top.

Additional resources:

[5 Energy-Efficient Induction Cooktops for Small Kitchens](#)
[Pros and Cons of Induction Cooktops and Ranges](#)

Insulation

1. Watch this [3-minute Home Energy 101 YouTube video](#).
2. Install foam gaskets behind the outlet and switch plates on walls.
3. Caulk and seal air leaks where plumbing, ducting, or electrical wiring comes through walls, floors, ceilings, and soffits over cabinets.

Additional resources:

Check out the [Department of Energy's Existing Home Insulation](#) resource.

Water Heaters

1. Read up on [Tankless Water Heaters](#), [Heat Pumps](#), and [Solar Water Heaters](#) to decide which option is best for your home.
2. Research water heater installation and rebates in your area. [Illinois ENERGY STAR® Appliance Rebate Program](#)
3. Install an efficient water heating system or tell a friend or neighbor what you learned and how they work!

Additional resources:

[ENERGY STAR Water Heaters Mean BIG Savings – Ask the Expert](#)
[ISEA Solar Hot Water Systems guide](#)
[Solar Water Heater vs. Standard Efficiency Model](#)

Heat Pumps

1. [Watch this quick animation](#) on how heat pumps work!
2. Learn more about [ductless, mini-split heat pumps](#) as a possible solution for your home!
3. Next 6 months: Ask your HVAC technician about heat pumps during their next visit.

Additional resources:

Here's another interesting (slightly longer) [video explaining heat pumps](#).

Rooftop Solar

- [Calculate your solar energy savings potential](#) in 5 minutes using a tool like EnergySage.
- [Research options between buying or leasing solar panels](#) to learn what might work best for your home.
- Install solar panels on your roof, or [explore a community solar subscription](#).

Additional resources:

[ISEA Homeowner Solar resources](#)

[Citizen's Utility Board \(CUB\)](#)

[Illinois Solar for All Program](#)

[Illinois solar incentives and rebates help you save on solar](#)

[Clearway Community Solar](#)

[ISEA Weekly Webinars about going solar](#)



FOOD

Reduced Food Waste

1. Read about [these strategies](#) to save food, and join the clean-plate club.
2. Learn more about [expiration dates](#), and purchase produce that may not look perfect.
3. [Meal-plan](#) so you purchase only what you need at the grocery store.

Additional resources:

[K-12 Food Rescue](#)

[Environmental Protection Agency \(EPA\)](#)

[U.S. Food and Drug Administration](#)

[Food Waste Reduction Toolkit for Illinois Schools](#)

Plant-Rich Diet

1. Find out the carbon footprint of your diet using this [BBC News tool](#).
2. Once a week eat a vegan or vegetarian meal.
3. Reduce or eliminate meat or all animal products from your diet.

Additional resources:

[Plant-based diets help fight climate change](#)

[Beginner's Guide to a Plant-Based Diet](#)



MATERIALS PURCHASING AND SOURCING

Bioplastics

1. Use a reusable water bottle, reusable utensils, etc.
2. [Research bioplastics](#) and where you can find [plastic alternatives](#) for your everyday items made of plastic and [reduce or eliminate single use plastic](#) from your daily routine.
3. Advocate for switching to bioplastics in your workplace!

Additional resources:

[Life Without Plastic](#)

Read more about bioplastics [here](#).

Sourcing Materials- Food

1. Research the impact of your diet (palm oil, coffee, and cocoa products) to see how it contributes to deforestation.
2. Go through your pantry and find which of your products contain these ingredients.
3. Replace or remove the palm oil, coffee, and cocoa products in your current diet.

Additional Resources:

[World Wildlife Foundation - Impacts of Palm Oil](#)

[World Wildlife Foundation - Impacts of Cocoa](#)

[What's Driving Deforestation?](#)

Sourcing Materials- Clothing

1. Educate yourself on the issue of fast fashion by watching [this](#) 20 minute Ted Talk.
2. Buy second hand items whenever possible. If you must buy new, research a sustainable alternative.
3. Prevent microplastics from entering waterways when you wash your clothes using these products: [Cora Ball](#), [GuppyFriend Washing Bag](#). Or, consider installing a microfiber filter to your washing machine like [Planet Care](#), [Lint LUV-R](#), or [Girlfriend Collective](#).

Additional resources:

[Impacts of you Clothing Materials Guide](#)

[Fashion Takes Action](#)

[BlueSign Certification - Chemicals use in clothing](#)

[Best Practices for Microfiber Pollution](#)



WASTE

Household Recycling

1. Research your municipality's recycling rules to find out what can and cannot be recycled.
2. Educate your family and friends about recycling and how to reduce [recycling contamination](#).
3. Text **FIX IT** to **40649** to help pass federal legislation to fix the recycling crisis by adding standardized labels for recycling bins everywhere. Learn more [here](#).

Additional resources:

[Recycle by City](#)

[NRDC's recommendations](#)

Composting

1. Research options for municipal compost pick up, [options for composting](#) in your apartment, [backyard](#) composting, or compost pick up through a service.

2. Begin composting!
3. If your municipality does not offer compost pick up, advocate for your municipality to begin a composting program. See Residential Food Scrap Composting Guide [here!](#)

Additional resources:

[Environmental Protection Agency \(EPA\)](#)

[Urban Canopy](#), [Collective Resource](#), [Healthy Soil](#)

[Illinois Food Scrap Coalition](#)

[Composting At Home Webinar](#) -May 7th

[EPA Indoor Worm Composting](#)

Disposing of Materials- Home

1. Research your municipality and local organizations to discover where to bring your styrofoam, textiles and electronics.
2. Research where to properly dispose of other household materials like razors, chip bags, toiletry containers, etc.
3. Shift to [zero waste options](#) and refrain from purchasing or using materials that are difficult to recycle.

Additional resources:

[Terracycle](#)

[Styrofoam/Polystyrene Recycling](#)

[Chicago Textile Recycling](#)

[Recycling stations at your local Target!](#)

[10 companies that reward you for recycling old products you don't want or use anymore](#)

[Styrofoam Recycling in Indiana](#)



TRANSPORTATION

Mass Transit

1. Check your [Ventra](#) balance or get a transit card today so you're ready to ride!

2. Reduce your car trips by [using public transportation](#) (or biking!), if available.
3. [Promote and encourage mass transit](#) rides to your family and friends.

Additional resources:

Learn about why [walkable cities](#) are better for you (and the economy).

Calculate your [carbon footprint](#), and see how much travel impacts it.
(There are [lots of calculators](#) out there!)

Electric Vehicles

1. Read about the [Benefits of Electric Vehicles](#)
2. Advocate for greener vehicles - ask your municipality about installing electric charging stations, or email your elected officials/alderman asking what their plan for Electric Vehicles are in the next 5 years
3. Research and Consider Switching to a Hybrid or Electric Vehicle

Additional resources:

[Saving on Fuel and Vehicle Costs](#)

[Illinois Electric Vehicle Incentives](#)

[Electric Vehicle Supply Equipment \(EVSE\) Rebates](#)

[In Illinois, Cars And Trucks Top Coal As Biggest Global Warming Contributor](#)

[Cleaner Cars from Cradle to Grave](#)



WATER

Water Saving - Home

1. Install [low-flow fixtures](#) on your sinks and in showers.
2. Research opportunities to capture and reuse rainwater, like through [MWRD's Rain Barrel program](#).
3. When purchasing new appliances, buy a [water-efficient product](#).

Additional resources:

Tips from the [City of Chicago](#)

[Alliance for Water Efficiency](#)



HEALTH & EDUCATION

Women and Girls

1. [See Katharine Wilkinson talk](#) about why gender equity is important to combating climate change.
2. Research and support women owned businesses when shopping.
3. Raise money to donate Femme Kit(s) to help girls overcome health and sanitation barriers to being able to attend school.

Additional resources:

[Women's Safety Means Earth's Safety](#)

[Want to Stop Climate Change? Educate Girls](#)

[Kiva](#)- Loans that change lives

[Chicago Women In Green](#)

COMMUNITY RESOURCES

[Metropolitan Mayors Caucus](#)

- [Greenest Region Compact](#) - Is your city involved with this?

[Chicago Recycling Coalition](#)

[Illinois Environmental Council](#)

[Center for Neighborhood Technology](#)

[Go Green IL](#)

[Go Green IL Schools](#)

[Chicago Sustainability Leadership Network](#)

[Chicago Sustainability Task Force](#)

[Chicago Conservation Corps](#)

[Sierra Club Illinois](#)

What's happening in your county:

Dupage

[Cool Dupage](#)

[Sustain Dupage](#)

[Scarce](#)

Cook

[Cook County Sustainability](#)

[Citizens' Climate Lobby](#)

Kane

[Kane County Textile Recycling](#)

[Kane County's Rain Barrel Sale](#)

[Sustain Kane](#)

[Kane County Recycles](#)

ADDITIONAL RESOURCES

[Project Drawdown](#)

[EcoChallenge](#)

[Illinois Green Alliance](#)

[SolutionsU: Solutions Journalism Network](#)

[Department of Energy](#)

[Environmental Working Group](#)

[Global Weirding with Katherine Hayhoe](#)

[CNN Drawdown Solutions Quiz](#)

[What can I realistically do about Climate Change?](#)

[LinkedIN Learning- Drawdown](#)