

# ACTION PLAN WORKSHEET

## Topic 2: Rethink Consumption



Resources at [coolpetaluma.org/action/consumption](http://coolpetaluma.org/action/consumption)

### Goal 1: Eat wisely



#### Reduce food waste:

- HABIT Plan meals, shopping & food storage
- Understand food date labels
- HABIT Share or preserve extra food
- HABIT Compost scraps !

#### Eat healthier food for you & the planet:

- HABIT Choose less meat & better meat !
- Understand food certification labels
- HABIT Support local regenerative farming 😊
- HABIT Grow your own food 😊

#### Avoid food packaging:

- HABIT Use your own bags & containers
- HABIT Buy in bulk-do a team taste test 🍷
- HABIT Recycle effectively-make it a game 🎮

### Goal 2: Shop smart & share more



#### Dress wisely:

- HABIT Reduce & share clothes & shoes
- HABIT Repair & repurpose clothes & shoes
- HABIT Choose natural fibers
- HABIT Wash responsibly
- Organize a clothing swap 🗺️

#### Rethink home goods:

- HABIT Reduce & share home goods
- HABIT Repair & repurpose home goods
- HABIT Resell & give away home goods
- HABIT Reduce & recycle electronics
- Organize a block yard sale 😊

#### Reimagine gifts:

- HABIT Give non-material gifts
- HABIT Give planet-friendly gifts
- Organize a toy swap 😊

### Goal 3: Vote with your dollar



#### Support good companies:

- HABIT Look for certifications
- HABIT Support local businesses

#### Take your money out of fossil fuels:

- Choose a better bank & credit card !
- Switch to sustainable investments 😊
- Avoid buying plastic, AKA fossil fuel

#### Invest in offsets:

- Donate or volunteer for local projects
- Buy high-quality carbon offsets

### Your own ideas:

### Get engaged

#### Take Stock:

- Set goal to reduce waste can sizes !
- Note what fills your 3 waste cans

#### Get Inspired:

- Watch/read/listen to learn more
- Host a movie night or book/podcast club 😊
- HABIT VOTE to protect the planet !



#### Key

- ! Extra important
- 🍷 Have some fun with it
- 😊 Extra cool
- 🏠 Building owner responsible
- 📅 Add to calendar to repeat

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### Why?

From food to fashion, we can reimagine the full lifecycle of our stuff, eliminating waste and pollution while increasing longevity and sharing.

Living on a finite planet means we will benefit from creating a circular economy where nothing gets thrown “away.”

### Did you know?

Americans waste up to 40 percent of our food – all while at least 1 in 10 have too little to eat and are food insecure.

Food that ends up in landfills turns into a potent greenhouse gas, called methane – adding significantly to the climate crisis.

American shoppers buy five times more clothes now than they did in 1980. And fast fashion has encouraged us to toss those clothes out after an average of just 7 wears!

\$24 of every \$100 dollars Wall Street’s largest banks lend out are repurposed to finance fossil fuels. Moving money out of these banks can reduce your carbon footprint 60-70%!

### Notes & action items from our gathering:

### Take stock at home:

#### Current can sizes:

Trash: \_\_\_\_\_ gallon

Recycle: \_\_\_\_\_ gallon

Compost: \_\_\_\_\_ gallon

#### Goal can sizes:

Trash: \_\_\_\_\_ gallon

Recycle: \_\_\_\_\_ gallon

Compost: \_\_\_\_\_ gallon

#### Most common waste items:

Trash:

Recycle:

Compost: