

11: Individual Actions

It will take us all committing to action to achieve Eugene's climate goals. We all contribute personal emissions affecting climate change: our methods of transportation, the energy we use in our homes, and the amount and type of goods we consume. From eating more plant-based meals, to using public transportation, we can all make a difference. Below is a list of ways we can take steps towards reducing our carbon footprint.

Engaging with Climate Action

While there are many ways to engage with climate action that include limiting your carbon footprint, some of the most impactful actions you can take are to learn about your current carbon contributions, educate yourself about science of climate change, and most importantly: advocate and vote!

Calculate your Carbon Footprint Learn where you can make the most impact in lowering your carbon emissions by calculating your carbon footprint. Many tools, including the Eugene Carbon Free Challenge, can help you create a personalized action plan.

Stay Informed Keep learning about the science of climate change and the ways humans impact the Earth through our daily lives. A few resources to get started including the 2018 report from the Intergovernmental Panel on Climate Change, the Fourth National Climate Assessment Volume II, research from Project Drawdown and EarthDay.org. Stay in the loop by subscribing to newsletters from trusted research institutes and organizations on the frontlines of climate action.

Advocate and vote By using your voice and your vote, you can influence changes where they are needed most.

Transportation

Walk, roll, bike, or take the bus Whether you choose to walk, roll, bike or take the bus, active transportation leaves a minimal carbon footprint and can also have health benefits.

Telecommute Now more than ever, communities are seeing opportunities for telecommuting. Work with your employer to explore whether telecommuting can be an option for a portion or all of your work week.

Carpool Cut down on single occupant vehicle trips by looking for opportunities for carpooling or vanpooling. Valley Vanpool and Get There Oregon are some local resources to drive less.

Go electric If you have to drive, choose the option with the highest miles per gallon available to you. When purchasing or leasing your next vehicle, consider buying a hybrid vehicle, or even better – an electric vehicle.

Fly less Air travel accounts for a staggering amount of global emissions. Before purchasing your next plane ticket, explore taking a car or train which often have a lower carbon footprint. If you have to fly, buy carbon offsets.

Building Energy

Use LED light bulbs Light-emitting diode, or LED, light bulbs use at least 75% less energy and last 25 times longer, than incandescent lighting.

Make energy efficiency a priority for your home Before you rent or buy your next place, ask about the appliances and average utility bill cost. Look for or invest in energy efficient appliances and weatherization.

Smaller living spaces Larger homes require more energy to heat and light, as well as more materials to build. Right-sizing your living space can lower your carbon footprint and your energy bills.

Low carbon sources of energy Switch to low-carbon sources of energy to heat and light your home. You can additionally participate in supporting ongoing sustainability efforts in your home and community through programs like GreenPower from EWEB.



Get an energy audit Many energy companies, including EWEB, offer free auditing services to inventory your home's energy efficiency. In some cases, these energy companies can offer cost savings to make these upgrades more affordable.

Watch Your Water Use It takes a tremendous amount of energy to supply water to homes, and especially to heat water. By fixing leaky faucets, taking shorter showers, using cold water to wash clothes, or installing water-wise landscapes, you can not only save money, but cut down your personal emissions.

Consumption and Fugitive Emissions

Make a meal plan A large amount of global emissions comes from the food we throw away. Meal planning can help prevent food waste and save money at the same time.

Substitute plant-based foods for meat and dairy In most cases, plant-based meals are not only healthier for our bodies, but also have a significantly smaller impact on the Earth than animal agriculture.

Compost All waste haulers within the City of Eugene are required to offer composting as a part their services. Place all food scraps in your yard waste bin.

Repair and Reuse Reusing common household items such as cardboard boxes or bags and repairing and reusing durable items like tools and furniture can reduce the upstream impacts of manufacturing new items and save money. Reusing and repairing can limit landfilling of organic materials such as textiles or wood, reducing methane generation.

Shop second-hand Donate to and shop at second-hand stores for clothes, furniture, books, housewares and other items. This action reduces emissions by avoiding the need to produce as many new goods. It also supports local businesses, many of which provide social services to the community in addition to their retail stores.

Buy durable and repairable items When you have to purchase something new or new to you, try to buy items that are durable or repairable.

Buy low carbon experiences instead of goods When looking for entertainment or when buying gifts, shift spending from high carbon impact goods to lower impact services. For example, purchase a local class, a concert ticket or a massage rather than a new product.

Per Capita Reductions

FIGURE 17

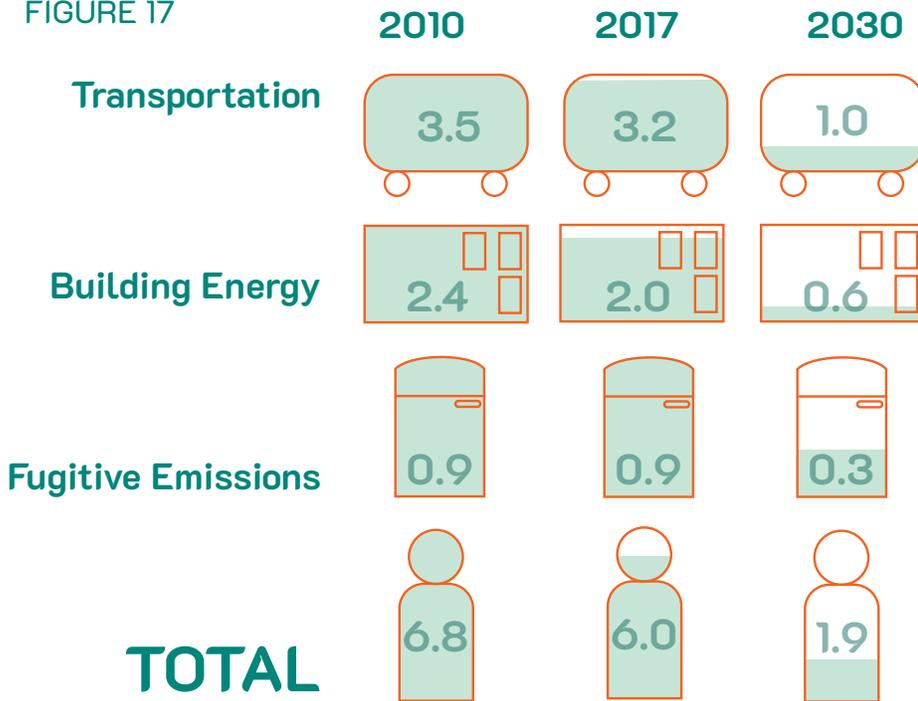


Figure 17: Per Capita Reductions by Bucket

Eugene's per capita emissions declined by 11% between 2010 and 2017. Per capita emissions would need to decline by roughly an additional 60% to achieve the CRO 2030 goal.

Per capita emissions forecasts for 2030 divide total GHGs across each bucket in proportion to the emissions in each bucket in 2017.

*Based on Eugene's 2017 Community GHG Inventory and PSU Population Data

Resiliency

Make a plan Do you or your family know what to do, how to communicate and where to go in the case of an emergency? Having an emergency plan is the first key step in being prepared.

Create a supply kit Build an emergency supply kit of food, water and other supplies. Organizations like the City and EWEB offer ideas, lists, and programs like the "Pledge to Prepare" to help you build your kit.

Get to you know your neighbors Being on a first name basis with the people nearby can make sharing goods and information even easier. And, in the event of natural disasters when typical municipal and community resources are not available, knowing your neighbors could be a lifeline for food, water, and other assistance.

Attend community meetings Changes and needs from within the community are often communicated through community groups and organizations. Attending local meetings within your neighborhood or city allows you to grow your network of support and understand what is happening at a policy level around issues you really care about.

Strengthen personal and community-wide resiliency skills Personal resiliency is dependent on community resiliency. Participate in local events, friendly gatherings, and contribute to your community's capacity for perseverance through adversity in ways

that are age, culturally and demographically appropriate to fortify psychological, social and spiritual well-being. Examples of this include community meetings, spiritual gatherings, spending time with family and friends, engaging with nature.

Build capacity to become present Develop healthy ways to calm your mind, body and emotions. Self-regulation skills improve mental health and problem-solving (e.g. meditate, exercise, walk in nature).

Restore meaning, purpose, and hope Discover ways to grow through adversity by taking steps to restore meaning, purpose and hope. Find connection to something larger than oneself. For example, join a community, plant a garden, be of service, engage in creative expression.