



# WHAT YOU CAN DO

## HOUSEHOLDS



Tackling climate change takes all of us. We all generate emissions from nearly everything we do, from turning on the lights and adjusting our thermostats to driving to and from work or school. Here are some things that you can do to lower your household's carbon footprint.



### ENERGY

#### BUY RENEWABLE ELECTRICITY

- Purchasing renewable power reduces everyone's reliance on oil, gas, and coal.
- For an average household, it costs \$7/month to buy 100% renewable power.
- Click here to enroll in [PGE's Green Futures Program](#) and start buying renewable energy today!

#### GIVE YOUR HOME AN EFFICIENCY MAKEOVER

##### If you rent...

- Install LED lightbulbs. You can take them with you if you move!
- Install low flow faucet regulators and shower heads.
- Check for energy saving opportunities using a thermal leak detector. The Washington County Cooperative Library Services has [4 available for checkout](#).
- Weatherize your home by installing curtains or insulating window film and sealing air gaps.
- Check out the Energy Trust of Oregon's [low and no-cost tips](#) to save money and use less energy.

##### Incentives for renters...

- The Energy Trust of Oregon offers a variety of [resources](#) to help you (or your landlord!) upgrade your home.

##### If you own your home...

- Install LED lightbulbs and low flow faucets and showerheads.
- Insulate and weatherize your home.
- When it's time to buy new appliances, purchase [Energy Star](#) labeled products.
- When it's time to replace your furnace, go with a heat pump.
- When it's time to replace your water heater, go with an electric and/or heat pump water heater.

##### Incentives for homeowners...

- Most of these efficiency upgrades have [tax credits](#) associated with them up to 30%.
- Visit the [PGE Marketplace](#) for sales on trusted energy-efficient products like smart thermostats.
- The [Energy Trust of Oregon](#) offers incentives for everything from insulation to kitchen appliances to washer/dryer sets.



## TRANSPORTATION

### WHEN IT'S TIME TO GO OUT

- Where possible, choose walking, biking, or public transit for your health and for the climate.
- Consider an electric bike (e-bike) or electric scooter (e-scooter) for steep hills and faster commutes.
- Combine driving trips to save time and money.
- Get familiar with your [local trails](#). They can be a great way to get around safely and enjoy some nature!
- Try taking [TriMet](#) or the free [Tualatin Ride Connection](#) shuttle for an upcoming trip.
- Fly less.

### WHEN IT'S TIME TO BUY A CAR

- Consider an electric vehicle or a plug-in hybrid: savings on gas, taxes, and maintenance mean that these vehicles generally cost [thousands of dollars less](#) than gasoline-powered vehicles over their lifetime.
- Consider a shorter-range, used EV for commuting and running errands in town.
- All new vehicles sold in 17 states including OR, WA, and CA will be all electric by 2035 by law.
- Check out incentives from [PGE](#), [ODEQ](#), and the [Federal Government](#).

### WHEN IT'S TIME TO MOVE

- Save money and time by living close to work and other places you spend the most time at, if affordable.
- Consider location, access to walking and biking paths, and public transit to reduce your need for car trips.
- Check out this [walking and transit score map](#).

### TALK TO YOUR BOSS

- Remote work, alternative schedules, and altering start and stop times to align with transit, when appropriate, can decrease time and energy spent on commuting and increase job satisfaction.





## FOOD & GOODS

Nearly half of Tualatin's community emissions come from food, goods, and services produced elsewhere and purchased in town.

### FOOD

Meal plan and learn about proper food storage to avoid waste.

- The USDA estimates 30-40% of food goes to waste nationwide, costing a family of four about \$1,500 each year.
- Check out these [food saving tips](#) to reduce waste and save money!

Eat more plants.

- Plant-based foods have a lower carbon footprint than meat and dairy. An increased proportion of plants in the diet is also linked to better health outcomes.
- Check out [My Plate's tips](#) on eating more plants.
- You don't have to completely cut meat out of your diet to make a difference. Commit to [Meatless Mondays](#) to test out vegetarian recipes one day a week.

### GOODS

Don't buy it!

- If you don't need it, don't buy it!
- [Make your clothes last](#) by buying quality clothing items and caring for them appropriately.
- Check to see if you can borrow seldom-used items from the [Library of Things](#) or your local hardware store.

Fix it!

- Fix what you have instead of buying something new.
- A few things like old cars and refrigerators are better to replace so they don't waste energy.
- Check out your local [Repair Fair](#) to fix things like clothing, tools, jewelry, toys, electronics, and more!

Buy used, durable, or recycled. In that order.

- For clothes, toys, and other short-term items, buying used is cheaper and greener.
- When you buy new, make sure the item is durable, long lasting, and made up of quality materials. Check out [this site](#) for product comparisons and advice on things that last.
- Try the [30 Wears Challenge](#) to help you decide what new clothes you really want to buy.
- Look for [Energy Star](#) labels on appliances and high-quality manufacturing. In addition to lasting longer, durable items are often easier to fix when needed.
- It is good to buy things that are recyclable, but even better to buy things that are recycled. By buying products containing recycled material, you are creating a market for recycling and reducing your purchases' carbon footprint. See an explanation [here](#).