

CLIMATE CHANGE STARTS AT HOME:



HOW OUR DAILY CHOICES
SHAPE THE PLANET'S FUTURE



The Big Idea

When we think about climate change, we often imagine melting ice caps, wildfires, or distant disasters. But the truth is: The climate crisis begins with the choices we make in our own homes, kitchens, closets, and routines.

Every product we buy, every switch we flip, and every piece of trash we throw away creates a ripple effect—for better or worse.



How Everyday Habits Fuel Climate Change

- *Energy Use* – Lights, appliances, and electronics powered by fossil fuels = greenhouse gas emissions
- *Food Waste* – When food goes in the trash, it releases methane, a potent climate-warming gas
- *Plastic Consumption* – Most plastics are made from oil and gas; they create pollution and never truly break down
- *Fast Fashion* – Mass production of synthetic clothing uses huge amounts of water, fossil fuels, and toxic dyes
- *Toxins in Products* – Cleaning sprays, scented candles, and synthetic materials release VOCs and chemicals that pollute indoor air and the environment
- *Water Waste* – Long showers, leaky faucets, and overwatering lawns waste energy and water resources
- *Transportation* – Short car trips, idling engines, and single-passenger rides = excess carbon emissions

What You Can Do at Home

In the Kitchen

- Compost food scraps
- Eat more plant-based meals
- Buy less packaging and skip single-use plastics
- Choose local, organic food when possible

With Energy Use

- Turn off lights, devices, and chargers when not in use
- Switch to LED bulbs and energy-efficient appliances
- Use fans instead of AC when possible
- Wash laundry with cold water & hang dry clothes

In the Closet

- Buy less fast fashion
- Choose natural fibers (like cotton, hemp, linen)
- Thrift or trade clothes instead of always buying new

Around the House

- Use non-toxic, refillable cleaning products
- Avoid synthetic air fresheners and candles
- Choose reusable over disposable
- Fix and repair instead of tossing

On the Move

- Walk, bike, or carpool when possible
- Plan errands to reduce trips
- Keep tires inflated and engines tuned for efficiency

Why it Matters:

Your home may seem small—but your habits are powerful.

The majority of greenhouse gas emissions come from the collective impact of billions of individual decisions.

By making your home climate-friendly, you're helping create a cleaner, safer future—for people, pets, and the planet.

Big change starts with small steps. Let your home be a launchpad for climate action.



BEACHES GO GREEN 2.0



**HEALTHY PLANET
HEALTHY YOU**

TO LEARN MORE:



www.beachesgogreen.org

GIVE US A FOLLOW:

