

Take the Low Impact Challenge

*Formatted, Printed and Distributed by the Environmental Task Force of Unitarian Universalists for Social Justice
1448 E. 52nd St., Box 144, Chicago, IL 60615*

Climate change is upon us. Most things that we do and buy create pollution, either directly or indirectly, and carbon pollution contributes to climate change. Carbon pollution increases the incidence of higher temperatures, and causes more severe storms, greater precipitation, and/or drought. These changes threaten our planet's food supply, its biodiversity, and ocean coastal areas. The lives of many people and other living creatures are at risk.

A new energy infrastructure, using renewable, sustainable, and much less carbon polluting sources of energy, such as solar, wind and geothermal energy is still years away. We need to CHANGE our lifestyles to REDUCE the use of energy and the carbon pollution we generate beginning right now.

So take the low impact challenge. What could you give up or change in your life? How about one or more of the following?

- Give up bottled water – use tap water (which is tested more and safer) with a reusable bottle.
- Use cloth towels instead of paper ones.

- Rarely use air conditioning, or don't use it at all.
- Reduce your consumption of processed food by several meals a week.
- Eat a veggie meal several times a week, or become a vegetarian.
- Use reusable cloth bags.
- Give a strong preference to locally produced goods versus imports or those from far away in the US.
- Join a CSA (Community Supported Agriculture).
- Eat food that is local; eat food that is seasonal.
- Use things as long as they work, rather than frequently buying the latest version.
- In cold weather, turn you heat down, wear more clothes and use more blankets.
- Where possible, walk, ride a bike, take a bus or train.
- Plant trees and native plants rather than grass.

The following documentary films relate to this subject:
No Impact Man. The Economics of Happiness. Bag It.

Resource sites:

No Impact Project – noimpactproject.org

The Environmental Sociology Primer –

envsocprimer@gmail.com