

CLIMATE ACTION CHECKLIST



QUICK WINS (TODAY/THIS WEEK)

- Turn off lights and unplug chargers you're not using
- Change the thermostat by 1°C (winter down / summer up)
- Eat 1-2 plant-based meals this week
- Plan meals before shopping. Freeze extra leftovers
- Keep a reusable bag, bottle, and mug ready to go
- Combine errands into one trip
- Walk/bike for short trips
- Check tire pressure once a month
- Put food scraps in the green bin/compost
- Fix or donate one item instead of throwing it out

TRANSPORTATION 1/2

- Do one "less driving" day each week
- Carpool, use transit, or combine trips when you can
- Don't idle if you're stopped for a while

FOOD & WASTE

- Make one "use what you have" meal each week
- Store food so it lasts longer
- Check your fridge before you shop
- Choose plant-based more often when you eat out
- Keep a small food-scrap container on the counter
- Sort waste correctly

HOME ENERGY

- Switch a few bulbs to LED
- Seal drafts around doors and windows
- Wash clothes in cold water
- Run full loads in the dishwasher and laundry
- Take shorter showers
- Do a quick home energy check (or book an assessment)
- When replacing heating/cooling, ask about efficient options (like heat pumps)

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TRANSPORTATION 2/2

- If buying a car, look into EV/hybrid options
- Keep tires inflated and use winter tires in season

SEASONAL PREPARADENESS

- Make a small emergency kit (water, flashlight, charger, first aid)
- Know how to stay safe in heat (drink water, cool off, check neighbours)
- Prepare for power outages (charge devices, have blankets)
- Clear gutters and drains to reduce flood risk

FINAL CHECK

- Visit our website, check events, and download our monthly updates
- Follow our [Facebook](#) and [Instagram](#) to stay tuned on all updates!
- Email us if you have any questions

NATURE & NEIGHBOURHOOD

- Plant one pollinator-friendly plant (even in a pot)
- Replace a bit of lawn with plants over time
- Avoid pesticides when possible
- Water early or late to save water
- Join a clean-up or local nature /garden group

YOUR 30-DAY PLAN

- One food action I'll do weekly: _____
- One home energy action I'll do this month: _____
- One transportation action I'll try: _____
- One community/share action I'll take: _____



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