



Take ACTION!
Reduce your carbon footprint:
Care for God's Creation and poor people!

- Turn off lights and unplug appliances when you leave the room.
- Unplug your cell phone as soon as it is charged.
- Replace incandescent light bulbs with energy-efficient bulbs.
- Turn off water when shaving, brushing your teeth and take shorter showering.
- Ride a bike, walk, carpool, or use public transportation whenever possible.
- Use biodegradable soap, shampoos.
- Visit Catholic Relief Services FAIR TRADE website where you can buy, support and even fundraise with products like the Equal Exchange coffee, tea, and chocolate. Fair trade farmers care for Creation and are given a living wage to support their families and communities.
- Reduce use of disposable products by using reusable containers; if you must buy disposable, buy paper or glass products instead of plastic.
- Bring reusable cloth bags when shopping instead of disposable plastic bags.
- Buy local, and/or organic food, and purchase recycled products whenever possible.
- Organize an environmental awareness day at your parish or school.
- Plant a garden and start a compost pile.
- Eat less meat: the UN concludes that “the livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems,” including climate change
- Dry your clothes outdoors when possible and use the dryer less.
- Write to your lawmakers and elected officials and urge them to act with urgency and put care for Creation, the poor, and the common good ahead of short-term special interests.
- Encourage your community to support mass transit and other alternatives to the automobile for commuting.
- Consider the footprint of products before you buy them: from resource extraction, to production, distribution, consumption, and disposal.
- Consider the social and environmental cost of goods and service: Who is making this product? How and where is this made? Using what resources? How long will it last?
- Reflect on ways to simplify your life:
- What are my needs vs. wants? How might I reduce the amount of resources I consume.
- Learn about Catholic Social Teaching on the environment and share the good news that the Catholics are called to care for Creation, care of the poor, seek the common good and respect all life.
- PRAY:
 - for all: that we might see Creation as a gift to be cherished, protected and shared with all rather than a commodity to be consumed by a few;
 - for the poor: that our hearts be opened to their plight, that their dignity be upheld, and that we advocate on their behalf so they, and we, can pursue authentic human development;
 - for elected officials and those in positions of power: that they act prudently and place care for Creation, the poor, and the common good ahead of short-term interests.

Take the St. Francis Pledge to Care for Creation and the Poor: <http://catholicclimatecovenant.org>

