



OUR CHANGING CLIMATE

LACCD'S EARTH MONTH NEWSLETTER

OUR WORLD IS CHANGING

This is a good time re-examine the routine and normal.

We are all grappling with the massive changes that are happening right now. One of the biggest issues we've been confronted with during COVID-19 is how to care for one another. If you're healthy and up for a challenge, try thinking about what changes we need to make as individuals and as a society to prioritize the care of ourselves and one another. In light of it being Earth Month, it's a great time to consider making changes that have a positive impact on this planet that we all live on.

There's a myriad of actions you can take to benefit the planet and the activities listed here are just a few ideas to get you started at home.

Save Energy While Working or Studying from Home

Southern California Edison has put together a simple guide on how to help save energy while you're at home. Some easy ways to get started are:

- Embracing natural light instead of turning light fixtures on during the day
- Eliminating vampire electronics by unplugging them or using a power strip
- Giving your stove or oven a break and using your smaller, more energy-efficient kitchen appliances

For more tips go to:

<https://energized.edison.com/stories/your-guide-to-teleworking-and-energy-efficiency>

Consider the Impact Your Food Has on the Environment

The production and decomposition of food create some of the most potent greenhouse gas emissions on the planet.

Eat Less Meat

A report published by the NRDC in 2017 found that "between 2005 and 2014, Americans cut their beef consumption, avoiding the equivalent of the annual tailpipe emissions of approximately 39 million cars."

How To Do It:

Climate-Friendly Cooking with the New York Times



Image Source: <https://tinypurl.com/u5dmn5s>
<https://cooking.nytimes.com/topics/climate-friendly-cooking>

Waste Less Food

According to the Earth Day, 2020 campaign, if food waste were a country, it'd be the third largest greenhouse gas emitter--just behind China & the U.S.

How To Do It:

5 Tips from Earth Day 2020

- Audit Your Fridge
- Compost
- Reuse your coffee grinds
- Eat your veggie scraps
- Use eggshells as planters

For more tips go to:

<https://www.earthday.org/compost-vs-coronavirus-5-ways-to-compost-during-a-pandemic/>

Measure Your Carbon Footprint

Understanding how we interact with the environment is paramount to understanding how to improve our relationship to it. The EPA's Carbon Footprint Calculator will help you identify the areas in your life with the biggest potential to reduce your environmental impact and will provide you with recommendations on actions you can take.

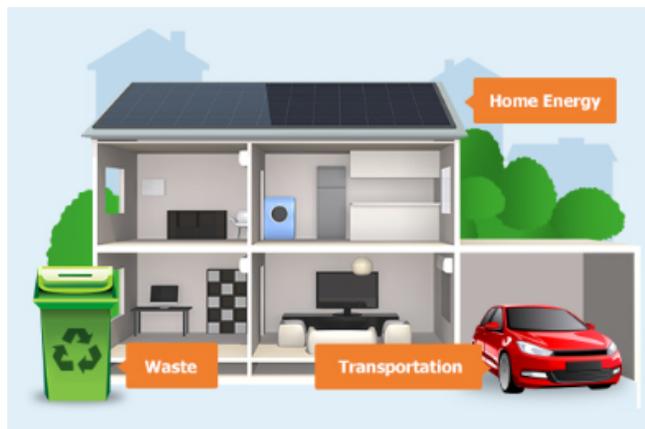


Image Source: <https://www3.epa.gov/carbon-footprint-calculator/>

Your footprint is measured based on U.S. emissions averages from the following areas:

- Home energy use
- Transportation mode & use
- Waste production