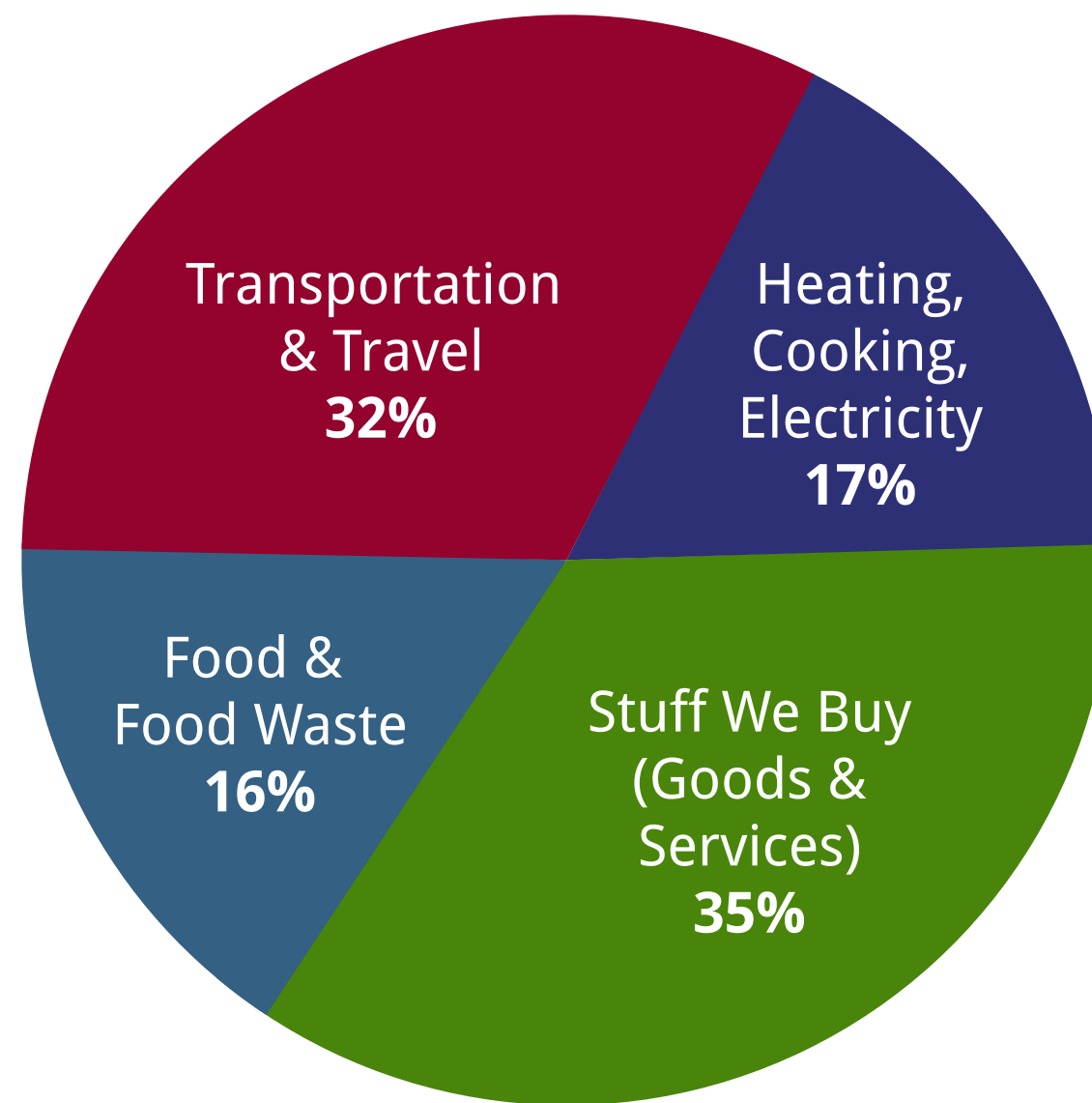


Scientists Around The World Have Sounded The Alarm:

# To Avoid Catastrophic Climate Change, We Must Cut Global Carbon Emissions In Half By 2030.

The MPC Climate Call Asks You To Take The Following Actions:

## The American Household's Carbon Footprint



Cut back on **air travel** (see reverse).



Use **public transportation** as much as possible.



Choose an **electric or plug-in hybrid** for your next car if you can.



Eat less **meat**--especially red meat--and cut back on dairy products.



Eat more **plant proteins** and veggies.



Take home **restaurant leftovers** (bring your own container!)

Enroll in **100% renewable** electricity from your power provider. Install rooftop solar panels if feasible.

Improve your home's **energy efficiency**.

Switch gas appliances to **electric** ones when you can.



**Buy less stuff!** Choose long-lasting, repairable, reusable goods.

Purchase **used** items instead of new.

**Avoid plastic** as much as you can—it's extra harmful to the environment and plastic recycling doesn't work.



### Take Political Action

**Volunteer** to help turn out "environmental voters" in upcoming elections: [environmentalvoter.org](http://environmentalvoter.org).

Pressure elected officials to adopt strong climate policies. Sign up for [interfaithpower.org](http://interfaithpower.org) and [350bayarea.org](http://350bayarea.org) action alerts.

Support **youth-led** climate actions. Sign up for action alerts from [sunrisemovement.org](http://sunrisemovement.org) and [youthvsapocalypse.org](http://youthvsapocalypse.org).



### De-Fund Fossil-Fuels and Deforestation

Switch your **checking and savings accounts** to fossil-free banks.

**Re-invest** your personal assets in fossil-free funds.

**Encourage** the Presbyterian Church USA and other organizations to **divest** from fossil fuels.



Visit [mpcfamily.org/climate-action](http://mpcfamily.org/climate-action) for information about how to take these effective steps!

# The most effective way to reduce your carbon footprint is first to understand it.

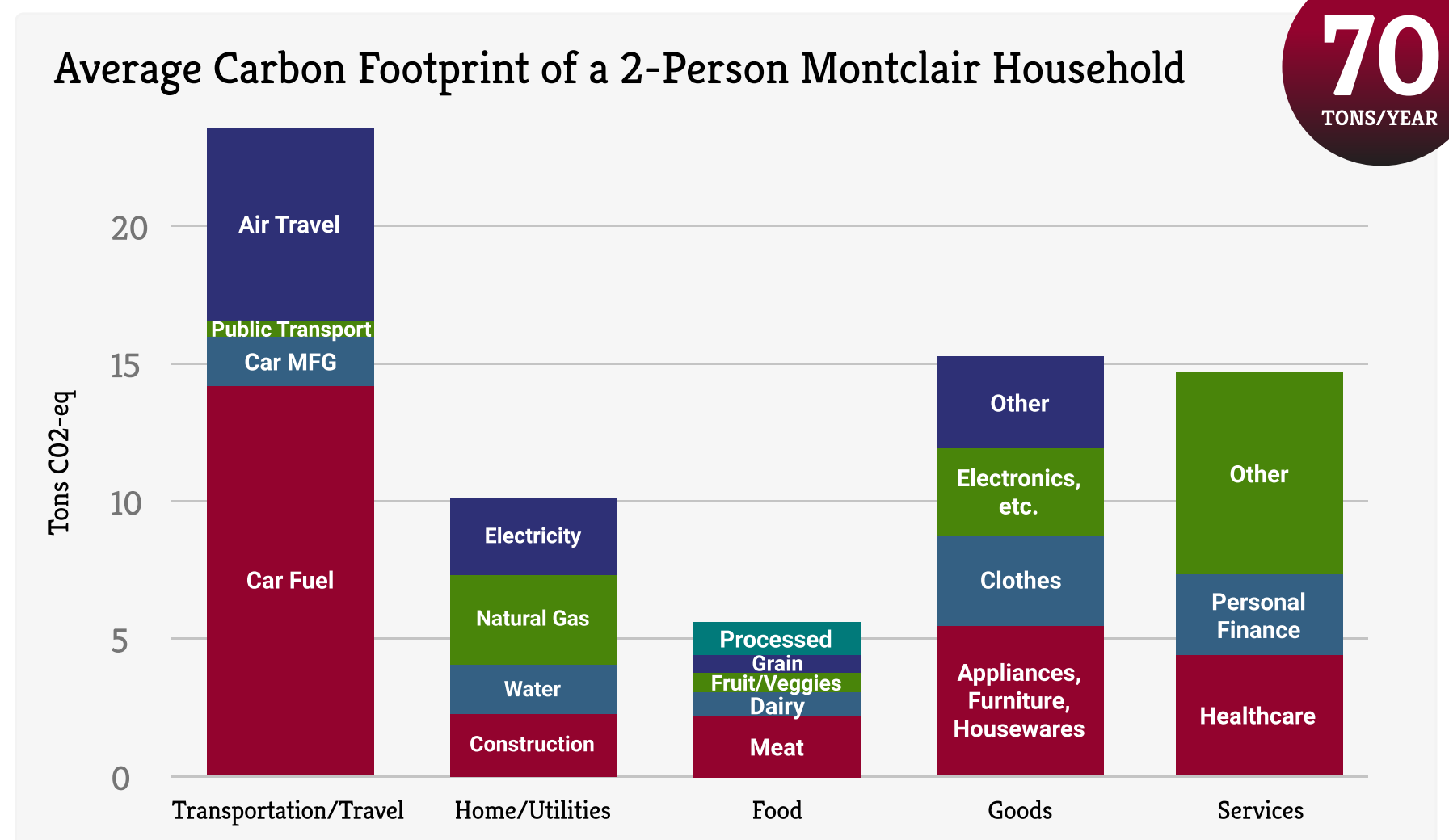
Go to [mpcfamily.org/calculator](http://mpcfamily.org/calculator) to find out what yours is!

The average 2-person Montclair household's carbon footprint is **70 tons CO<sub>2</sub>/yr**, or **35 tons CO<sub>2</sub>/yr per person**.

How do Montclair residents' CO<sub>2</sub> emissions compare with other people in the world?\*

Average Montclair	35
United States	18
Europe	7
East Asia	7
Latin America	3
South Asia	2
Sub-Saharan Africa	1

\*Avg. CO<sub>2</sub>-eq emissions by region (tons/yr-person)

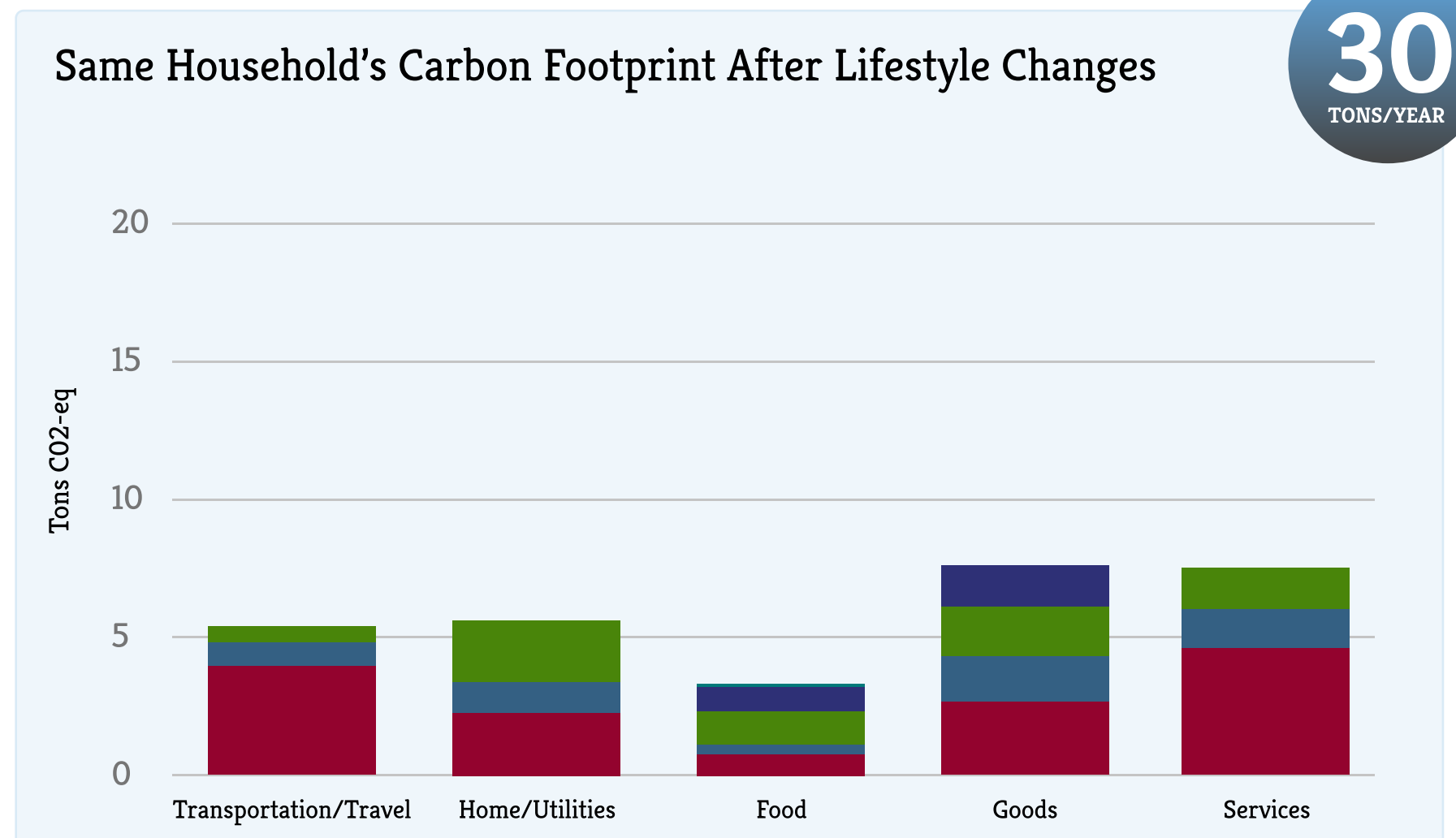


**70**  
TONS/YEAR

**OUCH!** Arguably, relatively affluent Americans have the greatest responsibility to cut their carbon footprints ASAP.

Here's how that same Montclair household's footprint **changes** after making the following lifestyle adjustments:

- Replace primary gas car with electric.
- Skip annual flight back East; vacation on the West Coast by car instead.
- Enroll in 100% renewable electricity.
- Replace gas stove with electric induction.
- Turn down heat & wear sweaters.
- Cut water usage by 1/3.
- Stop eating most red meat; cut other animal products by 1/2; cut out highly processed foods; increase plant foods.
- Cut spending on goods and services by 1/2.



**30**  
TONS/YEAR

**WOOHOO!** They've cut their footprint by 57%! Now they're slightly below the average American—a GREAT start!

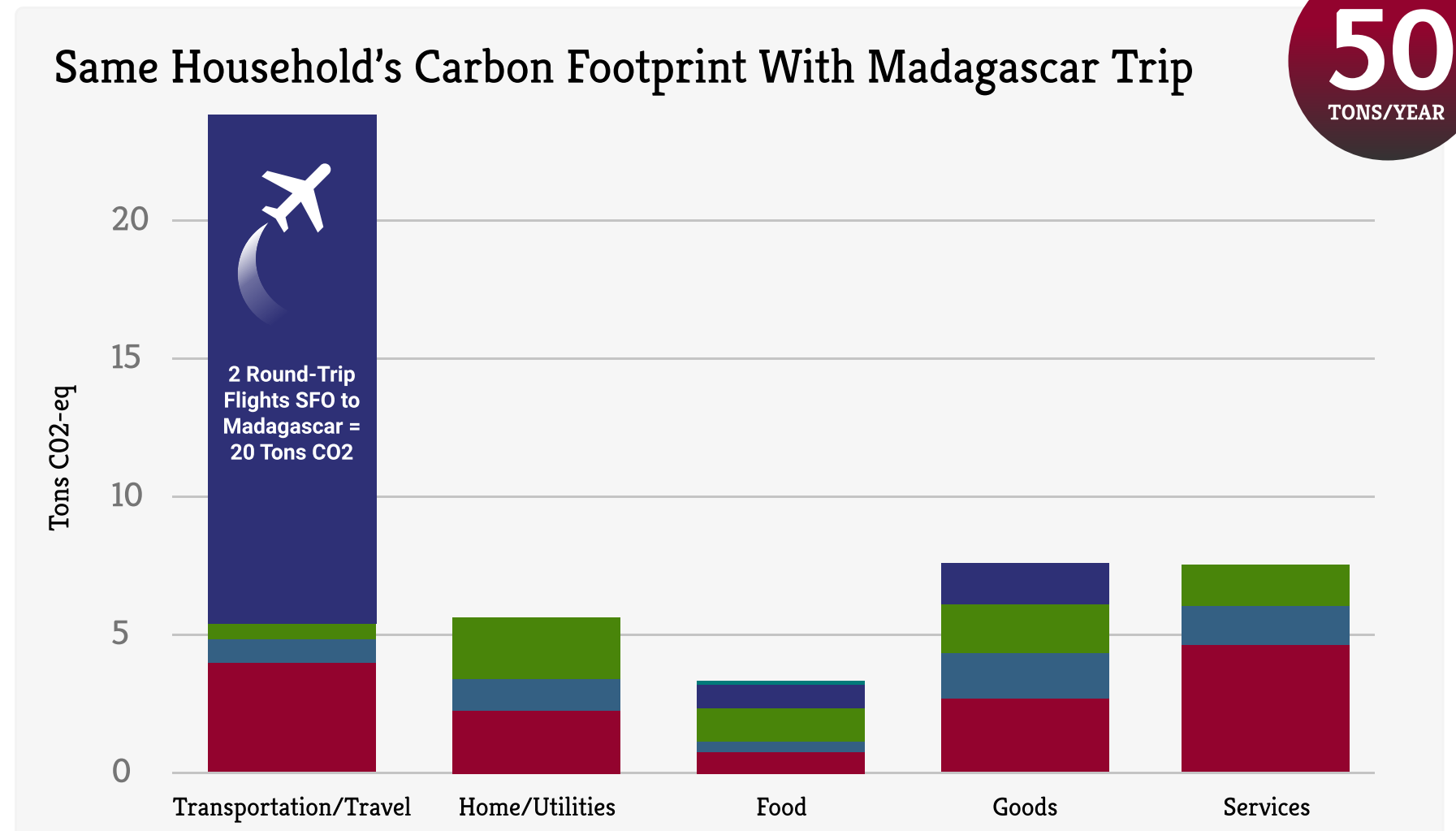
But then... They're invited on a **once-in-a-lifetime** trip to Madagascar to see the **last endangered ring-tailed lemurs!** How can they refuse?

The chart at right shows what happens to their footprint by each person taking that **one round-trip flight**.

They've now emitted **40% more** than the average American. In terms of carbon emissions, flying is roughly equivalent to each passenger driving their own single-occupancy gas vehicle the same distance flown.

In only a few hours, we can emit as much CO<sub>2</sub> flying as we normally would in **a year's worth**—or more—of driving, and hardly even notice.

Visit [mpcfamily.org/climate-action](http://mpcfamily.org/climate-action) for great resources to help you cut your carbon footprint!



**50**  
TONS/YEAR