



A Week in Climate Action

Courtesy of Climate Steps, www.climatesteps.org

Food



Meatless Mondays



Photo by Annette Olson, 2019, CC-BY

More veggie diet in general = 464 M. cars (Via [Project Drawdown](#)).

Plant-based meals

Photos courtesy of Max Broad, from his #Meatless Mondays quest.

- Top left – Vegetable paella with lobster mushrooms
- Right – Avocados rellenos! Grilled avocado over a bed of black beans with zucchini, Anaheim pepper, jalapeño, red bell pep, asparagus, garden grown tomato, and topped with a drizzle of tahini/cumin/paprika dressing.
- Lower middle – Whitebean and mushroom meatballs. Recipe from the [Alexander Martos-Manzur](#).
- Lower left – falafels with “opious amounts of caramelized onions and roasted garlic mashed in it.”



Transportation Tuesday



- Saves Energy
- Saves emissions and heat generation from cars, (especially cars stuck in traffic.)

- **Visible Action**



Photos by Annette Olson, 2019, CC-BY



Plus HEALTH

Photo by Annette Olson, 2019, CC-BY

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2/7/2025

Capital Bikeshare, 2010 => 825 % growth

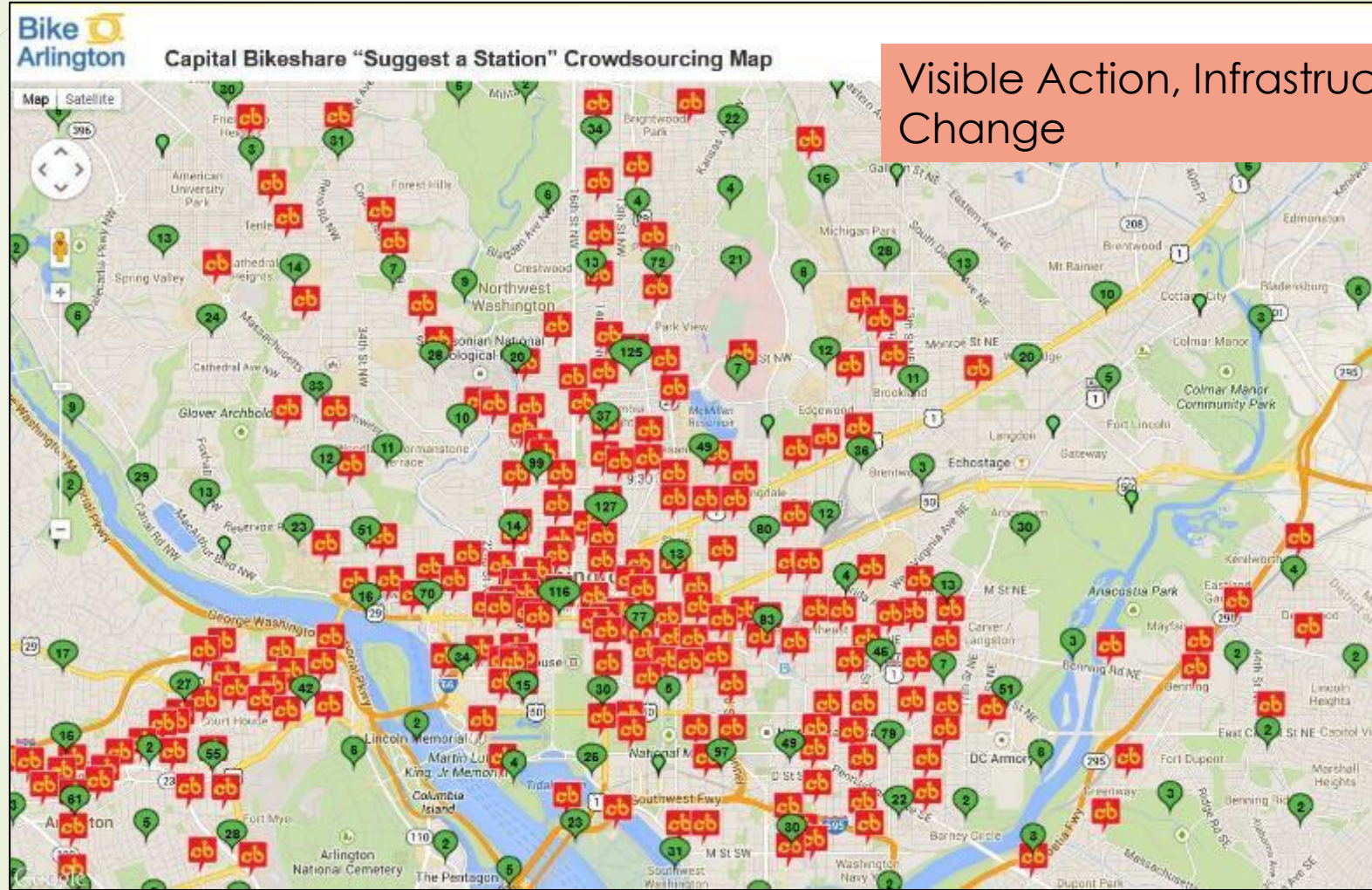


Image is 2014 Screenshot of Capital Bikeshare docks



Waste-Free Wednesdays

Food, Trash

TRASH

- Construction materials
- Bedding
- Clothing – Fashion.
- Plastics

Solution: Reuse, Recirculate, Repurpose. See <https://climatesteps.org/2019/10/19/recirculating-stuff/> for more info.



Tires - PLASTICS



Energy



Photo by Annette Olson, 2019, CC-BY

The screenshot shows the Pepco website's 'Ways to Save' section. The header includes the Pepco logo, navigation links for 'Outage', 'Pay Bill', 'Moving', and 'Contact Us', and a search bar. The main navigation menu has 'My Account', 'Outages', 'Ways to Save', 'Smart Energy', and 'Safety & Community'. The left sidebar lists categories: 'For Your Home', 'For Your Business', 'Tools & Resources', 'Residential Energy Saving Tips', 'Seasonal Considerations' (highlighted), and 'Business Energy Saving Tips'. The main content area shows a breadcrumb trail: 'Home > Ways to Save: Tools & Resources > Residential Energy Saving Tips > Seasonal Considerations'. The title is 'Seasonal Considerations' and the sub-heading is 'Home Energy-Saving Tips During the Winter Months'. A list of tips includes: 'Set your thermostat to 68°F during the day and 60°F at night and you can save 3 percent on your heating costs for every degree you reduce the temperature below 70°F.' and 'Special Advice to Heat Pump Owners: Heat pumps need to stay at a constant'.

Windows open at night?

Just think, there'll be a majority of EVs sold in 8-10 years, which equals "cleaner air."

Indoor air pollution > outdoor air pollution.

<https://www.aaas.org/events/chemistry-indoors-symposium>

Fly the Laundry Flag

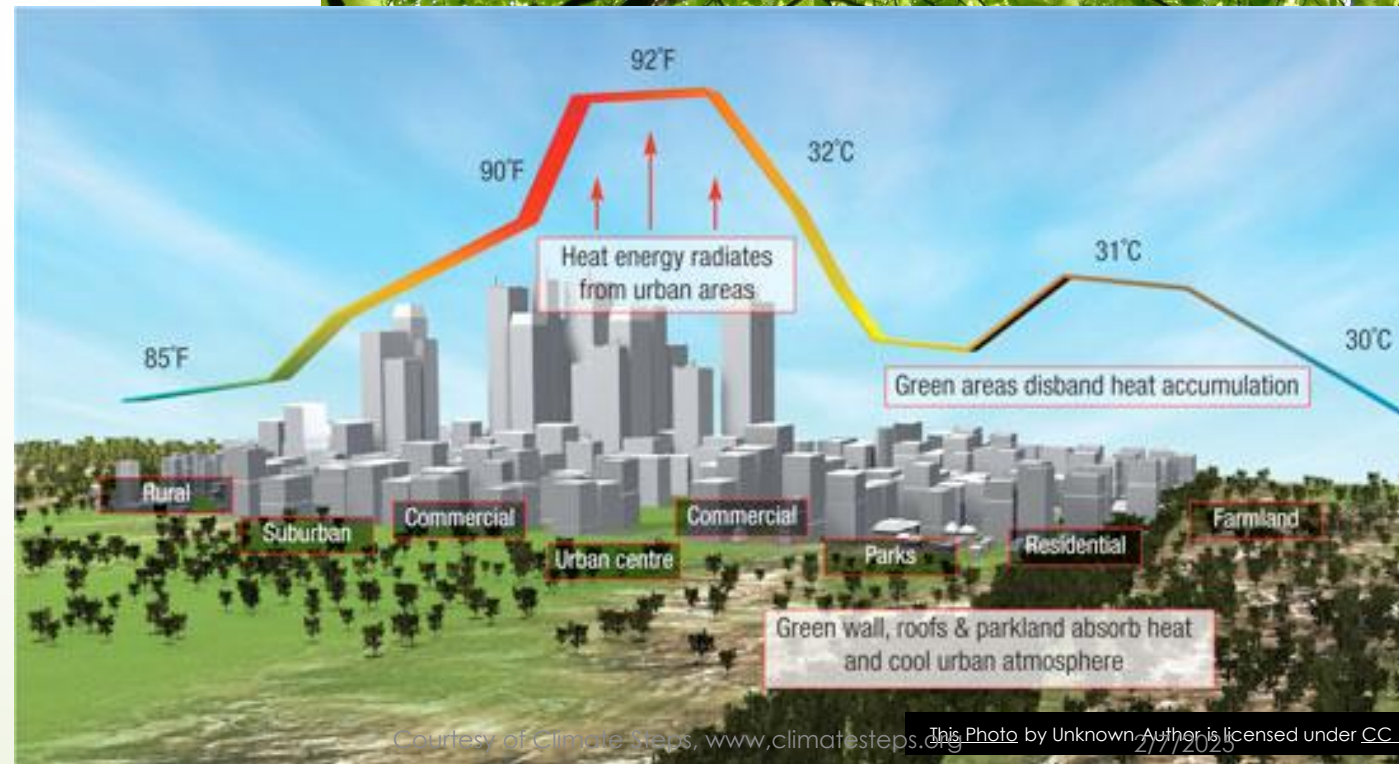


Trees

- ▶ Water a Tree Today!
- ▶ Sign up for a Future Tree Opportunity
 - Casey Trees
 - River Smart Homes – will plant a tree with a small co-pay.



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Water Bottles

Thirsty
Thursdays



Photo by Annette Olson, 2019, CC-BY

ADAPTATION – CLEAN WATER SOURCES:

- Rainbarrels and Rain Gardens through River Smart Homes DC
- Anacostia River Tours via the Anacostia Riverkeepers.



Photo by Annette Olson, 2022, CC-BY



Fearless
Fridays
=
Fridays &
Friends

Veggie
Potluck
dinner

Bookclub

House and Office are Tools for Climate Action

1. House

- ❑ Signage
- ❑ Host dinners/potlucks

2. Office – a place to be visible

- ❑ Bring in a mug, plate, cutlery, & cloth napkins
- ❑ Bring real towels for the kitchen, instead of using trees (paper).
- ❑ Ask about compost facilities.
- ❑ Ecoteam, organize bicycling, other speakers



Photo by Annette Olson, 2019, CC-BY

The Community Weekend



Community

- Volunteer labor/citizen science
- Join a community group – Resource Sheet
- Request a speaker for community, church
- Look at your city's websites, find plans to comment on. Ward meetings.



Photo by Annette Olson, 2019, CC-BY

