



**Welcome to Climate Toothpaste!** This **Activist Activator** letter connects you to local climate groups. Many folks are concerned about climate change, but feel overwhelmed. They don't know where to turn.

**Good news:** amazing groups are already working on solutions! Climate Toothpaste is here to tell you about these groups, so you can find your fit.

### Here's a text to introduce yourself:

*I'm concerned about climate change and am learning how to be involved with climate solutions/carbon pricing initiatives/conservation. Can you tell me about your group and what you do?*

## IOWA

### Pricing Carbon

#### Citizens Climate Lobby [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org)

Citizens Climate Lobby is an international organization that is trying to pass legislation for a national carbon fee and dividend. The carbon fee would put a price on pollution, and U.S. citizens would get dividend checks. What's missing from climate change? Political will. CCL creates that political will by educating about climate change. CCL has chapters in Cedar Rapids, Iowa City, Des Moines, Decorah, Ames and Fairfield.

### Direct Action

#### 350.org

[www.350.org](http://www.350.org)

A global grassroots climate movement that holds leaders accountable to the realities of science and the principles of justice. Through online campaigns, grassroots organizing, and mass actions, 350 has a network in 188 countries. 350.org has a chapter in Cedar Rapids.

### Climate/Action

#### Bold Iowa

[boldiowa.org](http://boldiowa.org)

You don't have to be that old to recall a time when a majority of Iowa's elected leaders were independent thinkers, beholden to the people who elected them. Iowa's political landscape is dominated by extreme ideas and policies that protect big business and special interests, instead of fight for our families, our land, our water and our liberty. We, the people of Iowa, deserve and demand better.

### Climate/Conservation

#### Sierra Club

[sierraclub.org/iowa](http://sierraclub.org/iowa)

Inspired by nature, we work together to protect our communities and the planet. The Iowa Chapter acts so all Iowans can enjoy clean air, clean water, clean and renewable energy, protection of natural areas and wildlife and a government that represents people not polluters. The Sierra Club has nine groups in Iowa.

### Climate/Spirituality

#### Iowa Interfaith Power & Light

[www.iowaipl.org](http://www.iowaipl.org)

Iowa IPL inspires and equips people of faith to become leaders finding solutions to climate change. We mobilize the religious community to become

leaders in the movement for climate action through education, assistance with carbon footprints reductions, and advocacy for sustainable energy policies.

### Climate Mobilization

#### The Climate Mobilization

[www.theclimatemobilization.org](http://www.theclimatemobilization.org)

Climate change presents us each with a choice. Will we be passive as civilization slowly collapses around us? Or will we mobilize and fight back for a 100% clean energy future? The Climate Mobilization believes we need a WWII-scale national mobilization to fight climate change.

### Climate Advocates Save the World!

Visit [www.climatetoothpaste.com](http://www.climatetoothpaste.com)



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You can print out state-specific brochures at [climate-toothpaste.com](http://climate-toothpaste.com). Climate Toothpaste is a project by artist Heidi Cody. If you notice omissions or errors, please contact [hcodystudio@gmail.com](mailto:hcodystudio@gmail.com). Climate Toothpaste boxes are printed in CA using wind power, renewable energy credits, and vegetable-based inks. The printer is certified by the Sustainable Forestry Initiative.

## **TADA! Steps to lower your carbon footprint**

These 4 choices have the most impact: **Become vegetarian • forgo air travel • ditch your car • and—most significantly—have fewer children.**

### **FOOD**

- **Become vegan or vegetarian** Eating no meat cuts an individual's carbon footprint by 820 kg of CO<sub>2</sub> each year, about four times the reduction they'd get by recycling as much as possible.
- **Buy Local, Seasonal Food** Minimizing transportation of goods mitigates climate change.
- **Eat Organic** when possible. Organic food is grown without pesticides and synthetic fertilizers, which usually begin as byproducts of oil refining.
- **Avoid Palm Oil**, found in many junk foods. The Amazon rain forest is being destroyed partly to plant palm oil trees (and partly for cattle ranching).
- **Filter Your Water** Don't buy bottled water. Not only is there an environmental toll of the plastic; your water is also transported to your store.
- **Bring Your Own Shopping Bags!** Duh.

### **TRANSPORTATION**

- **Get rid of your car**
- **Buy a hybrid or electric vehicle.** They're getting more affordable and battery life is improving.
- **Fly less**
- **Ride a Bike, Use Public Transit or Carpool** Check out [rideshare.com](http://rideshare.com), and [zipcar.com](http://zipcar.com). The average American spends 18 days of the year in a car,

each car emitting its own weight in carbon dioxide. Try not using your car 1-2 days per week. And if you need to drive, try a carpool. Here are some carpooling apps: [on.mash.to/2jPlcq7](http://on.mash.to/2jPlcq7)

### **HOME**

- **Make less babies** Having one fewer child reduces a person's carbon footprint by a whopping 58.6 metric tons—about the same emissions savings as having nearly 700 teenagers recycle as much as possible for the rest of their lives.
- **Ease Off the Thermostat** The biggest residential demand on our energy system is heating and cooling. Keep your house 2 degrees warmer in summer and 2 degrees cooler in winter. Turning off your thermostat while you're NOT in your home can also save you 15% on your energy bill.
- **Go Solar** Adding solar to your home is an excellent way to reduce your carbon footprint. Solar modules create power at the source, for you, and for the grid. In addition, there are several government incentives. Check out [www.dsireusa.org](http://www.dsireusa.org) for information by state.
- **Chose Energy-Efficient Home Appliances**
- **Change your light bulbs** to compact fluorescent, or LED. One bulb replacement can reduce up to 1,300 pounds of CO<sub>2</sub> pollution.
- **Laptop v. Desktop: Laptop Wins!** Laptops are designed to be energy-efficient, because of battery lifespan. According to Energy Star, a laptop can be up to 80% more energy-efficient than a desktop.
- **Unplug and Turn it Off** Powering down your gadgets is good for the planet. Unplug your chargers, a.k.a. "wall warts."

- **Reduce and Reuse before Recycling** Transporting and processing materials for recycling is carbon intensive.

- **Avoid Products with Lots of Packaging**

- **Just Buy Less Stuff** Our disposable consumer culture is a big problem.

- **Line dry** your clothes. Old school!

### **TAKE IT ONE STEP FURTHER**

- **Move Your Money** Lots of banks are funding oil pipelines. Tell those banks to take a hike, and take your money elsewhere. A full list of those banks is listed in this article from Yes! magazine: <http://bit.ly/2cRx7E4>

- **Boycott Trump Products** There's an app for that! Download **BoycottTrump** in the app store. A similar resource is at [grabyourwallet.org](http://grabyourwallet.org).

- **Offset your carbon emissions** Even if you do all this, you'll still create some unavoidable emissions. The United Nations has made offsetting easy, cheap, and reliable, and you decide where the money goes—to solar water heaters in India, for example. Calculate and offset your emissions at [climateneutralnow.org](http://climateneutralnow.org). Or check out [COTAP.org](http://COTAP.org), which also does wonderful deeds with these funds.

- **Plant a Tree** Trees provide shade and oxygen while consuming carbon dioxide. Just one 10-year-old tree releases enough oxygen into the air to support two human beings.

*This list was compiled from a Science.com article by Sid Perkins (07/11/2017), a Forbes.com article by Jeff McMahon, "9 Things You Can do About Climate Change," and a Mashable article by Zoe Fox, "10 Actions You Can Take Today to Reduce Your Carbon Footprint." Additional help from Paige Heggie.*