ACT NOW

Ten Simple Climate Actions

ActNow is the United Nations campaign for individual action on climate change and sustainability. Every one of us can help limit global warming and take care of our planet. By changing our habits and making choices that have less harmful effects on the environment, we have the power to confront the climate challenge and build a more sustainable world.

Our lives depend on a healthy planet. Let's seize the moment and change course – toward more sustainable lifestyles.

1. TAKE A 5-MINUTE SHOWER

Water is a precious resource. Shortening your shower from 10 to 5 minutes can save about 12 gallons - more than 45 litres - of water each time! Throw on a 5-minute playlist and hold yourself accountable while listening to your favorite (short) jam session.

2. USE A REUSABLE COFFEE MUG

About 58 billion throwaway cups are used each year, using more than a million tonnes of paper and 100 billion litres of water. Save CO_2 emissions and water by using a reusable coffee mug!

3. EAT A PLANT-BASED MEAL

A diet that is higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in animal-based foods, generally has a lower environmental impact. By eating more plant-based meals, you can help reduce greenhouse gas emissions as well as land, energy and water use.

4. BYOB- BRING YOUR OWN BAG

Up to 5 trillion single-use plastic bags are used every year. Each plastic bag uses almost a litre of water and creates about 20 grams of CO_2 emissions. Bringing your own bag helps reduce emissions and cuts down on plastic waste in our world!

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5. TURN OFF YOUR LIGHTS WHEN LEAVING THE ROOM

If you turn off the lights whenever you leave, you're saving energy and money that adds up in the long run. Each time you turn a 60kw light bulb off for 4 hours, you save 0.24 kWh of electricity and about 100 grams of CO_2 emissions.

6. RECYCLE YOUR PLASTIC WASTE

Recycling saves energy and reduces the extraction of raw materials, helping to combat climate change. In the U.S., recycling your average daily plastic waste can save about 300 grams of CO_2 emissions every day - and reduce the demand for new items which would require fossil fuels in production.

7. DRIVE LESS

Driving less is not only good for the climate, but also for your health. Leaving your car in the garage, and cycling or walking instead for 2.5 miles (4 km), can save about 1 kg of CO_2 emissions and be your exercise for the day.

8. TRY ZERO-WASTE FASHION

Being stylish does not mean being wasteful. Buying fewer clothes, shopping second-hand, swapping with a friend, or upcycling, i.e. creating new clothes out of old ones helps save water and reduce waste and CO_2 emissions.
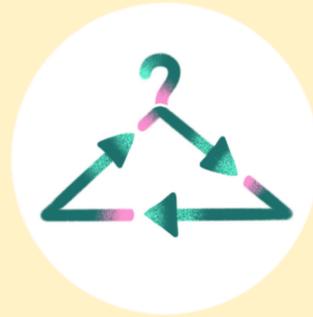
9. UNPLUG YOUR APPLIANCES

Combat those energy vampires! Computers, printers, TVs, and cable boxes use energy even when they are switched off. By unplugging your appliances for a day, you can save more than 3.5 kWh of electricity and about 1.5 kg of CO_2 emissions.
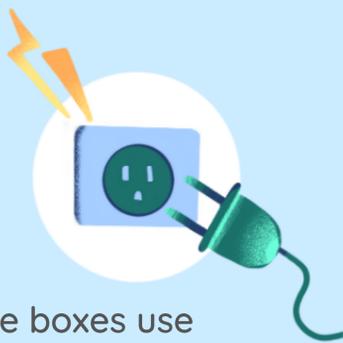
10. BUY LOCAL

Buying local is not only important in supporting local economies, it also reduces the climate impact of food by lowering the carbon emitted to get that food on your table. Reduce your carbon footprint by buying local produce and meats.

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READY TO TAKE MORE ACTIONS?

Download the app to measure your impact:
actnow.aworld.org