



CLIMATE ACTION CHECKLIST

Individuals + communities can create powerful changes at home and at a local level. Lifestyle + consumption adjustments to prepare for future climate change impacts.

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why take climate action?

Why take Climate Action?

Despite not being directly responsible for climate change, individuals + communities can still create powerful changes at home and at a local level.

Just like completing education, paying into a pension or staying healthy, you can make lifestyle + consumption adjustments now to prepare for possible climate change impacts of the future.

Taking climate action at home will help reduce the potential shock of climate change for you / your family.

Early adoption will make any subsequent and necessary lifestyle transitions easier.

lifestyle checklist



Ideas 1

- ☐ Shop local
- ☐ Buy seasonal fruit + veg
- ☐ Eat more plants
- ☐ Visit the Wednesday market
- ☐ Get to know Banyoles' Bio shops
- ☐ Travel less + drive less
- ☐ Buy less new things
- ☐ Stopping buying chemical cleaners, soaps, shampoos, deoderants + air fresheners.

Ideas 2

- ☐ Walk + cycle more
- ☐ Use a reusable cup
- ☐ Use a flask
- ☐ Wear natural fabrics
- ☐ Buy second hand items
- ☐ Donate to charity
- ☐ Learn basic DIY
- ☐ 'Upcycle' furniture
- ☐ Sew your own clothes
- ☐ Repair + reuse

Ideas 3

- ☐ Buy organic (Wednesday market)
- ☐ Holiday locally (No Fly)
- ☐ Off-set your carbon emissions
- ☐ Stop buying 'Single Use Plastic'
- ☐ Grow your own herbs or food
- ☐ Create a biodiversity space
- ☐ Adopt a pet, don't shop

energy checklist



To Do:

- ☐ Lower thermostat temperature
- ☐ Lower boiler flow temperature
- ☐ Insulate water cylinder / tank
- ☐ Adjust boiler pressure gauge
- ☐ Insulation: attic, walls, floors, etc
- ☐ Insulation: pipes, boiler + underfloor
- ☐ Double- or triple- glazed windows
- ☐ Set timers on thermostat
- ☐ Use a space heater
- ☐ Use A+++ rated appliances only

To Do:

- ☐ Find a renewable energy supplier
- ☐ Install solar hot water
- ☐ Install solar panels
- ☐ Install Biomass heater / heat pump
- ☐ Use curtains to divide large rooms
- ☐ Insulate draughts at source
- ☐ Change lightbulbs to LEDs
- ☐ Use a fan instead of air conditioning
- ☐ Shade external walls with plants/trees
- ☐ Install timers on electrical devices

General Home Habits

- ☐ Set timer to turn off heating at night + when you are not there.
- ☐ Only use the washing machine + dishwasher when full.
- ☐ Switch off / unplug electrical devices when not in use.
- ☐ Support local services, crafts people, product makers + autonomos
- ☐ Use reusable batteries only.
- ☐ Save to buy quality kitchen appliances and products that will last longer.
- ☐ Keep oven + fridge doors closed.

kitchen checklist



Cooking + Washing

- ☐ Buy food in bulk and without plastic wrapping
- ☐ Batch Cooking: make lots of food at once, for freezer or fridge.
- ☐ Cover pans with lids when cooking.
- ☐ Use minimal water, gas + electricity to cook + wash up.
- ☐ Eat cold foods during warm weather.
- ☐ Wash pots + pans with cold water + detergent (except meat / fish).
- ☐ Use 'eco-friendly' soaps + detergents.
- ☐ Wash clothes at 30° degrees centigrade + maximum 600 spin cycle.
- ☐ Dry clothes on a washing line or balcony, instead of using a dryer.
- ☐ Avoid the 'pre-wash' cycle on the washing machine.

Ideas

- ☐ Reduce food waste
- ☐ Compost food or use Bokashi
- ☐ Reusable water bottle, not plastic.
- ☐ Water plants in the late evening or early morning to reduce evaporation.
- ☐ Have cold showers in summer.
- ☐ Make soups out of veggie scraps

Extras

- ☐ Defrost freezer every 6 months.
- ☐ Insulate oven, fridge + freezer.
- ☐ Set fridge to 5°C / freezer -18°C
- ☐ Only buy A+++ rated products.
- ☐ Install water-saving taps.
- ☐ Reduce / recycle plastics to plants.
- ☐ Use paper food wraps / covers.

bathroom checklist



Ideas

- ☐ Use block soap, not plastic bottle
- ☐ Use 'chemical-free' shampoo
- ☐ Buy a moon cup (women!)
- ☐ Use coconut fibre 'sponge'
- ☐ Use re-useable razor / tooth-brush
- ☐ Use natural products on skin
- ☐ Use face cloths
- ☐ Buy less but better
- ☐ Use cruelty-free make-up

Ideas

- ☐ Reduce Your Shower Time
- ☐ Bathe less often
- ☐ Water efficient shower head.

community checklist



Ideas

- ☐ Find and recycle / reuse items that other people have thrown away as rubbish / waste.
- ☐ Reclaim green spaces and create new green spaces from waste land.
- ☐ Make and throw 'seed bombs' to encourage native plant to grow on areas of barren land.
- ☐ Begin a 'sharing economy': gift your friends, neighbours and colleagues with what you grow or make at home.
- ☐ Participate in local social networks and associations, or create your own informal network of friendly neighbours in your community.
- ☐ Help people and social groups most affected by climate change.
- ☐ Look out for people who are vulnerable to climate change and social isolation. For example, the elderly, people who live alone and people who do not have family support.

shopping checklist



Ideas

- ☐ Buy food in local markets or shops, instead of supermarkets.
- ☐ Buy products + services locally and support local shops, autonomos, market traders and small businesses.
- ☐ If you buy from corporations, support small sellers. For example, buy from 'Negocios Pequeños' on Amazon.
- ☐ Donate, recycle or swap belongings you do not need.
- ☐ Buy second hand or 'green' products.
- ☐ Buy less.
- ☐ Switch away from 'one time use' items and 'single use' plastics. For example, use rechargeable batteries, glass, ceramic or metal containers, natural non-synthetic fabrics, buy a water filter and fill a water bottle and cup at home, instead of buying throwaway plastic water bottles, etc.
- ☐ Reduce unnecessary 'status' purchases (latest upgrades, fast fashion, etc).
- ☐ Learn to make or repair things at home. For example, beer, clothes, cleaning products, food, basic furniture and furnishings. Learn 'Do It Yourself' (Translation: bricolaje?) or how to sew your own clothes.

political checklist



Ideas

- ☐ Campaign + take climate-friendly action in your local community.
- ☐ Pressure local government to make climate friendly changes to policy.
- ☐ Ask the Ajuntament of Banyoles to create more alternatives to car use.
For example:
 - ☐ – Infrastructure for sustainable commuting, such as shaded cycle paths.
 - ☐ – More cycling + walking routes between different neighbourhoods.
 - ☐ – More bike racks / supports for cyclists at popular destinations, such as the supermarket zone.
 - ☐ – Flexible working or 'hot desk' hubs for people who work from home + remote workers.
- ☐ Support local government candidates and employees who are 'climate aware' and 'climate educated'.
- ☐ [Sign the petition for more trees and shade](#) on the streets of Banyoles!

bonus checklist



Winter Ideas

- ☐ 'Draught-proof' doors, keyholes + letterboxes to prevent cold air leaks.
- ☐ Keep doors between rooms closed (to stop draughts).
- ☐ Open windows to avoid humidity problems, mould or mildew.
- ☐ Wear clothing layers, blankets + 'Onesies' when lounging.
- ☐ Move around instead of sitting still for long periods of time.
- ☐ Use thick blankets, duvets + a hot water bottle for sleeping.
- ☐ Set timer to turn off heating at night + when you are not home.
- ☐ Only use a washing machine or dishwasher when fully loaded.
- ☐ Switch off or unplug electrical devices when not in use.
- ☐ Only buy A+++ / AAA energy-rated products + reusable batteries.

Money

- ☐ Switch to ethical banks like Caixa D'Enginyers + go 'paperless'.
- ☐ Don't invest in funds like Blackstone
- ☐ Don't spend money on unethical + polluting corporations such as McDonalds, Nestle, Coca Cola, Pepsi, Nike, Bayer (Montsanto) + Unilever.