

Things You Can Do to Help the Earth

[Climate Action Now Regenerative Farms, Forests & Food Systems](#)

Garden for pollinators and biodiversity

- Landscape with native plants which have evolved with native pollinators
- Don't use pesticides/herbicides. Use regenerative growing practice.
- Leave dead trees, stumps and logs - homes for birds, bees and other pollinators
- Transform some of your lawn into a pollinator garden or meadow
- Cut grass higher, every other week
- Turn off outdoor lights when not using them
- Replace noisy, polluting gas mowers and leaf blowers with electric equipment

Protect and Restore Ecosystems

- Preserve forests as wild so they can become "old growth"
- Preserve and restore wetlands so they can store carbon and support wildlife
- Preserve farmland. Support soil health and regenerative eco-agriculture

Support a local healthy food system

- Join a food coop and CSA
- Buy local organic food and support eco-regenerative farmers
- Compost your food waste -- support universal food waste curbside pickup
- Buy only food you will use
- Eat less beef and dairy -- huge sources of emissions

Transportation is the largest source of CO2 emissions

- Drive less - use public transportation, bike, rideshare, bundle errands
- Make your next car purchase an electric one
- Keep tires properly inflated. Drive your car gently
- Don't idle your vehicle and remind others

Make your home climate friendly

- Convert gas and oil heating to solar panels and electric heat pumps
- Insulate your house
- Turn off appliances when not in use
- Build efficiently - solar-ready roofs, heat pumps, insulated walls.
- Buy local, buy less, recycle, upcycle
- Buy chemical free, plastic free products
- Contact Mass Save for a free energy audit - masssave.com

Collective political action raises awareness and makes change

- Work for and vote for politicians who are climate champions
- Support climate, environmental, and food justice legislation
- Call, write, talk to your local officials and state representatives

Join with others to build the climate movement and feel hope

Climate Action Now: www.climateactionnowma.org

Regenerative Farming, Forests and Food Systems

<http://climateactionnowma.org/farms-forests-food/>

Northeast Organic Farming Assoc./Mass. <https://www.nofamass.org/>

<https://www.nofamass.org/mass-pollinator-network/>

Elders Climate Action: www.eldersclimateaction.org

Extinction Rebellion (XR): <https://rebellion.global>

Hadley Climate Committee: <https://www.hadleyma.org/climate-change-committee>

Mothers Out Front: www.mothersoutfront.org

Save Mass Forests: <https://www.restore.org>

Massachusetts Sierra Club: <https://www.sierraclub.org/massachusetts>

Wendell State Forest Alliance: <https://wendellforest.org>

Spend time in nature! Let forests and wild places heal your spirit!