

We all have a shared responsibility to build a sustainable future. What steps can we take, individually, in our communities, in our institutions and in our public policy choices to make a just and abundant life for all? Here are some suggestions from *A Primer on Sustainability* available at [www.ipjc.org](http://www.ipjc.org).

	FOOD	WATER	ENERGY
Personal	<ul style="list-style-type: none"> <li>◆ Eat lower down on the food chain</li> <li>◆ Eat local food</li> <li>◆ Eat seasonal food</li> <li>◆ Join a community garden</li> <li>◆ Educate yourself on fishing/overfishing practices</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turn off water when brushing teeth and doing dishes</li> <li>◆ No bottled water</li> <li>◆ Read labels and get less toxic cleaning products</li> </ul>	<ul style="list-style-type: none"> <li>◆ Use LED bulbs</li> <li>◆ Check calibration of your thermostat</li> <li>◆ Power down/unplug electronic devices (use sleep mode)</li> <li>◆ Use timer/motion control lighting</li> <li>◆ Turn off lights</li> </ul>
Community/Household	<ul style="list-style-type: none"> <li>◆ Consider joining a CSA: Community Supported Agriculture</li> <li>◆ Look into biointensive gardening methods</li> <li>◆ Increase the number of meatless meals you share</li> </ul>	<ul style="list-style-type: none"> <li>◆ Limit watering</li> <li>◆ Greenscape – choose native and drought resistant plants, leave leaves where they fall</li> <li>◆ Dual-flush toilets</li> <li>◆ No fertilizer</li> <li>◆ Green household products</li> <li>◆ Low-flow showerheads</li> <li>◆ Fix leaks</li> <li>◆ Become a non-toxic home</li> <li>◆ Join Community Supported Agriculture (CSA)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Household energy audit</li> <li>◆ Energy efficient appliances</li> <li>◆ Get programmable thermostats</li> <li>◆ Consider solar panel installation</li> <li>◆ Switch from oil to natural gas as a bridging step</li> </ul>
Institutions	<ul style="list-style-type: none"> <li>◆ Engage students in equitable, sustainable gardening</li> <li>◆ Minimize pavements and plant fruit trees around campus</li> <li>◆ Designate vegetable garden space</li> <li>◆ Consider rooftop gardening</li> </ul>	<ul style="list-style-type: none"> <li>◆ Reduce your water use</li> <li>◆ Harvest rainwater and use for non-potable purposes; purify for potable uses</li> <li>◆ Improve cooling systems</li> <li>◆ Separate out gray water for flushing toilets and yard water</li> <li>◆ Treat your own waste water (Biosystems)</li> <li>◆ Use root irrigation systems</li> </ul>	<ul style="list-style-type: none"> <li>◆ Build on brown fields using green building design</li> <li>◆ Low impact development</li> <li>◆ Solar panels (generate more energy than used)</li> <li>◆ Take advantage of natural ventilation for cooling</li> <li>◆ Save money and energy by generating power from harvesting heat, a waste by-product (e.g., refrigerator)</li> </ul>
Policy	<ul style="list-style-type: none"> <li>◆ Incentivize sustainable local agriculture</li> <li>◆ Support small and mid-sized framers to decrease their vulnerability to natural disasters</li> <li>◆ Advocate for community gardens</li> <li>◆ Support a change in our US Food Aid policy</li> <li>◆ Ensure that food assistance programs are funded in your state</li> <li>◆ Increase food security by disincentivizing the diversion of corn for ethanol production</li> </ul>	<ul style="list-style-type: none"> <li>◆ Use Biosystems to treat waste water and storm water</li> <li>◆ Provide incentive for improved/green manufacturing processes</li> <li>◆ Subsidize low-impact development (rain gardens, porous pavements, etc.)</li> <li>◆ Subsidize root irrigation</li> </ul>	<ul style="list-style-type: none"> <li>◆ Support sustainable, responsible impact investing</li> <li>◆ Advocate for subsidies to convert to combined heat and power cooling/heating systems</li> <li>◆ Invest in solar thermal panels in desert areas</li> <li>◆ Advocate for tax incentives for renewable energy technology</li> <li>◆ As a bridging technology, advocate for the production of ethanol away from corn and to woody plants and switchgrass</li> </ul>

	WASTE	EQUITY	TRANSPORTATION
Personal	<ul style="list-style-type: none"> <li>◆ Use small kitchen compost bin</li> <li>◆ Volunteer simplicity (reduce)</li> <li>◆ Recycle and reuse</li> <li>◆ Reusable bags</li> <li>◆ Eat lower on the food chain</li> <li>◆ Buy blemished/bruised fruit</li> </ul>	<ul style="list-style-type: none"> <li>◆ Buy Fairtrade</li> <li>◆ Practice voluntary simplicity</li> <li>◆ Recycle and reuse products</li> <li>◆ Read and act on the intersection of issues on poverty and climate change</li> </ul>	<ul style="list-style-type: none"> <li>◆ Walk</li> <li>◆ Carpool/vanpool</li> <li>◆ Use alternative transportation</li> <li>◆ Use farmer markets and local food</li> <li>◆ Maintain your vehicle</li> <li>◆ Avoid night flights &amp; minimize winter flights</li> </ul>
Community/Household	<ul style="list-style-type: none"> <li>◆ Compost</li> <li>◆ Purchase in bulk or less packaged products</li> <li>◆ Cut the use of paper products- napkins</li> <li>◆ Eliminate mercury in home (in lamps, thermostats, wash machines, light switches)</li> <li>◆ Buy non-mercury alternatives and dispose properly</li> <li>◆ Plant trees</li> <li>◆ Plant/vegetable swales</li> </ul>	<ul style="list-style-type: none"> <li>◆ Educate yourself on the Index of Sustainable Economic Welfare (ISEW) and Genuine Progress Indicator (GPI) as substitutes for Gross Domestic Product (GDP) measure of our economy</li> <li>◆ Pay a liveable wage for house maintenance and projects</li> </ul>	<ul style="list-style-type: none"> <li>◆ Combine trips</li> <li>◆ Use fuel efficient vehicles</li> <li>◆ Telecommute for meetings</li> </ul>
Institutions	<ul style="list-style-type: none"> <li>◆ Buy recycled paper and paper products</li> <li>◆ Read, save and use electronic documents</li> <li>◆ Use worm bin</li> <li>◆ Institutional wide education, policy and practice for waste reduction</li> </ul>	<ul style="list-style-type: none"> <li>◆ Institute equitable pay throughout supply chains</li> <li>◆ Minimize water waste, CO2 emissions, ground water pollution</li> <li>◆ Reduce non-green resources, packaging and products in your manufacturing processes</li> <li>◆ Consider creative ways of tithing to support justice and systemic change</li> </ul>	<ul style="list-style-type: none"> <li>◆ Decrease parking spaces and increase parking fees</li> <li>◆ Rebates for not using parking spots</li> <li>◆ Make emergency rides home readily available</li> </ul>
Policy	<ul style="list-style-type: none"> <li>◆ Use methane from landfills for power plants</li> <li>◆ Plant switchgrass and poplar trees on banks downstream from waste</li> <li>◆ Convert brownfields to mixed-use neighborhoods</li> </ul>	<ul style="list-style-type: none"> <li>◆ Advocate for smart mixed use and equitable housing</li> <li>◆ Use shareholder advocacy to vote proxies on ecological sustainability and economic equity</li> <li>◆ Institute a cap and trade system</li> <li>◆ Advocate for pricing to reflect the true cost of products</li> <li>◆ Tax pollution, ground water consumption and carbon dioxide emissions</li> </ul>	<ul style="list-style-type: none"> <li>◆ Advocate for lightrail and street car systems; subsidize green cars</li> <li>◆ Advocate for smart growth development with walkable, transit-oriented, mixed-use urban planning</li> <li>◆ Incentivize local and urban food growing</li> <li>◆ Incentivize car sharing</li> </ul>