**Checklist of Actions-Laudato Si**

**Level 1- Actions you can do as an individual from your couch**

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| **Actions** | **Yes** | **No** |
| I save electricity by plugging appliances into a power strip and turning them off completely when not in use, including my computer |  |  |
| I pay my bills online or via mobile and stop paper bank statements |  |  |
| If see an interesting social media post about the rights of those living in poverty or climate change, I share it so others will know of it too. |  |  |
| I speak up and ask my local and national authorities to engage in initiatives that don’t harm people or the planet. |  |  |
| I turn off the lights if I don’t need them |  |  |
| I stay informed by following local news and staying in touch with the Global Goals online. |  |  |
| **I read, reflect on, and share with my community ideas from the Social Justice Dispatch and the LSAP Committee.** |  |  |

**Level 2- Actions you can do at home**

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| **Actions** | Yes | No |
| I air dry. I let my hair and clothes dry naturally instead of running a machine. When I do laundry, I make sure the load is full. |  |  |
| I take short showers. Bathtubs require gallons more water than a 5-minute shower |  |  |
| We eat less meat, poultry, and fish. More resources are used to provide meat than plants |  |  |
| We freeze fresh produce and leftovers |  |  |
| We Compost—composting food scraps can reduce climate impact while also recycling nutrients. |  |  |
| We recycle paper, plastic, glass & aluminum to keep landfills from growing |  |  |
| We buy minimally packaged goods |  |  |
| We avoid pre-heating the oven. (Unless you need a precise baking temperature, start heating your food right when you turn on the oven) |  |  |
| We plug air leaks in windows and doors to increase energy efficiency. |  |  |
| We adjust our thermostat, lower in winter, higher in summer. |  |  |
| We replace old appliances with energy efficient models and light bulbs. |  |  |
| We use carpets and rugs to keep our house warm and our thermostat low. |  |  |
| We don’t rinse when using a dishwasher. |  |  |
| We use cardboard matches. (They don’t require any petroleum, unlike plastic gas-filled lighters.) |  |  |
| **I read, reflect on, and share with my community ideas from the Social Justice Dispatch and the LSAP Committee.** |  |  |

**Level 3- Actions you can do outside your home**

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| **Action** | Yes | No |
| Shop local. (Supporting neighborhood businesses keeps people employed and helps prevent trucks from driving far distances.) |  |  |
| Shop Smart—plan meals, use shopping lists and avoid impulse buys. Don’t succumb to marketing tricks that lead you to buy more food than you need, particularly for perishable items. Though these may be less expensive per ounce, they can be more expensive overall if much of that food is discarded |  |  |
| Buy Funny Fruit—many fruits and vegetables are thrown out because their size, shape, or color are not “right”. Buying these perfectly good funny fruit, at the farmer’s market or elsewhere, utilizes food that might otherwise go to waste |  |  |
| When you go to a restaurant and are ordering seafood always ask: “Do you serve sustainable seafood?” Let your favorite businesses know that ocean-friendly seafood is on your shopping list. |  |  |
| Shop only for sustainable seafood. (There are now many [apps like this one](http://www.seafoodwatch.org/seafood-recommendations/our-app) that will tell you what is safe to consume.) |  |  |
| Bike, walk or take public transport. Save the car trips for when you’ve got a big group. |  |  |
| Use a refillable water bottle and coffee cup. Cut down on waste and maybe even save money at the coffee shop. |  |  |
| Bring your own bag when you shop. Pass on the plastic bag and start carrying your own reusable totes. |  |  |
| Take no plastic ware and fewer napkins. You don’t need a handful of napkins to eat your takeout. Take just what you need. |  |  |
| Shop vintage. Brand-new isn’t necessarily best. See what you can repurpose from second-hand shops. |  |  |
| Maintain your car. A well-tuned car will emit fewer toxic fumes. |  |  |
| Donate what you don’t use. Local charities will give your gently used clothes, books and furniture a new life. |  |  |
| Take advantage of your right to elect the leaders in your country and local community. |  |  |

**Level 4- Actions you can do at work**

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| **Actions** | Yes | No |
| Mentor young people. It’s a thoughtful, inspiring and a powerful way to guide someone towards a better future. |  |  |
| 4 billion people lack access to basic sanitation services. Lend your voice to talk about the lack of toilets in many communities around the world! |  |  |
| Make sure your workplace uses energy efficient heating and cooling technology, and adjust the thermostat, lower in winter, higher in summer. |  |  |
| Speak up! Ask your company and Government to engage in initiatives that will not harm people or the planet. Voice your support for Paris Agreement! |  |  |
| Try to reduce waste, since most waste ends up in our oceans |  |  |
| Examine and change everyday decisions. Can you recycle at your workplace? Is your company buying from merchants engaging in harmful ecological practices? |  |  |
| Corporate social responsibility counts! Encourage your company to work with civil society and find ways to help local communities achieve the goals. |  |  |
| Organize a No Impact Week at work. Learn to live more sustainably for at least a week. |  |  |