



This **Climate Toothpaste Activist Activator** letter describes local climate groups. There are many angles of approach to climate action—divestment, passing policy, and direct action, to name a few. These options can help you research your perfect fit. If you can't volunteer for these groups, consider donating to them.

OREGON

The Green New Deal

Sunrise Movement sunrisemovement.org

This youth-led group wants to stop climate change and create millions of good jobs, through the Green New Deal. Sunrise seeks to end the corrupting influence of fossil fuel executives, and elect leaders who stand up for all people. Sunrise has 4 chapters in Oregon.

Direct Action/Protests

350.org 350pdx.org

We're building a people's movement fighting for climate justice. Will you join us? This global grassroots movement holds leaders accountable through organizing and mass public actions. 350 opposes fossil fuels and is a proponent of fossil-fuel divestment, with several chapters around Oregon. Portland's 350 chapter is top-notch.

Extinction Rebellion rebellion.earth

Life on Earth is in crisis: scientists agree we have entered a period of abrupt climate breakdown, and we are in the midst of a mass extinction we created. Extinction Rebellion is an international apolitical network using non-violent direct action to persuade governments to act on our climate/ecological emergency.

Raging Grannies portland.raginggrannies.org

The Portland Raging Grannies are located in Portland, Oregon. The International Raging Grannies have been active for over 25 years. We support peace, social justice, human rights, and environmental protection through protest, song, and performance. The grannies have chapters in Portland, Eugene, Corvallis and SW OR.

Carbon Pricing Policy – Federal Level

Citizens Climate Lobby citizensclimatelobby.org

CCL wants to pass a national carbon fee and dividend. What's missing from climate change? Political will. CCL creates that political will by educating about climate change. CCL has 11 chapters in Oregon.

Protecting Public Lands

Columbia Riverkeeper info@columbiariverkeeper.org

Columbia Riverkeeper protects the water quality of the Columbia River and the people and wildlife that depend on it, from the headwaters to the Pacific. CRK is instrumental in preventing bulk fossil fuel projects.

Sierra Club oregon2.sierraclub.org

Sierra Club wants to move away from dirty fossil fuels to a clean energy economy. Sierra Club runs Power Past Fracked Gas, which opposes gas exports, new fossil fuel terminals and increased oil transport through the Northwest. Sierra Club has 5 groups in Oregon.

Friends of the Columbia Gorge gorgefriends.org

Friends protects, preserves, and stewards the gorge. We led the fight to create the Columbia River Gorge National Scenic Area over 40 years ago. We've been working since to safeguard the Gorge and ensure the natural wonders found today are preserved.

Great Old Broads for Wilderness greatoldbroads.org

Broads is a national grassroots organization, led by women, that engages and inspires activism to preserve and protect wilderness and wild lands. We bring knowledge, leadership, and humor to the wilderness preservation movement. And, we're educating communities about the critical connection between healthy public lands and climate change mitigation.

Birds

Portland Audubon audubonportland.org

You can volunteer to clear trails at our sanctuary, submit comments urging leaders to stand up for the environment, build a lush Backyard Habitat for native birds and pollinators. Each member of our community is instrumental in effecting positive change, protecting the environment, and advocating for Oregon's wildlife and wild places.

Other Oregon Groups: Hair on Fire, Stop Fracked Gas PDX,, Oregon Physicians for Social Responsibility.

Climate Mobilization

The Climate Mobilization theclimatemobilization.org

Climate change presents us each with a choice. Will we be passive as civilization slowly collapses around us? Or will we mobilize and fight back for a 100% clean energy future? TCM believes we need a WWII-scale national mobilization to fight climate change.

Climate Activists Save the World!

Climate Toothpaste boxes are printed in CA using wind power, renewable energy credits, and vegetable-based inks. The printer is certified by the Sustainable Forestry Initiative. *Activist Activator* letters for every state, and other awesome stuff is at:

climatetoothpaste.com

© 2016 Heidi Cody/Triple Stuf LLC

TADA! Steps to lower your carbon footprint

These 4 choices have the most impact: **Become vegetarian • forgo air travel • ditch your car • and—most significantly—have fewer children.**

FOOD

- **Become vegan or vegetarian** Eating no meat cuts an individual's carbon footprint by 820 kg of CO₂ each year, about four times the reduction they'd get by recycling as much as possible.
- **Buy Local, Seasonal Food** Minimizing transportation of goods mitigates climate change.
- **Eat Organic** when possible. Organic food is grown without pesticides and synthetic fertilizers, which usually begin as byproducts of oil refining.
- **Avoid Palm Oil**, found in many junk foods. The Amazon rain forest is being destroyed partly to plant palm oil trees (and partly for cattle ranching).
- **Filter Your Water** Don't buy bottled water. Not only is there an environmental toll of the plastic; your water is also transported to your store.
- **Bring Your Own Shopping Bags!** Duh.

TRANSPORTATION

- **Get rid of your car**
- **Buy a hybrid or electric vehicle.** They're getting more affordable and battery life is improving.
- **Fly less**
- **Ride a Bike, Use Public Transit or Carpool** Check out rideshare.com, and zipcar.com. The average American spends 18 days of the year in a car, each car emitting its own weight in carbon dioxide. Try not

using your car 1-2 days per week. And if you need to drive, try a carpool. Here are some carpooling apps: on.mash.to/2jPlcq7

- **Offset carbon emissions** at the pump. With a green gas card, you can fill up at the pump and automatically offset your carbon footprint. The card donates 10 cents/gallon to projects that clean up your pollution. Visit greengasmovement.org

HOME

- **Make less babies** Having one fewer child reduces a person's carbon footprint by a whopping 58.6 metric tons—about the same emissions savings as having nearly 700 teenagers recycle as much as possible for the rest of their lives.
- **Ease Off the Thermostat** The biggest residential demand on our energy system is heating and cooling. Keep your house 2 degrees warmer in summer and 2 degrees cooler in winter. Turning off your thermostat while you're NOT in your home can also save you 15% on your energy bill.
- **Go Solar** Adding solar to your home is an excellent way to reduce your carbon footprint. Solar modules create power at the source, for you, and for the grid. In addition, there are several government incentives. Check out www.dsireusa.org for information by state.
- **Chose Energy-Efficient Home Appliances**
- **Change your light bulbs** to compact fluorescent, or LED. One bulb replacement can reduce up to 1,300 pounds of CO₂ pollution.
- **Laptop v. Desktop: Laptop Wins!** Laptops are designed to be energy-efficient, because of battery lifespan. According to Energy Star, a laptop can be up to 80% more energy-efficient than a desktop.

- **Unplug and Turn it Off** Powering down your gadgets is good for the planet. Unplug your chargers, a.k.a. "wall warts."

- **Reduce and Reuse before Recycling** Transporting and processing materials for recycling is carbon intensive.

- **Avoid Products with Lots of Packaging**

- **Just Buy Less Stuff** Our disposable consumer culture is a big problem.

- **Line dry** your clothes. Old school!

TAKE IT ONE STEP FURTHER

- **Move Your Money** Lots of banks are funding oil pipelines. Tell those banks to take a hike, and take your money elsewhere. A full list of those banks is listed in this article from Yes! Magazine: <http://bit.ly/2cRx7E4>
- **Offset other carbon emissions** Even if you do all this, you'll still create some unavoidable emissions. The United Nations has made offsetting easy, cheap, and reliable, and you decide where the money goes—to solar water heaters in India, for example. Calculate and offset your emissions at climateneutralnow.org. Or check out COTAP.org, which also does wonderful deeds with these funds. Choose.org is also good.
- **Plant a Tree** Trees provide shade and oxygen while consuming carbon dioxide. Just one 10-year-old tree releases enough oxygen into the air to support two human beings.

This list was compiled from a Science.com article by Sid Perkins (07/11/2017), a Forbes.com article by Jeff McMahon, "9 Things You Can do About Climate Change," and a Mashable article by Zoe Fox, "10 Actions You Can Take Today to Reduce Your Carbon Footprint." Additional help from Paige Heggie.