

What You Can Do

Every Choice Matters. Climate change is driven by GHG emissions. Individuals can make a meaningful difference through everyday decisions.



1. Shift to Clean Transportation (Car-Free or Electric)

Transportation is one of the largest sources of individual emissions. Reducing gasoline use and air travel can significantly lower your personal carbon emissions

- **Walk, bike**, or use **public transportation** when possible.
- Consider an **electric vehicle** (EV) when it's time to replace your current car.
- **Reduce Air Travel.** Long-distance flights produce large GHG emissions.

2. Electrify Your Home

Using cleaner energy more efficiently reduces emissions and often lowers utility bills. Efficient homes use less energy while providing the same comfort

- Replace an oil or gas furnace with an **electric heat pump**.
- Improve insulation and seal air leaks. Get a **MassSave Energy Audit**.
- Install energy-efficient appliances. Switch to an induction stove.
- Install **rooftop solar** or enroll in **community solar**.

3. Eat More Plant-Based Foods (Eat Less Beef)

Food choices have a significant impact on the environment. Producing plant-based foods generally creates fewer greenhouse gas emissions than producing red meat

- Eat more vegetables, fruits, beans, and whole grains.
- Reduce consumption of beef and lamb. Meatless Mondays.
- Plan meals to avoid food waste and compost food scraps when possible.

4. Vote for Climate Action, Get Involved

Individual actions are most effective when paired with collective advocacy. We are more effective when we work together.

- Vote for candidates that support climate action.
- Support local town climate initiatives. Join Westford Climate Action.
- Support local renewable energy programs such as **Power Options Program (POP)**

Small Actions Add Up. No one person can solve climate change alone, but millions of people making thoughtful choices can have a powerful collective impact.

Start with one change today. Every step counts.