I, ___________________________________________ gladly agree to take on the following actions and practices. This is my commitment to fostering a healthy community, lowering CO₂, creating personal resilience and breaking my addiction to fossil fuels. To be most effective, I will choose just a handful of actions and will be accountable to reporting in monthly to my buddy/partner ________________________________ or the Transition ABQ monthly meeting (1st Wednesdays).

____ Drink tap water or other water, but never bottled water
____ Don’t let water run (teeth brushing, dish washing); ______ Don’t flush on yellow
____ Install a rain barrel; ______ Collect cold shower water
____ Wash clothes with cold water; ______ Use a clothesline, instead of the dryer
____ Only full loads for dishwasher, clothes washer
____ Plant trees; ______ Plant vegetables; ______ Xeriscape my yard
____ Actively choose to eat local food; ______ Start a winter garden
____ Avoid eating meat at least 2 days a week
____ Enrich my topsoil by planting buckwheat, barley, sorghum, or clover
____ Turn off my lights; ______ Replace my light bulbs with LED
____ Unplug appliances I’m not using, reducing phantom energy use
____ Install programmable thermostat; ______ Program my thermostat
____ Get low energy appliances;
____ Buy or make a solar oven; ______ Use my solar oven
____ Take advantage of the NM Solar Credits and get some solar panels
____ Leave my car at home; ______ Walk 1-2 days a week or more
____ Plan local vacations (reduce airplane trips)
____ Bicycle and use local transportation; ______ Carpool; ______ Combine errands
____ Always bring my reusable bags to the grocery store
____ Consume less rather than count on recycling; ______ Resist excessive packaging
____ Make a donation to Rain Forest protection or ________________________________
____ Become an advocate for ________________________________ and speak to someone about it each week.

I commit to these ______ actions. I will be accountable to ___________________________ or the TransitionABQ 1st Wednesday gatherings every month, starting ____________________________.

________________________________ ________
SIGN BUDDY/WITNESS DATE

Post your pledge to social media with hashtag #abqcarbonpledge

This activity is sponsored by Transition Albuquerque, a non-profit organization leading and supporting efforts to reduce our dependence on fossil fuels, relocalize the economy, create abundance, and build a sustainable and resilient future for New Mexico.

Learn more at transitionabq.org