

The Albuquerque CO₂ PLEDGE

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
NUMBER NAME OF BUDDY / PARTNER
 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