



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; ___ Start a winter garden
- ___ Actively choose to eat local food
- ___ Avoid eating meat at least 2 days a week
- ___ Enrich my topsoil with 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 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 reusable bags to the store
- ___ Consume less rather than count on recycling
- ___ Resist excessive packaging
- ___ Donate to Rainforest protection or _____
- ___ Become an advocate for _____
and speak to someone about it each week.

What You'll Save

Conserve water: .007 lbs of carbon are released to produce 1 gallon of drinking water. ABCWUA provides over 3700 gallons/person/month, but includes commercial and industrial. Households averaged 127 gallons/person/day in 2015.

Collect excess water: 1 gallon of drinking water down the drain requires about 1/4 pound of carbon from filtering to processing waste.

Residential water 74% of all household electricity is used to heat water. Use cold water.

Conserve energy (electricity PNM) It takes 1.4-1.7 pounds CO₂ to produce 1kWh of electricity. PNM's personal energy efficiency programs have saved an estimated 353,674 metric tons of CO₂ since they began in 2007.

Conserve fuel: If an SUV requires 1.5 pounds of carbon per mile traveled, imagine what the 18-wheeler requires. Diesel creates about 15% more CO₂ per gallon. **Buying local food** releases 1/16th of the carbon for transport.

Sequester Carbon: Every pound of additional carbon sequestered in the soil represents 3.67 pounds of CO₂ removed from the atmosphere.

Vegan diet produces 1.5 tons less carbon per person than meat diet. The production of 1 lb of beef requires burning about 6 lb of CO₂.

Use less plastic: For each new plastic bag you use 2.2 lb of CO₂. Recycling one pound of plastic saves about 2.5 lb CO₂.

I commit to these _____ actions. I will be accountable to _____ or the TransitionABQ

NUMBER

NAME OF BUDDY / PARTNER

First Wednesday gatherings every month, starting _____.

.....
SIGN

.....
BUDDY/WITNESS

.....
DATE

Post your pledge to social media with hashtag #abqcarbonpledge or pledge online at civnet.co

*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