

# Recommended Sustainable Actions

## Individual Actions with Big Impact

Look into installing solar panels or buying renewable power for your home: [Neighborhood Sun](#), [Solar Energy World](#), [Maryland Capital Area Solar Coop](#), [WGL Energy](#) (for wind power)

Walk, bike, or take public transit to one place that you would drive normally: [RideOn buses](#), [Montgomery County bicycle map](#), [WMATA](#) (bus/subway), [WalkScore](#) (look up your address), [Montgomery County Pedestrian Safety](#)

## Expand the Conversation

Research how an item you are buying this week is made and consider if you need to buy it at all. If so, find an ethical version of it: [EthicalConsumer](#) (although this focuses on companies in the UK), [Green America](#) (general discussion, scorecards specifically for chocolate and clothing)

Have a conversation with a neighbor, friend or relative about climate change: [The Most Important Thing You Can Do About Climate Change – Talk About It](#) (Katherine Hayoe's TED Talk), [How to Have a Climate Change Conversation](#) ([ClimateOutreach.org](#)), [When I Talk About Climate Change, I Don't Talk About Science](#)(Southern Fried Science)

## Connect with Your Community and Nature

Join a cleanup of a local stream, beach, or other public area and/or plant trees: [Anacostia Riverkeeper](#), [Casey Trees](#), [Stream and Park Cleanups in Montgomery County](#) (Montgomery Parks Dept.)

Volunteer at a community garden: [Community gardens in Montgomery County](#) (run by Montgomery Parks Dept.), [Community gardens in DC](#) (run by DC Dept. of Parks and Rec)

## Shift the System

Write to your city or county council supporting their Climate Action Plan (if they have one; if not, encourage them to develop one!): [Montgomery County Climate Action Plan](#), [Rockville Climate Action Plan](#), [DC Climate Action Plan](#)

Call your Congressperson or state government representative supporting action on climate change with a focus on environmental justice: [Maryland Sierra Club](#), [Montgomery County Sierra Club](#)

Sign up for emails from and financially support a climate action group representing and run by frontline communities: [Sunrise Movement](#), [Indigenous Environmental Network](#), [Red Black and Green New Deal](#), [Powershift Network](#)