

PCAP Punch List

Note: Project Drawdown revised their list of solutions in 2021. They have two versions of this list of solutions on their [website](#). Some of the suggestions below have a Drawdown (DD) number, which indicates its priority using Drawdown Scenario 1. Every action we take is helpful, but some solutions will have more impact than others.

Session Two

Energy

Renter/Fixed Income:

- Replace all incandescent light bulbs with LED - **DD #18**
- Unplug appliances that draw energy when not in use (including phone chargers)
- Use curtains or blinds to block sun during hottest part of day and help retain heat in winter when dark
- Set thermostat a degree or two lower in winter - use a Smart Thermostat - **DD #36**
- Use space heaters in rooms you are using, allowing larger space to be cooler
- Run the dishwasher only when full
- Wash clothes in cold water. Hang on line or rack to dry.
- Take shorter showers (use a timer to be sure!)

Homeowner/more disposable income:

- All of the items above for “renter”
- Have home rated for efficiency - install more insulation if needed - **DD #16**
- Install solar panels for electricity or choose a 100% renewable energy company - **DD #15**
- Research geothermal heat pumps for heating/hot water - install when able (DD #46)
Solar hot water heater - **DD #48**
- Replace fossil fueled kitchen appliances with electric appliances such as an air fryer, sous-vide, instant pot, electric kettle, toaster oven, etc. Electrify everything once you have a green source for electricity.
- When buying electric appliances, look for an energy rating.
- Install low-flow shower heads - **DD #72**
- Switch to electric or battery powered yard tools, including mowers and blowers

Policy items for all:

- Keep abreast of green energy movements in your area
- Write to local representatives to support green initiatives
- Use the app Climate Action Now to help you work for policy changes

Transport

Renter/ Fixed Income:

- Use walking or biking to replace short distance trips - **DD #51**
- Investigate carpooling - **DD #34**
- Use public transportation where possible - **DD #35**
- Encourage telepresence for meetings to avoid travel - **DD #68**

Homeowner/more disposable income:

- All of the above
- Replace internal combustion cars with electric vehicles - **DD #24**
- Get an electric bicycle - **DD #64**

Session Three

Drawdown and Sequester

Renter/Fixed Income:

- Reduce food waste: only buy what you need, eat everything you buy, think twice before peeling vegetables, use stems and leaves of vegetables - **DD #1**
- Focus on eating foods that are perennials, and have not been shipped by air.
- Support local organic farmers - join a CSA (Community Supported Agriculture)
- Buy regeneratively raised meat products - **DD #3**
- Eat seaweed and support seaweed production - **DD #3**
- Switch to Ecosia for your search engine (they plant trees!)

Homeowner:

- All of the above and then:
- Plant a vegetable garden using no-till and organic methods
- Reduce your lawn by planting 2/3s native trees, shrubs and grasses
- Stop using pesticides and nitrogen based fertilizers
- Compost all food scraps - **DD #58**

Policy items for all:

- Research local waste management practices - can you encourage your municipality to recycle better and/or to compost?
- Be aware of the importance of agriculture for climate change and support local measures that encourage land reclamation and best practices for agriculture **DD #11**
- Contribute to reliable sources to restore forests and plant trees - **DD #14**

Session Four

Consumption

Renter/Fixed Income:

- Avoid all plastic, especially single use plastic - replace storage containers with glass, use waxed cloth and waxed paper instead of plastic wrap, buy reusable water bottles, make seltzer in reusable bottles, etc.
- Bio-plastics can be sustainable but are rare - **DD #71**
- Boycott over-packaged food and tell the producer and seller of the product why you are boycotting them. Get your friends to do the same. Post it on Climate Action Now app.
- Avoid paper products: instead use cloth napkins, sponges, swedish dishcloths, kitchen towels, handkerchiefs
- Use only recycled paper and paper products - **DD #67**
- Buy refillable cleaning supplies
- Use laundry detergent that comes in small paper “sheets”
- Use shampoo bars rather than bottles of liquid
- Recycle all recyclable items - only buy recyclables
- Repair broken things when you can
- Be aware of where your clothing comes from and how it is made: look for fabrics that are better for the environment (tencel, hemp, linen)
- Wear clothing longer; think twice before buying new; check into thrift shops
- Cancel unwanted catalogs.
- Use a climate-friendly bank - many of the “big” banks are heavy investors in fossil fuels

Homeowner/more disposable income:

- All of the above
- If hiring people to tend yard or clean, be sure they are using green practices (no gas-powered blowers or mowers, no pesticides)
In addition to switching banks, also move invested assets to sustainable funds

Policy items for all:

- Research and support local environmental measures like banning plastic bags, plastic straws, gas-powered lawn equipment, etc.
- Donate to organizations that promote education of girls and equality for women - **DD #2**