



What can I do about climate change?

Make a phone call:

Our Senators from Illinois are **Dick Durbin**: 312-353-4952 or 202-224-2152

Tammy Duckworth: 312-886-3506 or 202-224-2854

Our 10th district Congressional Rep is **Brad Schneider**: 202-225-4835 and 847-383-4870. Please put these contacts in your telephone. Call frequently.

Hold our Governor responsible:

The Illinois Department of Natural Resources has important powers to protect our environment. But this agency is under-funded, and staff hears from selfish business interests more often than from people who support their work.

Illinois Governor **Bruce Rauner** has the power to better fund the IDNR. Call his office and tell him how important this agency is to our health and our economy. The number is 312-583-0704.

Think about making modest but important lifestyle changes:

- A. We can reduce the amount of red meat we eat. Please go to www.meatlessmonday.com to learn about the health and environmental advantages to cutting back on meat. Take the Meatless Monday pledge.
- B. Try out this carbon calculator to determine your carbon footprint: <https://www3.epa.gov/carbon-footprint-calculator/>
- C. Don't buy snacks that contain palm oil, and don't patronize food chains that don't use sustainable cooking oil. See www.ucsusa.org and the Union of Concerned Scientists' palm oil scorecard.
- D. Don't be silent. Be an environmental advocate. Talk about it.