

# SMALL STEPS

## CLIMATE ACTIONS FOR INDIVIDUALS AND HOUSEHOLDS

**Small changes to day-to-day activities can help make a difference in lowering emissions and building community resilience. Consider some small steps you can take!**

### AT HOME

- **Improve Insulation**

Upgrading insulation reduces the energy needed to heat a home, **reducing emissions and saving you money.** Efficiency Maine is offering up to \$9,200 in incentives to homeowners. Learn more [here](#) on the Energy Efficiency page on the Kennebunk town website.



- **Use LED Lighting**

Switching your home to LEDs will bring **long-term savings:** LEDs use 90% less energy than incandescent bulbs and half as much as compact fluorescents, they last longer than other bulbs, and they generate very little heat. **Universal adoption of LEDs could prevent 7.8 gigatons of carbon emissions,** according to Project Drawdown.

- **Electrify Everything**

Cut down on energy use and emissions: install heat pumps and switch to electric appliances and landscaping tools like mowers, blowers, and string trimmers. Mainers can apply for rebates on heat pumps - at [EfficiencyMaine.com/Heat-Pumps](http://EfficiencyMaine.com/Heat-Pumps).

### HOW YOU EAT



- **Compost**

Composting reduces greenhouse gas emissions at landfills, promotes uptake of carbon dioxide by vegetation, and makes our gardens more resilient to the effects of climate change. **Kennebunk residents can bring their kitchen compost to the transfer station at 36 Sea Road.** Learn more at [Kitchen Composting](#) on the Kennebunk town website at [www.kennebunkmaine.us/composting](http://www.kennebunkmaine.us/composting), including what can be composted at the Transfer Station and what cannot be.

- **Eat Less Meat**

Cutting out meat **one day per week** with a practice like “Meatless Mondays” can shrink your carbon footprint. Try new vegetarian and vegan options that offer all the flavor but less carbon emissions.

## HOW YOU SHOP

- **Buy Less**

Choosing to buy less or not at all is the original mantra for **saving money**. An ecological footprint calculator tool can help you determine your current **ecological footprint** and offer actionable solutions for change, including buying less. Calculate your footprint at [ecological-footprint-calculator.climatehero.me](https://ecological-footprint-calculator.climatehero.me).

- **Reduce Packaging**

Packaging accounts for nearly a third of municipal solid waste in the U.S., according to the EPA. Introducing a few simple practices into your life will improve your footprint and might even save you money. **Carry your own reusable bag, water bottle, coffee cup, straw and utensils.** Buy in bulk when you can or buy loose products, such as fruits and vegetables, instead of pre-packaged packs.



- **Shop Green**

Find businesses that have earned Green America's **Green Business Certification** at [GreenPages.org](https://GreenPages.org). These are organizations that are dedicated to building an economy that works for people and the planet.



## HOW YOU TRAVEL

- **Drive Less**

Telecommuting, walking, biking, sharing rides, taking transit, combining trips, or carpooling with family, friends, or coworkers **at least one day per week** can make an impact. Sign up at [GoMaine.org](https://GoMaine.org) to share rides with like-minded travelers – and earn rewards. Learn about **combining trips** at [DrCommute.com/trip-chaining-a-new-way-of-commuting](https://DrCommute.com/trip-chaining-a-new-way-of-commuting).

- **Switch to an Electric Vehicle**

When it's time for a new vehicle, consider going electric. **Rebates for fully electric vehicles** are available from the federal and state government. Some makes and models can be purchased for \$20,000 after rebates. There are also rebates to buy used. Visit [EfficiencyMaine.com/additional-ev-financial-incentives](https://EfficiencyMaine.com/additional-ev-financial-incentives) and [EfficiencyMaine.com/electric-vehicle-rebates](https://EfficiencyMaine.com/electric-vehicle-rebates) for the latest details.

- **Fly Less**

Flying in an airplane is **the most polluting activity** we commonly do. Try being a tourist in your own region and **explore areas within reach of bus, car, or train.** Opt for video conference instead of flying for business. If you do fly, try to fly direct and choose carbon-efficient airlines.