



SUSTAINABILITY GUIDE

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WAYS YOU CAN HELP FIGHT CLIMATE CHANGE



Be SEEN

Take part in the Somerville Energy Efficiency Now (SEEN) program and save money on your electric and heating bills. SEEN connects you with rebates, incentives, and no-cost energy assessments from [MassSave](#). [Sign up on the SustainaVille website for a no-cost home energy assessment](#). The assessment includes free energy-saving upgrades like LED and CFL bulbs, programmable thermostats, low-flow water fixtures, and more. This program is available to home owners and renters.



Ditch the Car: Walk, Bike, or Ride the T

One third of Somerville's carbon emissions come from personal car trips. Help put a dent in those emissions by leaving yourself some extra time to walk, bike, or take public transportation instead of driving. As an added bonus, walking and biking are great forms of exercise and help to keep you healthy.

The City of Somerville is continuing to install bike facilities and street markings to help keep bicyclists, pedestrians, and drivers safe. Whether you bike or not, you should review [markings and signs for bicycles](#).



Wash Cold, Line Dry

Use cold water for laundry and line dry your clothes when possible. This will decrease the amount of energy used for each load of laundry—saving you money on your utility bills. Want to do more? Check out [MassSave's Buying Guide](#) to find energy efficient, ENERGY STAR certified washers and dryers.



Eat Lower on the Food Chain

You don't have to become a vegetarian, but limiting the amount of meat you eat can make a big difference in the size of your carbon footprint. According to the [EPA](#), nearly 10% of all greenhouse gas emissions in the U.S. come from livestock. By choosing to eat less meat, you're making a healthy choice for yourself and for the planet. Find healthy, local, and fresh produce at [Somerville's Mobile Farmer's Market](#).



Warm Up This Winter

Weatherizing your home with measures like no-cost air sealing and discounted insulation, available through [Mass Save](#), could help you save up to 20% on utility bills and keep you more comfortable in your home year-round. Or choose the DIY route and [put plastic over drafty windows](#) in the winter to keep you toasty.



Choose LEDs & Save

Switching one incandescent bulb to an LED will use much less energy and will save you hundreds of dollars over the bulb's lifespan. Long-lasting LED lightbulbs are available at a discount through [Mass Save](#). How many lightbulbs could you replace?

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Questions? Contact Hannah Payne, Sustainability Coordinator hpayne@somervillema.gov 617-625-6600 ext 2422



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Think Reusable

The best way to cut down on waste is to not generate it in the first place. We can do this by switching from single-use to reusable things when possible. Many of us already bring reusable bags when shopping, but go beyond the bag and bring your lunch in reusable containers, get coffee in your own mug, say no to plastic utensils when eating at home or work, and drink tap water instead of bottled water. The more we can remove from the waste stream, the more sustainable we can be. What else can you reuse?



Turn it Down or Turn it Up

Set your thermostat a few degrees cooler in winter and a few degrees warmer in summer. 18% of Somerville's emissions come from residential natural gas use—the primary way we heat our homes. Help lower emissions by opting for a sweater instead of an expensive heating bill. And in the summer, turn off the AC when you're not home and opt for natural ventilation when possible.



Flip the Switch & Go Solar

Ready to make the switch to clean energy? Find out if your [roof is a good fit for solar](#) and follow the City's [permitting checklist](#) to get your system up and running. More than 100 Somerville homes went solar through the Solarize Somerville program in 2016.



Cultivate a Community of Sharing

Consider borrowing or sharing stuff you use less often. Get your books and movies from the [library](#). Give your old things a new lease on life by hosting a clothing swap or donating unwanted clothes, furniture, and appliances. Try out a [bike share](#) or car share. Find or start a [tool library](#) and share with your neighbors. Buying less stuff can save you money, reduces clutter, and sharing helps to build community.



Tell Your Friends, Family, & Neighbors

Talk about actions you have taken at home in person or on social media. Sharing your experience with friends and family can help convince them to take action on climate change too. Individual actions may feel small but they can add up to big results. Want to do more? Consider joining a local climate action group or getting your neighbors together to take on a larger project.



Turn Off & Unplug

Unplug electronics and turn off the lights when you aren't using them. Appliances, like your cell phone charger and TV, use energy even whenever they are plugged in—even when you're not using them. The Department of Energy estimates that these "energy vampires" could add up to 10 percent to your electricity bills. Don't pay for this wasted energy. Unplug your chargers or use power strips that let you turn off several appliances at once.

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