



## How can you disrupt, engage, and redefine climate action in your community?



The current global water and sanitation crisis has had a profoundly negative impact on our environment, which will only become magnified with the passing of time. Water is the foundation of all ecosystems and everything within our watershed is connected. This connectedness means that the use of a river or aquifer in one area will affect and be affected by its use in another area, even far away. When sewage and trash enters a water source, the effects are immediate and far reaching. Preventing the small but harmful actions caused by unnecessary waste takes a concerted and thoughtful effort from each and every one of us. Do not have guilt or shame, but mourn the loss of our natural resources and the pain we have caused the Earth that we love. Here are a few ways to think, act, and cut back:

### THINK

#### **Citizen Science Program at New York Botanical Gardens**

Citizen science utilizes enthusiastic volunteers to collect data and generate results. Citizen science projects has the potential to collect large amounts of data due to the ability to engage large populations of volunteers. Participants are:

- trained by experts on proper procedures for the project(s) they choose
- given the opportunity to learn aspects of plant biology, ecology, and Herbarium/Living Plant collection management.

If you would like to participate as an NYBG citizen scientist, please complete the [volunteer application](#) and return it to [volunteer@nybg.org](mailto:volunteer@nybg.org).

#### **National Oceanic and Atmospheric Administration**

NOAA Climate.gov provides timely and authoritative information about climate. They promote public understanding of climate science and climate-related events through videos, stories, images, and data visualizations; they make common data products and services easy to access and use; and they provide tools and resources that help people make informed decisions about climate risks, vulnerability, and resilience.

[More information can be found on their website here.](#)

# ACT

## **We Act**

We act is a Harlem based organization that empowers and organizes people of color in low-income areas to build healthy communities for all.

We Act envisions a community that has:

- informed and engaged residents who participate fully in decision-making on key issues that impact their health and community.
- strong and equal environmental protections.
- increased environmental health through community-based participatory research and evidence-based campaigns.

Learn about Food Justice in our community at the next WE ACT action meeting on Saturday, June 8th from 10:00 AM – 1:00 PM at the Church of the Crucifixion Church at 459 West 149th Street (on the corner of Convent Avenue). [RSVP](#) if you plan to attend by emailing [adi@weact.org](mailto:adi@weact.org).

## **Sunrise Movement**

This organization is backing sweeping legislation on climate change: The Green New Deal. The Green New Deal is the only plan put forward to address the interwoven crises of climate catastrophe, economic inequality, and racism at the scale that science and justice demand. The Sunrise Movement is led by young people looking to make the best of their future. Presidential candidates have been racing to back The Green New Deal, the first plan to treat climate change like the emergency it is. The Sunrise Movement provides trainings and fellowships that anyone can access remotely to help organize and lobby for climate justice. For those resources and more, [check out their website here](#).

# CUT BACK

## For Every Body

**You need to wash your recycling, but are you just using more water?** Instead of scrubbing recycling simply collect the water you used to clean dishes or pots and pans, pour some into the recyclable, slap a lid on that baby and shake. You may need to do a little scrubbing to get it ready for recycling, but there's no reason to waste good, clean water in the process. And if there's no lid, cup the top with the palm of your hand before shaking, or use an already dirty dish.

And Recycling...The idea is that by putting materials in the recycle bin or by buying products made from recycled material, we're saving the environment, sure, but we're still producing 250 million tons of trash every year in the US alone. Before going to buy "Earth friendly" or organic products, **always consider, do I even need to buy this?** The best way to cut waste is to cut consumption.

## For Bodies that Experience Menstruation

It's estimated that, every year, [over 45 billion products](#) related to periods, including tampons, pads and applicators, are thrown in the garbage. And tampons make up a large part of that weight. The Ocean Conservancy collected [27,938 used tampons and applicators on beaches](#) around the world in a single day in 2015.

**Try buying Thinx Period Panties:** washable, reusable undies absorb your period and are a more sustainable solution than single-use disposable products.

<https://www.shethinx.com/pages/it-works>

**Or buying Menstrual Cups:** Though some are made of silicone, which certain people are allergic to, if cared for properly these period care solutions rarely need to be replaced and can be washed after every use.

## For Baby Bodies

**Cloth Diapers:** 27.4 billion disposable diapers are ending up in U.S. landfills each year, and they will stay there for over 500 years until they degrade. By using cloth, you can help reduce landfill waste, protect our waterways, and save resources. Plus, your child will be able to feel the wetness against their skin, giving them an incentive to begin using the potty.

**Tree-Free Bamboo Baby Wipes:** Baby wipes contain non-biodegradable plastics such as polyester, and could take up to 100 years to break down. Bamboo wipes are better for the environment than typical wood-based wipes and are quick to biodegrade, usually in less than a month.