

2023 Pollution Reduction Resources

We live in an economy and culture that uses fossil fuels everywhere without considering their impact. But, as you can see below, there are lots of options that will improve your health, reduce air and carbon pollution, and potentially save money.



Alternatives to cooking with gas

- Induction hot plate
- Hot plate in general
- Air fryer
- Pressure cooker
- Use microwave or toaster oven instead of a gas oven.
- Electric stoves

Reducing fossil fuel pollution through transportation choice

- goNewHaven.org : Whether you already **Live! Car-Free!** or are just looking to take a car-free trip, these resources can help you make sustainable travel plans.
- [CTrides](#) : *CTrides* helps the people of Connecticut enjoy the environmental, financial, and health benefits of driving alone less. Together, we will create a better place to live and work.
- Get electric car. [CT CHEAPR program.](#)
- CT Reducing Your Personal Transportation Emissions [page](#)
- Taking bus, biking, walking, taking train
DYK half of all trips driven by Americans are less than three miles long.


Home energy audits and efficiency work

- [IHeartMyHome](#) : I Heart My Home CT is a cost-free, one-stop shop to make home improvements for health, comfort, energy savings, and lower utility bills.
- [EnergizeCT](#) : The Energize Connecticut initiative helps you save energy in your Connecticut home or business with rebates, financing and services for energy efficiency and clean energy improvements.
- Look around for waste - things left on when not in use; use power strips for TV, cable box, computers to turn off; change light bulbs to LEDS.
- Turn down the thermostat in winter; put on a timer (lots of savings!)
- Electrification toolkit: <https://www.betoolkit.org/>.


Reducing pollution from yard work

- Living yard project - <https://nh3461.wixsite.com/livingyardproject>
- New Haven Pollinator Pathways - <https://newhavenct.shutterfly.com/>

Climate friendly consumption habits

- Thrifting
-  [How to Quit Fast Fashion: My 5 Steps!](#)

Climate friendly eating

-  The diet that helps fight climate change
- More vegan meals
- Especially less beef

Activism - Changing public policy has huge impacts.

Join NHCM mailing list [here](#)

Save the Sound Activist network:

<https://www.savethesound.org/take-action/join-activist-network/>

More information on the New Haven Climate Movement 2023 Campaign [here](#).