

Put an X in the  next to items that you already do; put a ✓ in the  next to items that you want to do more often: **TRANSPORT:** Walk. Bike. Use an electric bicycle. Take a bus. Carpool. Ride a moto, tuktuk, quad, horse, horse cart, oxcart, or a train. Don't have a car or avoid driving one. Use an energy efficient car such as an electric car, an electric golf cart, a turbo diesel intercooler, a biodiesel vehicle, or a solar car! Maintain your car. Avoid idling. Use correct tire pressure. Drive slowly. Accelerate slowly. Use cruise control. Minimize vehicle weight. Minimize drag. Close windows when using AC. Use the US EPA's Green Vehicle Guide. On water use a sailboat, kayak, or rowboat. Create an electric taxi fleet. Improve the local bus service. Avoid flying in airplanes. If you fly, pay to offset your emissions  by giving to a local organization that plants trees or grows forests. Vacation close to home. Use email rather than snail mail. Plan trips to town to reduce number of trips. Do more in each outing. Work locally. Shop locally. Socialize locally. Eat locally produced food. **Transporting food burns lots of carbon.** **ENERGY:** In CR especially conserve energy in dry season when more fossil fuels are used. Turn your electricity breakers off at night. No nuclear power. Yes nuclear power. Use hydro power, wind power, solar power, geothermal energy (Volcanoes), biogas from manure, biogas from landfills. Do not mine coal. Do not burn coal. Take care of water (water treatment takes energy). Shower with someone you love (but be careful not to make the shower longer than you would have done separately!). Conserve hot water. Take shorter showers. Take cooler showers or take cold showers. Don't turn on the light when you don't need it. Unplug things that you aren't using including computers cell phone chargers. **WASTE:** Separate your trash. Avoid sending paper to landfills. Use both sides of paper. Use rags/tea towels, not paper towels. Use cloth rather than disposable diapers. Use handkerchiefs. Use less toilet paper. Compost anything a worm can eat. Do not buy disposable items. Buy less. Use things carefully so they last longer. Consume less. Don't buy things you don't need. Do not buy products with a lot of packaging. Use less "1 time" products like plastic bottles. Buy products whose packaging can be recycled. Compost organic waste. Create community based compost systems. Buy well made products, not cheap ones. Avoid burning garbage--wood, plastic, leaves, paper, tires. Fart less. **POPULATION:** Decrease the population or slow population growth Adopt children. Have no more than one biological child per parent. Plan parenthood. Use contraception such as condoms, birth control pills, or have your tubes tied or a vasectomy. Offer sex education. **FOOD** Grow your own food, preferably organically. Do not use chemical fertilizers; they emit nitrous oxide, a GHG. Use organic fertilizer. Breed crops for local climates. Support Pura Fruta Pura Vida. Buy a fruit, plant the seed & grow a tree. Agro-forestry. Plant many foods in your garden. Do not waste food. Eat only what you need. Eat tortillas from local corn rather than wheat bread. Buy food in-season. Be vegetarian, be vegan, or cut the amount of meat you eat at least by half. Choose chicken over beef. Reduce the number of cows. Improve feed management of livestock. They produce methane. Select livestock to genetically improve the efficiency of food conversion by the animal to help decrease Greenhouse Gases (GHG). Increase digestibility of feed by mechanical, chemical, or biological processing. Feed livestock less frequently. Feed cattle additives such as ionophores. Add edible oils, such as canola or coconut oil to the livestock's diet. Implement grazing management practices such as rotational grazing. Feed livestock based on sex, age & stage of production to match diet to nutritional requirements. Test soils, followed by the addition of proper amendments & fertilizers. Supplement cattle diets with needed nutrients. Develop a preventive herd health program. Appropriate water sources & protect water quality for livestock. Improve manure storage, handling, and treatment to reduce methane such as covered lagoons, bio-digesters, aerating manure. Avoid applying manure to very wet soil. Avoid adding straw to manure. Apply manure when fresh to soil. Control erosion. Regenerate soil. Mulch. Practice low till or no-till agriculture. Tilling soil releases carbon and increases erosion. Buy & eat locally produced food from the Farmer's Market, Monteverde Whole Foods, or directly from local farmers such as Orlando Trejos, Mita Brenes, Chepito Medina, Benito Guindon, Etelvina Chavarria, Judith Solís, Rigo Alvarado, Hermida Porras, Pepito Chavarria, José Campos, Olivier Garro, Finca Buen Amigo, VarSan SA, Alberto y Tina Brenes, Mary Rockwell, Granja Avicola Villasol, Oseas Espinosa, Sergio Perez, Finca Ecológica, Leonel Quesada, La Querencia, the Trostles, Productores de Monteverde, Caburé Chocolate Shop, La Bella Tica, the Common Cup, Café Don Juan Café San Luis. Don't burn sugar cane fields or pastures. Eat rice from Costa Rica. Most the rice in Costa Rica comes from China. Do not eat rice grown in flooded paddies (as in Asia) as it is a major source of methane. Make sun tea. Eat raw food more often. Cook for several days at once. Cook with bio-gas made from manure. Think about what you want in your refrigerator before opening the door. Use a solar oven. **CONSTRUCTION:** Build with wood that has been grown in plantations (it fixes the carbon). Treat the wood so that it does not rot or succumb to termites. Avoid the use of cement. Making cement releases carbon into the atmosphere. Orient your windows for natural lighting. Paint ceilings a reflective color. Use light tubes, "sun pipes". Install solar panels. Design homes with good air circulation. In cool areas, insulate your home to keep it warm. In warm areas insulate your home to help keep it cool. Use skylights to keep spaces dry. Avoid the need for dehumidifiers.

If you are building, employ an architect that uses sustainable building practices  like Alvaro Salazar Ugalde or Gabi McAdam. **AT HOME:** Install a solar water heater. Fix your air conditioner so that it doesn't leak chlorofluorocarbons (CFCs). Use fans rather than air conditioners. Fix your refrigerator so that it doesn't leak CFCs. When you defrost your old refrigerator do not use sharp objects that might puncture the tubes that hold CFCs. Buy refrigerators that don't use CFCs. Fix your dehumidifier so that it doesn't leak CFCs. Do not use aerosols with CFCs. Use biodegradable products. Do not smoke. Buy natural products. Use machetes and/or push mowers to cut grass instead of weed whackers or gas mowers. **CLOTHES:** Air-dry clothes outside or under a roof. Pay attention to where your clothes come from & how they are made. Buy clothes made close to home. Make your clothes. Wear walking or sports shoes to make walking easier. Wash clothes with cold water unless the water was heated by the sun. Reuse clothing. Swap clothes with friends. Have a garage sale. Buy from used clothing stores. Buy clothing made from recycled cotton or from recycled plastic bottles. **REDUCE:** Reduce your use of paper bags & plastic bags. Use cloth bags and carry them with you. Avoid buying things in a bag or a can. Reduce what you buy. In cold places turn down the temperature in winter. Reduce the use of paper. Little things use less fuel to make and transport. Refill water bottles. Buy drinks in returnable bottles & return them. **REUSE:** Reuse vegetable oil for biodiesel. Use glass bottles in cement walls to reduce the amount of cement needed & to allow light to pass through. Share books. Give books to the library. Use the library. Change waste into something useful. **RECYCLE:** Recycle oil from vehicles. Recycle plastic. Buy recycled paper. Buy recycled plastic from Producol. Recycle aluminum cans. Recycle steel & other metals. Recycle glass. Recycle computers, printers & appliances. Support COMIRES MONTEVERDE -

Comisión de Manejo Integral de Residuos Sólidos de Monteverde. Friend COMIRES Monteverde on facebook. **BUSINESS:** Buy from green companies. Learn what big companies are/are not green from this site: <https://www.cdproject.net/CDPResults/CDP-Global-500-Climate-Change-Report-2013.pdf> Divest from companies that emit more GHGs Import less from countries that pollute most such as China and the USA Disenfranchise carbon-emitting power companies as Boulder, Colorado has: <http://www.upworthy.com/a-bunch-of-young-geniuses-just-made-a-corrupt-corporation-freak-out-big-time-time-for-round> All businesses should have to have an environmental plan and follow it. **FIX CARBON:** Plant plants. Plant trees. You can get native trees with the Fundación Costarricense para la Conservación, en la Estación Calandria en Los Llanos. Plant one tree for every year of your life. Harvest wood in a sustainable way. Use wood to fix carbon in houses, furniture  & other construction such as timberframing. Take care of wooden houses & furniture so they do not rot. Protect forests such as the Children's Eternal Rainforest, the Monteverde Cloud Forest Preserve, the Santa Elena Reserve, Curi Cancha, the Cloud Forest School, the Bellbird Corridor, Finca La Bella  & all the trees on farms and in back yards. Let old pastures return to forest. Create more forest reserves. Do not cut trees without using the wood in a way that fixes carbon. Don't make fires in

# 350 ideas

(more or less ☺)  
for reducing greenhouse gases

given by you and your neighbors in the Monteverde Zone

preserves or pastures. Do not let animals graze in forests (they eat the young trees). Don't pollute forest areas. Facilitate private investment in reserves. Prevent forest fires. Put out wild fires. **INNOVATE:** Develop massive zero point energy tech. Find new sources for clean energy. Convert your car to hydrogen. Guerilla geo-engineering. Develop magnetic air cars. Invent a car that runs on plastic bottles. Invent solar powered planes. **INFLUENCE:** Support the global efforts of [350.org](http://350.org). Participate in local 350.org events. Find out about those events by joining 350 ideas on Facebook. Donate to groups that are slowing climate change. Promote & maintain sidewalks so it is safer to walk. Promote & create bike lanes. Encourage public transportation. Fight for green areas in cities. **GOVERNMENT:** Lobby for peaceful resolution of conflicts—war creates green house gases. Tax those who create pollution and reallocate funds to resolve those issues. Lobby politicians to move faster on promoting non-carbon energy. Reduce taxes on fuel-efficient vehicles & electric vehicles. Tax (don't subsidize) fossil fuels. Reallocate military spending to green tech. Establish national policies to promote low emission vehicles. Create incentives for using LED lights. Make Monteverde a carbon neutral community. Require restaurants & hotels to separate their trash. Train municipalities about climate change. Repair roads. Create a bicycle sharing system. Fulfill our pledge for Costa Rica to become the first carbon neutral country. Ask governments to participate in UN agreements to mitigate climate change. **EDUCATE:** Calculate your carbon footprint <http://calculator.carbonfootprint.com/calculator.aspx>. Be aware of your greenhouse gas footprint. Calculate your positive impact with <http://www.handprinter.org> Read *The Great Disruption*. Have courage to talk about these ideas with others. Inspire others. Educate your community. Learn from Alan Pounds & other local ecologists about local climate change & its impact on frogs & other animals & plants in Monteverde & around the world. Teach about climate change in the schools, focusing on what we need to do to reduce it. **INSPIRE:** Create art or write poems, plays, stories or songs about climate change publish them  & perform them publicly. **SPIRIT:** Hope. Pray. Meditate. Set an intention to make the big changes that are needed. Organize your religious community to act on climate change. **ACT:** Reduce your greenhouse gas footprint. Make the big changes that are needed.



Scientists agree that 350 parts per million of CO<sub>2</sub> in the atmosphere is the safe limit for humanity. We are now at 400 ppm and rising 2 ppm per year. We must lower it!

Ideas in green make a greater impact.



Contact [monteverde350ideas@gmail.com](mailto:monteverde350ideas@gmail.com) to obtain free copies of this poster.

Estimated sources of greenhouse gases: Coal 25% (CO<sub>2</sub>, mostly industry, electricity for buildings, mining); Natural Gas 19% (CO<sub>2</sub> mostly industry and electricity); Oil 21% (CO<sub>2</sub>, mostly transportation); Farms 16% (CH<sub>4</sub> from livestock, CO<sub>2</sub> from tilling, and N<sub>2</sub>O from fertilizer); Land Use Change 11% (mostly from deforestation (CO<sub>2</sub>) and decaying peat (CH<sub>4</sub>)); Fossil Fuel Extraction 3% (CO<sub>2</sub> and CH<sub>4</sub>); Waste 3% (CH<sub>4</sub>, from landfills and water treatment); Cement 2% (CO<sub>2</sub>). (info from ECOSYS, 2010)