

# ECOLOGICAL ACTION CHECKLIST



## OBSERVE ECOLOGICALLY SOUND PRACTICES

### In the Household

- ✓ Reduce energy consumption and demand
  - Turn off lights when not needed
- ✓ Use as few electrical & gas appliances as possible
  - Choose a broom instead of a vacuum cleaner
  - Put on a sweater instead of turning up the heat
- ✓ Conserve water
  - Eliminate leaky faucets
  - Cut down on car washings
- ✓ Save resources
  - Recycle cans, bottles, and paper
  - Reuse whatever possible

### At the Store

- ✓ Reuse containers
  - Carry your own reusable bag
  - Avoid products in excessive or non-reusable packaging
  - Purchase beverages in recyclable containers
  - Return hangers to laundry or dry cleaner
- ✓ Avoid pesticide-contaminated food
  - Buy fresh, organic produce whenever possible
- ✓ Boycott companies or products causing massive pollution
- ✓ Report stores selling items from endangered species
- ✓ Buy as little as possible
  - Invest in efficient, long-lasting products

### Out and About

- ✓ Do not over-populate—one child for each adult
  - If you desire more, adopt
- ✓ Observe pet population control
  - Have pets spayed or neutered
- ✓ Use energy-saving transportation
  - Cut driving to a minimum; form carpools, if possible
  - Take public transport as often as available
  - Switch to a bicycle—or run—if you can
- ✓ Do not buy products made from rare or endangered animal and plant species
- ✓ Avoid wearing furs or skins
- ✓ Participate in non-motorized sports
- ✓ Never be a litterbug

## Contact

Educational Communications  
Post Office Box 351419  
Los Angeles, California 90035-9119  
Telephone (310) 559-9160

## Volunteer

with award-winning media productions  
"Environmental Directions" Radio Series  
(Best of West & Buccaneer Awards)  
ECONEWS Television Series  
(Two EMMY Nominations)  
(ACE Awards & Diamond Awards)

and  
with varied activities of  
Ecology Center of Southern California  
on air and water quality, resources,  
population, area preservation,  
energy, land use & planning,  
parks, wildlife, pollution,  
solid & hazardous waste,  
(desert, mountains, coast),  
education, & ethics

## Encourage

**Sound Environmental Policies**  
Support political candidates who  
work for ecological balance  
Patronize businesses which  
provide ecologically  
superior values  
Demonstrate against  
polluters  
Introduce environmental  
sections or projects for  
your religious or  
social group  
Contribute to  
organizations such as  
Educational Communications  
with funds, time, and talent  
(dollars, mundane tasks,  
creative activities)

## Be Informed and Spread the Word

- Subscribe to THE COMPENDIUM NEWSLETTER (\$20.00 per year through Educational Communications) and tell friends about its extensive coverage of current environmental subjects (six issues per year)
- Read the major reference works and periodicals with articles on ecology and conservation, and then inform friends and acquaintances about the problems and solutions
- Enroll in related courses and programs and visit affected areas (threatened, polluted, scenic) and share your knowledge and findings
- Learn the names of your representatives (by calling the Registrar of Voters), then telephone or write public officials and voice your opinion on specific issues
- Distribute environmental literature; obtain, sign, and circulate relevant petitions; and write or telephone—with suggestions or criticism—legislators and other public officials as well as businesses and mass media
- Attend hearings, record proceedings, and give testimony