

ACTIONS - WHAT YOU CAN DO

- **Consume**
 - **Less.** Recover waste.
 - Read labels and look for: organic, grassfed, pasture raised meats and dairy, no-till, nutrient dense, soil stewardship, agroecology, permaculture, small scale, regenerative. Avoid neonics and glyphosate.
 - Buy from a farmer / producer / textile manufacturer that you know and **support**
 - Eat invasive plants and use them as fuel and/or medicine
 - Compost aerobically
- **Talk**
 - About soil / ecosystem services / water quality / food access to neighbors / legislators / everyone using elevator speeches / flour vs. bread dinner party trick
 - Share skills and knowledge in person and on social media
 - Listen!
- **Manage Land and Soil Better**
 - Repair degraded soil: enrich with quality compost, add mycorrhizal inoculants to soil everywhere using seed soaks, biochar, root dips, fungal mats, Hugelkultur, use nematodes and other biopesticides.
 - **Use farmland.** Keep it in use. Practice cover cropping.
 - Don't rototill, compact soil, over fertilize, use pesticides
 - Lawns: mow less, higher, and add more species
 - Hire farmers, foresters, and land managers to **deepen watersheds**
- **Manage Water Better**
 - **Catch and slow water everywhere** using landscape swales, vertical gardening, rooftop gardening / catchment, pervious pavement, rain gardens, disconnection
 - Implement mycofilters / remediation at industrial & agricultural point sources, stormwater runoff locations, for watershed restoration
- **Grow**
 - **Food for others** / with kids
 - Seedlings and save seeds
 - Using permaculture / **promoting diversity**
 - Your own clothes / textiles
- **Attend / Host**
 - **Community events** (i.e. zero waste, Potato Fest, film screening)
 - Ecotourism / Agrotourism
 - Online / in-person courses and workshops
 - Public and committee meetings at the state/local level
- **Participate / Collaborate**
 - **Community building:** gardens, connect to schools, equipment and tool sharing
 - Citizen science and research
 - Conservation Boards, Planning and Zoning Boards, Select Boards
 - Join food / low-impact housing co-ops, public banks, CSAs
 - Shaping of a Vermont Green New Deal
 - Join an organization that is working towards your values and beliefs
- **Pay it forward.** Every time you buy healthy food for your family (or purchase a gift certificate to the healthy food market and bring it to your local food bank). *This is not the same as donating to the food bank.*

- Invest **social capital into disruption** of the status quo
- **Speak out against** destructive cultural behaviors and traditions: big monoculture lawns; having more than you need (of land, money, power...)
- **Live off the grid** – electric, drinking water, “waste” water, stormwater, heat
- **Stop supporting/buying**
 - Online and big box stores - tell everyone you are doing it
 - Industrial food - tell your grocers you refuse to buy poison
 - Big banks - join a credit union
 - The stock market - signal your values with impact investing
- **Promote and support** farmers, producers, and textile manufacturers who are doing **“the right thing for the environment”**
- **Consume and waste less**
- **Convert your backyard** away from lawn and towards something more useful
- Regenerate **soil** everywhere
- **Feed yourself and others** with local, poison-free food / plant community gardens and edible plants everywhere / support local farmers
- Downsize your home/possessions/footprint and get a smaller, lower-impact, more sustainable shelter, or weatherize your home or turn it into a multi-family unit
- **Un-pave** parking lots, roads, driveways, sidewalks, patios, and playgrounds
- **Change the way your community thinks** about soil, water, insects, food, money, power, wealth, animals, plants, carbon, success, land ownership, consumption, etc.
- Participate in **non-violent, disruptive civil disobedience regularly**
- **Contribute** money, time, energy, skills, knowledge to organizations and actions you support / participate in your democracy
 - Step it up! Donate 10 - 20 % of your time every single week
- **Protest** fossil fuel infrastructure projects, unjust farming practices, monopolization
- Help in the shaping of a **Green New Deal** for all of your communities
- Get your neighborhood, town, county to be a **pesticide-free zone**. (And advertise it)
- Protect, support, and restore **indigenous and native** lands and rights
- Support reparations, **oppose racism** and embrace cultural diversity. (Speak out!)
- **Advocate** for better public services, government transparency and accountability
- **Weekly Work Strike**. Instead of work, go volunteer in a low-income community, a nursing home, a school, or another place in need. Or go sit in front of the Statehouse or your town building with a sign saying why.
- **Give up**
 - **Your car** and join a car share, take public transit, walk, or bike
 - Lawn equipment. (Or share). Start a tool-sharing shed in your community.
 - **Flying** (for recreation)
 - If you know that your job is causing harm to the environment, **quit your job!**
Or, work tirelessly to change the culture of the business.
- **Increase the Commons**
 - Donate land that you own
 - Buy land, share it, convert it to farmland and low-impact housing
 - Change laws that prevent low-income people from getting land
- **Listen to and learn from people different from you!**