

DRAWDOWN ECO CHALLENGE RESOURCES

Double Feature Thursday, March 21, 7:00 pm

Documentary Film Screening: Just Eat It: Filmmakers and food lovers, Jen and Grant dive into the issue of food waste from farm and retail, right to the back of their own fridge. In a deliciously entertaining challenge, they pledge to quit grocery shopping for 6 months and survive only on discarded food.

And

Introduction to the book, Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming. Learn about the exciting global movement to reverse climate change and actions we can take to make an impact. Sign up for the Drawdown EcoChallenge beginning April 3.

Individual Actions

Using Kanopy, Host a film screening on Educating Girls, Family Planning, or Smallholders

- Women are the Change: Overcoming Barriers to Education in Africa (25 min) 2014
- Disruption (85 min) 2014

Recycle everything you can

- Visit the website of the Rockland County Solid Waste Management Authority for guidance
 - <http://www.rocklandrecycles.com/>
- Or download the Recycling Coach app

Bus schedules for public transit

- <http://rocklandgov.com/departments/public-transportation/transport-of-rockland/>
- <https://web.coachusa.com/rockland/ss.commuter.asp>

Explore carpooling: <https://511nyrideshare.org/>

Contact Elected Officials telling them:

- not to support fossil fuel subsidies or infrastructure
- support farmland restoration
- support rain forest protection and forest protection

Senator Chuck Schumer https://www.schumer.senate.gov/contact/email-chuck (914) 734-1532 The Honorable Chuck Schumer One Park Place, Suite 100 Peekskill, NY 10566	Senator Kirsten Gillibrand https://www.gillibrand.senate.gov/contact/email-me (845) 875-4585 The Honorable Kirsten Gillibrand P.O. Box 749 Yonkers, NY 10710	Congresswoman Nita Lowey https://lowey.house.gov/contact/email (845) 639-3485 The Honorable Nita Lowey 67 North Main Street, Suite 101 New City, NY 10956
Governor Andrew Cuomo https://www.governor.ny.gov/contact/governor-contact-form 1-518-474-8390 The Honorable Andrew M. Cuomo NYS State Capitol Building Albany, NY 12224	Senator David Carlucci carlucci@nysenate.gov Phone: 845-623-3627 The Honorable David Carlucci 20 South Main Street New City, NY 10956	Assemblywoman Ellen Jaffee https://nyassembly.gov/mem/Ellen-Jaffee/contact/ 845-624-4601 1 Blue Hill Plaza, Ste. 1116 POB 1549 Pearl River, NY 10965

Contact Local Officials to support better walking infrastructure and bicycling infrastructure

- Town Supervisors and Council Members
- Elected Village Officials
- Rockland County Legislators
 - <https://rocklandgov.com/departments/county-legislature/contact-county-legislature/>
- Rockland County Executive Ed Day
11 New Hempstead Road
New City, NY 10956
845-638-5122
countyexec@co.rockland.ny.us

Use the library's database, Consumer Reports to research buying a hybrid or electric car

Go paperless – opt out of paper billing and subscriptions

- Sign up for “Do Not Mail” list https://www.directmail.com/mail_preference/

Eat a plant rich diet

- Check out a vegan cookbook

Local Food Sources: support local growers

<http://hungryhollow.coop/>
<http://www.vanhoutenfarmsny.com/#specials>
<http://stokesfarm.com/>
<http://www.orchardsofconcklin.com/>
<https://www.drdaviesfarm.com/>
<https://cairncrestfarm.com/>

- Community Supported Agriculture
 - <https://www.pfeiffercenter.org/event/the-2019-pfeiffer-center-csa/>
 - <https://www.rocklandfarm.org/our-csa>
- Farmers' Markets
 - <https://www.palisadesfm.org/> (Palisades)
 - <https://www.nyackchamber.org/winter-farmers-market/> (Nyack)
 - <http://theoutside.in/thesouk/> (Piermont)
 - <http://downtoearthmarkets.com/> (Piermont)
 - Coming Soon: Pearl River Farmers' Market

Reduce food waste

- Purchase produce from Misfit Markets
 - <https://www.misfitsmarket.com/>

Home Delivery, Local and Sustainable

<https://www.heather-ridge-farm.com/farm-store/csa-subscription-program/>

Delivery to Orangeburg, NY

<https://cairncrestfarm.com/>

Compost what you can't eat

- Purchase a compost bin from Rockland County Waste Management
 - <http://www.rocklandrecycles.com/page/composting--organics-4.html>

Support companies leading in green energy

Buy products made from bamboo

Choose wood and paper products ecologically certified by the Forest Stewardship Council

Insulate and weatherize your home

Choose LED bulbs

Use a programmable or smart thermostat

- Get a \$15 rebate from O&R for purchasing a smart thermostat
 - <https://www.myorustore.com/collections/wi-fi-thermostats>

Complete an online energy audit

<http://homeenergysaver.lbl.gov/consumer/>

Purchase renewable energy or renewable energy credits

<https://www.chooseenergy.com/shop/residential/electricity/NY/10983/orange-rockland-ny-electricity/>

Get involved with local organizations:

- Sierra Club <https://www.sierraclub.org/atlantic/lower-hudson/rockland-sierra-club>
- NJ/Rockland 350.org <http://world.350.org/newjersey/>
- River Keeper <https://www.riverkeeper.org/>
- Scenic Hudson <https://www.scenichudson.org/>
- Sparkill Watershed Alliance <http://www.sparkillcreek.org/>
- Rockland United <https://wearerocklandunited.com/home>
- Rockland Citizens Action Network <https://www.rocklandcitizens.org/>

Our EcoChallenge Team could create a study group to learn about the following topics:

- Geothermal heating and cooling
- Heat pumps
- Wave and tidal energy
- Biomass
- Microwind
- Local Indigenous practices
- Expiration dates
- Silvopasture
- Regenerative agriculture
- Cement alternatives
- Barriers to participation and representation that women face
- Diet and deforestation
- Temperate forests
- Peatlands

BIBLIOGRAPHY

Hoopla (and Overdrive) also have a selection of vegetarian/vegan cookbooks as well as e-book and audiobook titles on green living, etc.

Clean Eating magazine

How to Cook Everything Vegetarian by Mark Bittman

Six Seasons: A New Way with Vegetables by Joshua McFadden

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz

Crossroads by Tal Ronnen with Scot Jones and Serafina Magnussen

Love & Lemons Cookbook by Jeanine Donofrio

Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes by Dana Shultz

Forage, Harvest, Feast: A Wild Inspired Cuisine by Marie Viljoen (not strictly vegetarian)

Eating on the Wild Side by Jo Robinson

Live Green: 52 Steps for a More Sustainable Life by Jen Chillingworth (coming soon - on order)

Love and Lemons Every Day: More than 100 Bright, Plant-Forward Recipes for Every Meal by Jeanine Donofrio (coming soon – April 2, 2019)

101 Ways to Go Zero Waste by Kathryn Kellogg (coming soon - April 2, 2019)

Mostly Plants: 101 Delicious Flexitarian Recipes from the Pollan Family by Tracy Pollan, Dana Pollan, Lori

Pollan, Corky Pollan, and Michael Pollan (Foreword) (coming soon – April 16, 2019)

BEFORE ECOCHALLENGE

1 Create / Join a Team

Connect with your network or join our Community Team to get started. Better yet, become a Team Captain or Organization Captain for a new team in your workplace, school, or community!

2 Select Your Actions

Choose actions that you can commit to throughout the challenge. There are plenty of actions to choose from, so find the actions that match your lifestyle and passions.

3 Prepare for your Actions

Have actions that require some prep? Take the time you need to prepare for success with your actions. Committing to vegetarian meals? Look up recipes and ingredients you'll need! Finding alternate ways for transport? Explore the public transit options and bike pathways in your community!



DURING ECOCHALLENGE

4 Complete Your Actions

Fulfill your actions, and check them off to collect your points. You'll earn points for marking your actions complete, so make sure to do so, whether it is a daily action or a one-time action.

5 Share Your Story

Inspire your team members and co-EcoChallengers! Share your EcoChallenge journey on our Participant Feed. Observations, inspirations, lessons learned - all are welcome and encourages others to keep on!

6 Our Impact Together

Hundreds of thousands of everyday actions add up to significant change! See how thousands of everyday people taking action together can create positive impact within our communities and for the planet.

