

# How to save the world

Contributed by Jan Lundberg  
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Here are 21 things you can do to upstage and replace the global pollution economy - and save money, improve your health and have fun.

- Buy a used car instead of a new one
  
- Trade clothes and other goods instead of buying
  
- Go to thrift stores, flea markets and lawn sales to buy anything
  
- Grow as much of your own food as possible. At least save compost material for gardeners
  
- Buy only local food, unpackaged (of all materials plastic is the worst)
  
- Eat food raw and make sprouts to minimize cooking, learn how to live without a refrigerator
  
- Use a clothes line to dry clothes, towels and sheets
  
- Plant trees and shrubs, preferably food-producing, especially in soil liberated via de-paving
  
- Share everything, especially energy-consuming appliances
  
- Change your job, if you commute (unless if by bike), to a closer job, or move closer to a job
  
- Get a bicycle, and hook up a trailer or cart when needed
  
- Don't borrow money from an insitution (e.g., mortgage); pay rent. Never charge or pay interest
  
- Forsake jet travel, for it tears up the atmosphere and uses more fuel per capita than any other form of transportation except single-person cars
  
- Have only one child, or none, but do adopt

And if you have time:

- Oppose any new development of land that adds to energy consumption or subtracts from arable land
- Have your city council or county supervisors adopt measures to keep money within the community instead of enriching distant corporations
- Don't pay for services you don't use or approve of, even if others pay automatically
- Perform civil disobedience and noncooperation to change policies and protest wrongdoing by government, corporate and schools
- Slow down your pace, if you are trying to do a lot and seem too busy, and take the opportunity to spend time with family and friends
- Write letters to the editor about doing the above and about issues that make clear the need to support the ecosystem and fellow humans of the community
- Follow your dreams, put more love in your life, love yourself by taking care of your health instead of sacrificing it for society's aims. Have fun, obey little, resist much

Do you need a speaker on peak oil and matters of energy and environment?

Jan Lundberg gives talks and multimedia presentations. To arrange an appearance, please email him at [jan @ culturechange.org](mailto:jan@culturechange.org) (close up spaces) or phone 1-215-243-3144.

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