



HOW GREEN, Larchmont

Sustainable Sunday
October 26, 2025

Larchmont Avenue
Church

Preschool
Est. 1991

LARCHMONT AVENUE CHURCH
SUNDAY SERVICE
10:00 AM
WELCOME
ALL ARE INVITED

HOW GREEN, Larchmont
SUSTAINABLE SUNDAY OCTOBER 26 @ 3 PM
Larchmont Avenue Church. 60 Forest Park Ave.
Carhart Room (lower level)

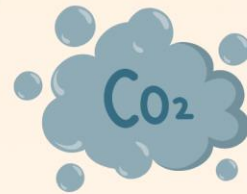
“REDUCING USE: Action = Impact”

Individual & local climate action,
continue to make a difference!

Measure. Track & Reduce Use

CURE 100's Carbon Tracker provides insight, benchmarks and guidance on usage and reducing your carbon footprint.

Presenter: Dr. Chandu Visweswariah
Vice-President, CURE100



Energy Efficiency

Sustainable Westchester provides perspective on local action to combat changing federal priorities and energy programs for individuals (Energy Smart Homes, GridRewards & Solarize Westchester) to reduce usage, costs & increase clean, renewable, efficient energy sources.

Presenter: Noam Bramson,
Executive Director, Sustainable Westchester



Healthier You, Healthier Planet

Understanding human health risks from exposure & how reducing use can play a role in curtailing risks to our health and the environment.

Presenter: Kristen Carpenter,
Senior Environmental Scientist, CDM Smith



All are Welcome. Spread the Word! Admission is Free.
Learn more at lacny.org/earth-care OR call 914.834.1800

Agenda

- **3:00 – 3:15 p.m.:**
60-second challenge: assess your household carbon impact
Speaker: Chandu Visweswariah
- **3:15 – 3:30 p.m.:**
Energy efficiency and energy programs for individuals
Speaker: Noam Bramson
- **3:30 – 3:45 p.m.:**
Health risks and health benefits
Speaker: Kristen Carpenter
- **3:45 – 4:00 p.m.:**
Q & A

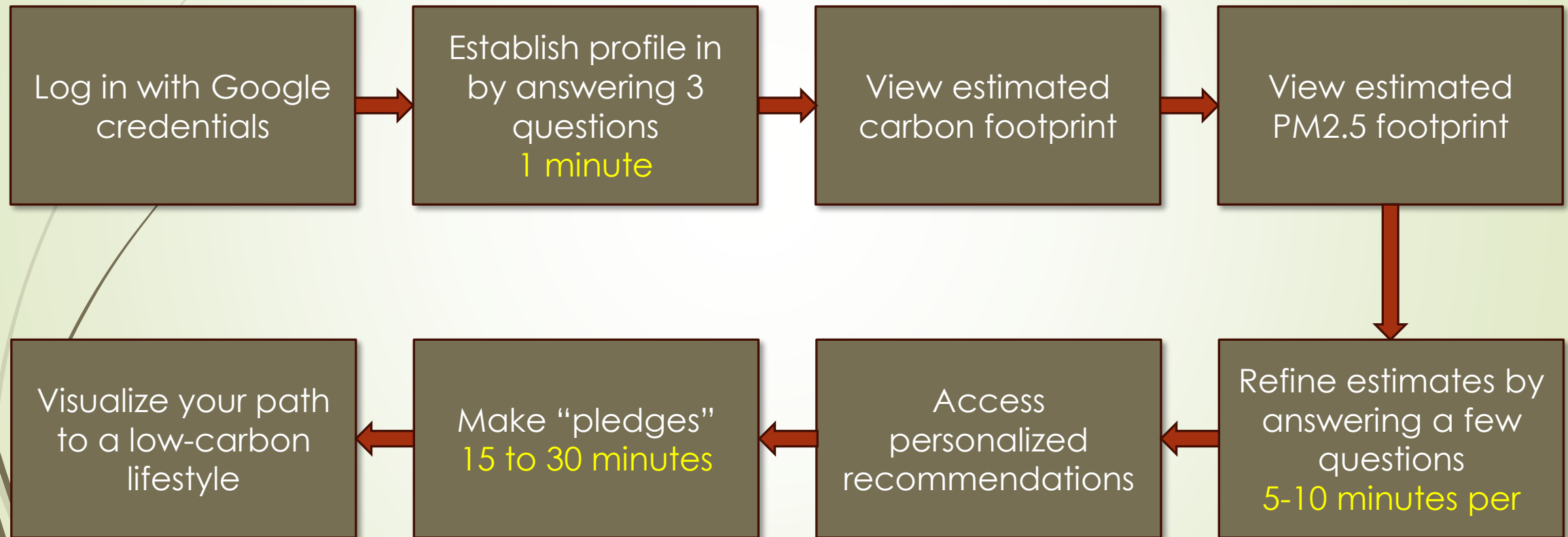


CURE100 Carbon Tracker: Background

- The climate crisis is the existential challenge of our lives
 - It is caused by an excess of greenhouse gases (GHGs) due to burning of fossil fuels
 - Climate change has already done immense damage, but that pales in comparison to the “cascade” of tipping points we face in the future
 - If we had diabetes... and could not measure blood sugar
OR
If we had a budget crunch... but could not account for money
WE HAVE NO CHANCE TO SOLVE THE PROBLEM!
 - Therefore, we all need to be carbon literate
- This starts by understanding your own household's carbon footprint...
... and particulate emissions footprint
 - And then making a plan to get fossil fuel poisons out of our lives urgently and with high priority

60-second challenge: CURE100's Carbon Tracker

- Free software that is intuitive and easy-to-use
- Runs in any browser on any platform (PC, laptop, tablet, smartphone)



Establish a profile



User Profile

Last saved: Fri Oct 24 2025 17:57:57 GMT-0400 (Eastern Daylight Time)

Please fill in your profile. By answering just three questions below, you can get an estimate of your household carbon impact.

I live in the United States. Which zip code should I enter? [More...](#)

I live outside the United States. Which zip code should I enter? [More...](#)

** Indicates required fields.*

* How many members live in your house (use fractional numbers if occupancy varies during the year)?

* Zip code (zip code of physical location of home, see inline help above if outside the United States)

* Home area in square feet or square meters (your answer is automatically interpreted according to your British/metric units setting above)

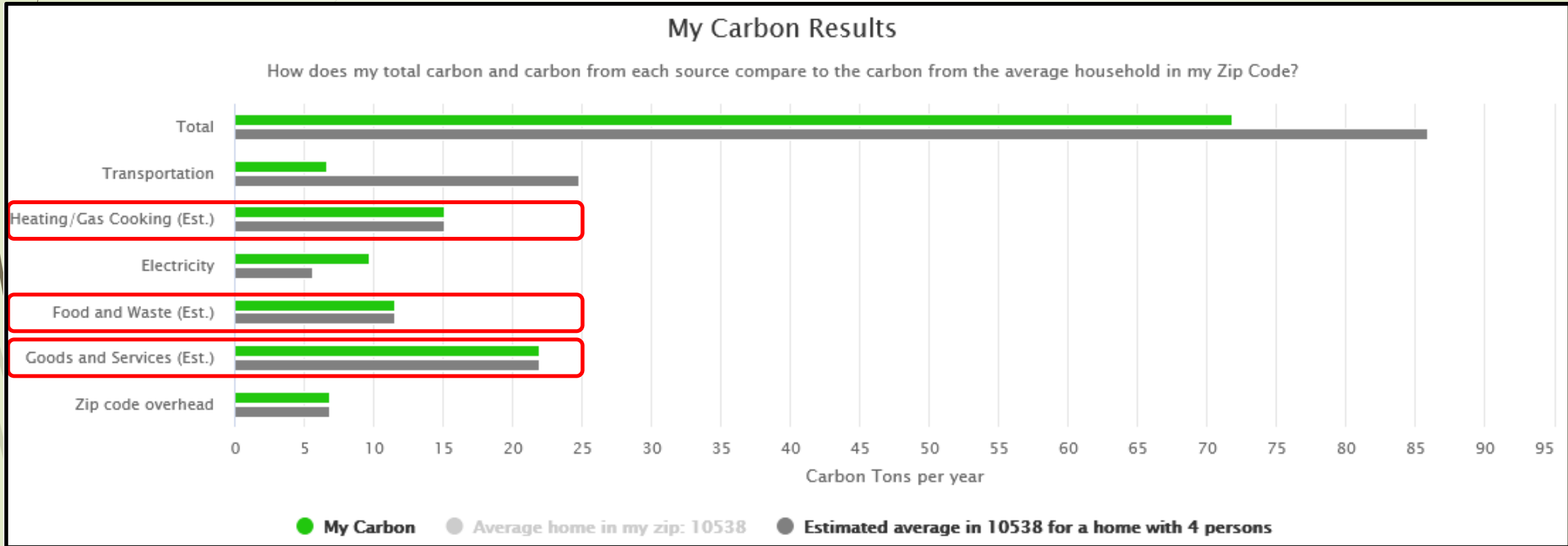
Save

Congratulations! Your profile is complete, and estimates of your carbon footprint and particulate emissions are ready! Use the buttons below to go to **My Carbon** to view an estimate of your household carbon footprint and to **My PM2.5** to view an estimate of your household particulate emissions. The estimates can then be refined by providing more information in the **Questionnaire** tab.

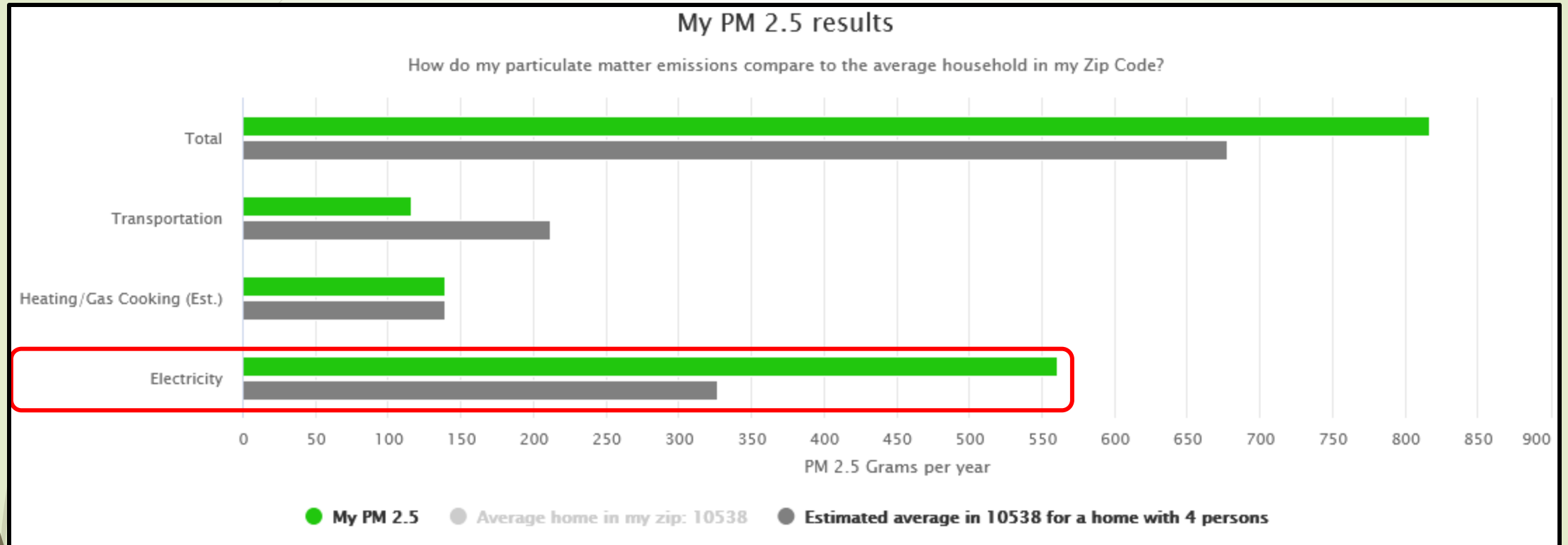
Take me to My Carbon

Take me to My PM2.5

View your household carbon footprint



View your household PM2.5 footprint



Refine your estimates



Household Members by Diet Type

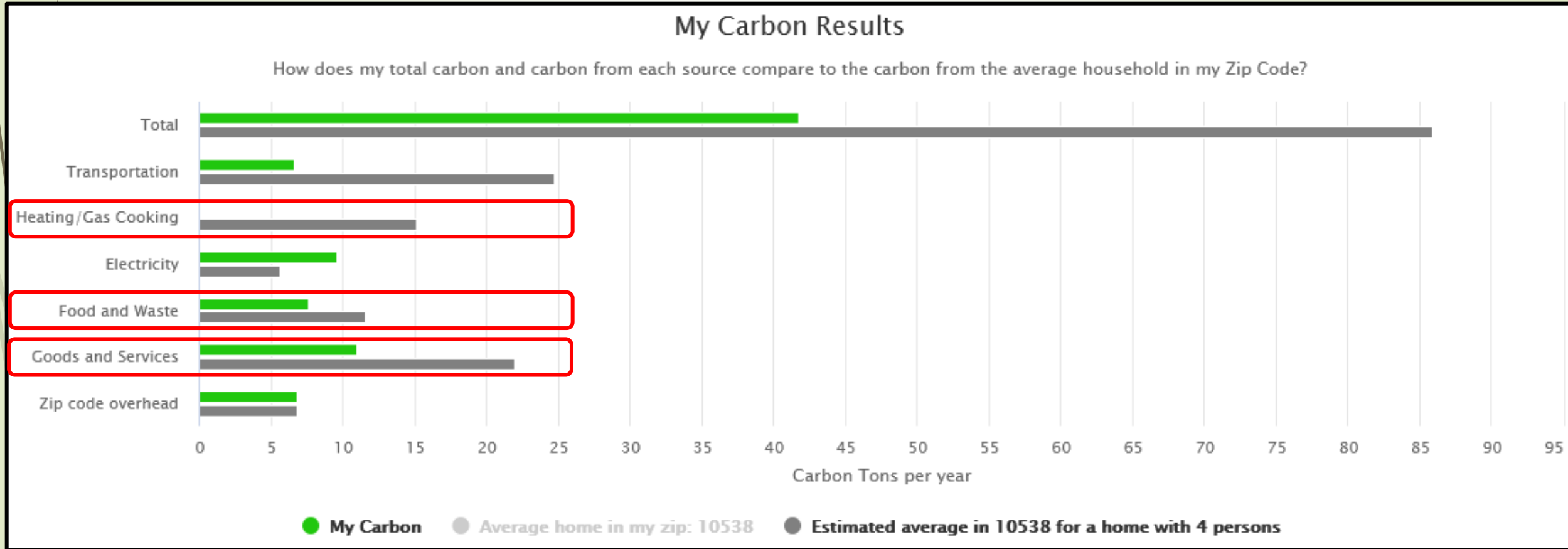
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 **Short video: show me how...**

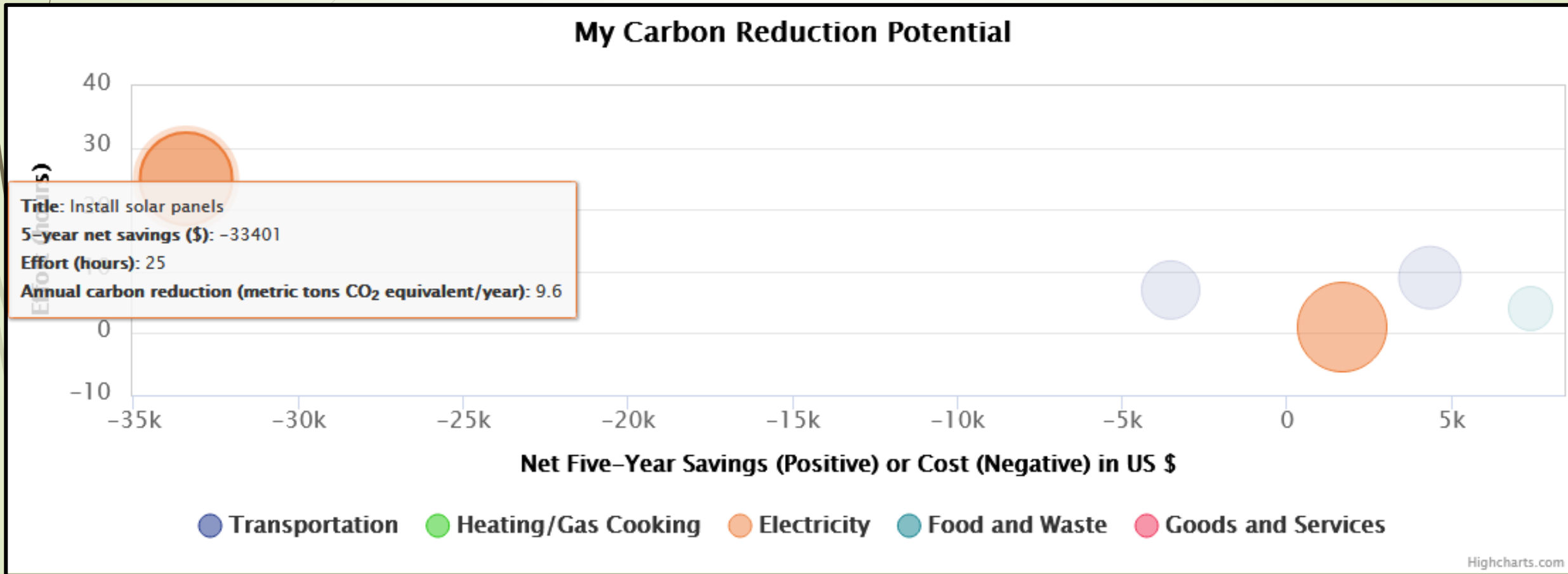
** Indicates required fields.*

* Red Meat Lover: number of household members (can be a decimal)	Carbon
0	0
* Average Meat: number of household members (can be a decimal)	Carbon
0	0
* No Beef Diet: number of household members (can be a decimal)	Carbon
2	3.8
* Vegetarian Diet: number of household members (can be a decimal)	Carbon
1	1.7
* Vegan Diet: number of household members (can be a decimal)	Carbon
1	1.5
Total number of household members you entered above	Total Carbon
4	7

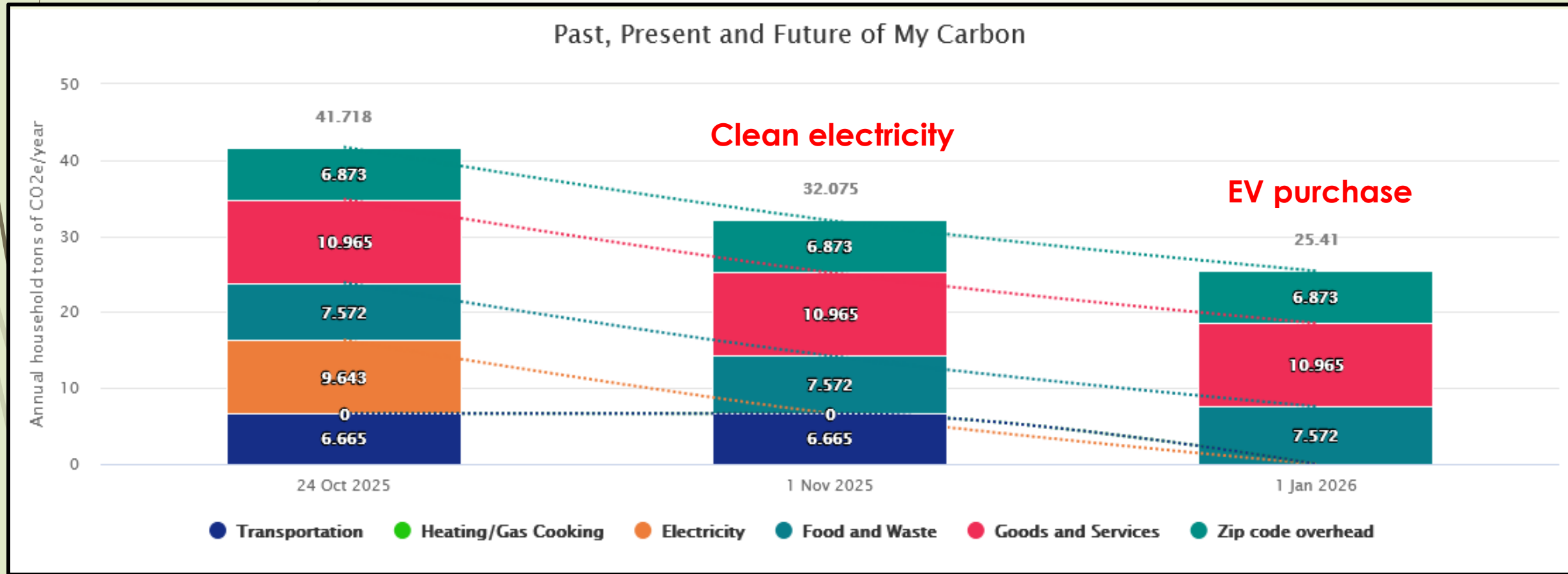
View the results



Access personalized recommendations



Make pledges and visualize the future



Call to action

1. Go to cure100.org/carbon-tracker and assess your carbon footprint
2. **Get fossil fuels out of your life**, make concrete pledges to take these top 4 actions:
 - ▶ Drive electric vehicles and/or use public transportation
 - ▶ Heat your home with heat pumps
 - ▶ Use 100% clean electricity
 - ▶ Migrate to an induction stovetop
3. Create and lead a Larchmont chapter of CURE100



Four quick tips regarding dining



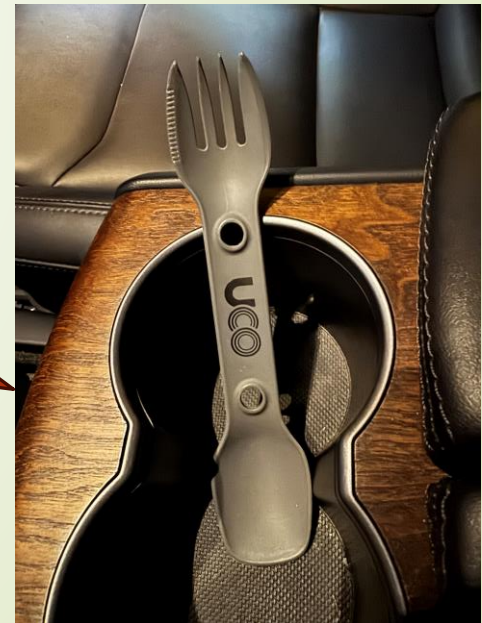
"No utensils and no condiments, please!"

Keep a knapsack in your car with containers for leftovers

"No straw please!"



Always keep a "spork" in your car





LARCHMONT
AVENUE CHURCH

October 26, 2025

AN URGENT CHALLENGE

Global Impacts



Local Impacts

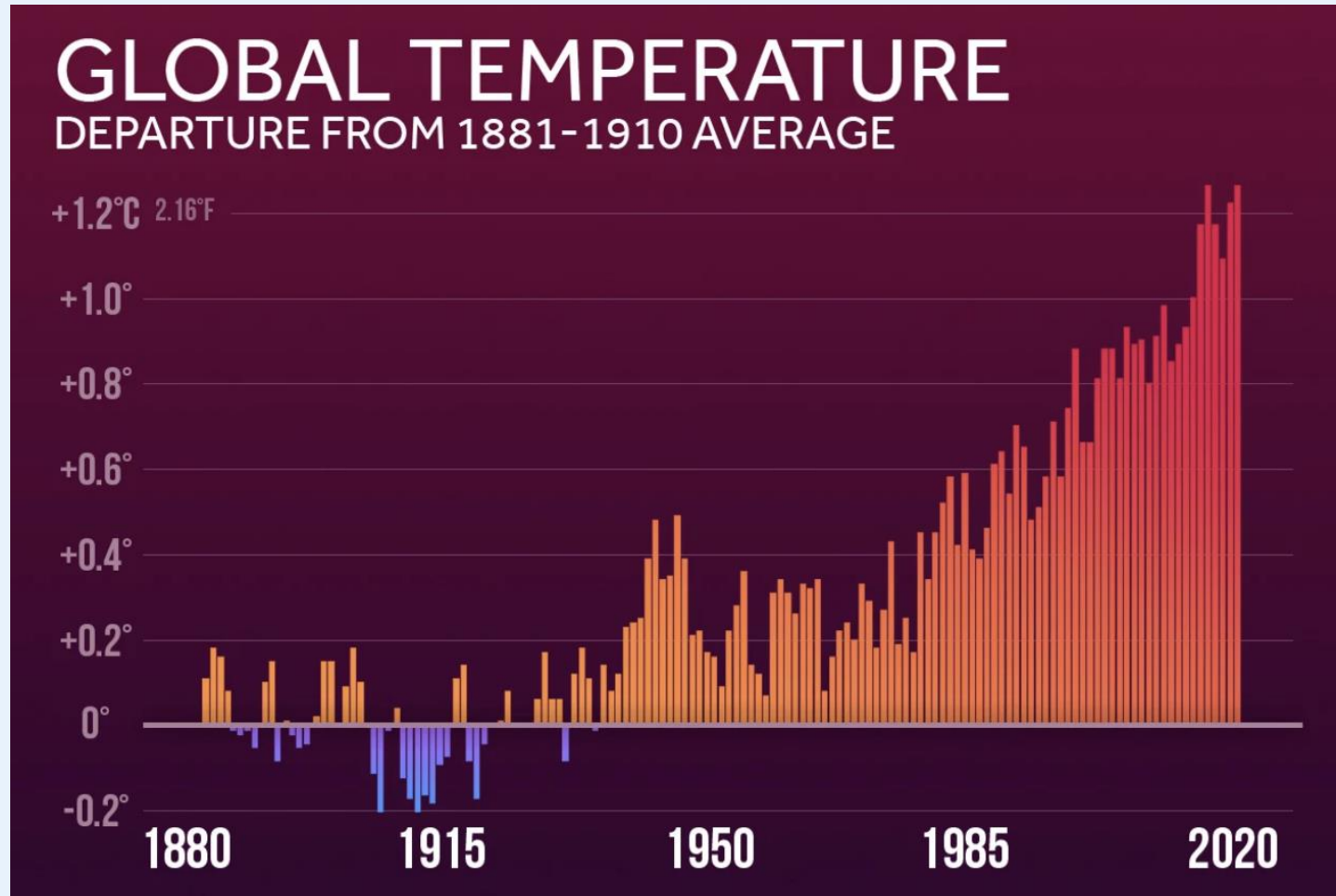


Intensifying Inequalities

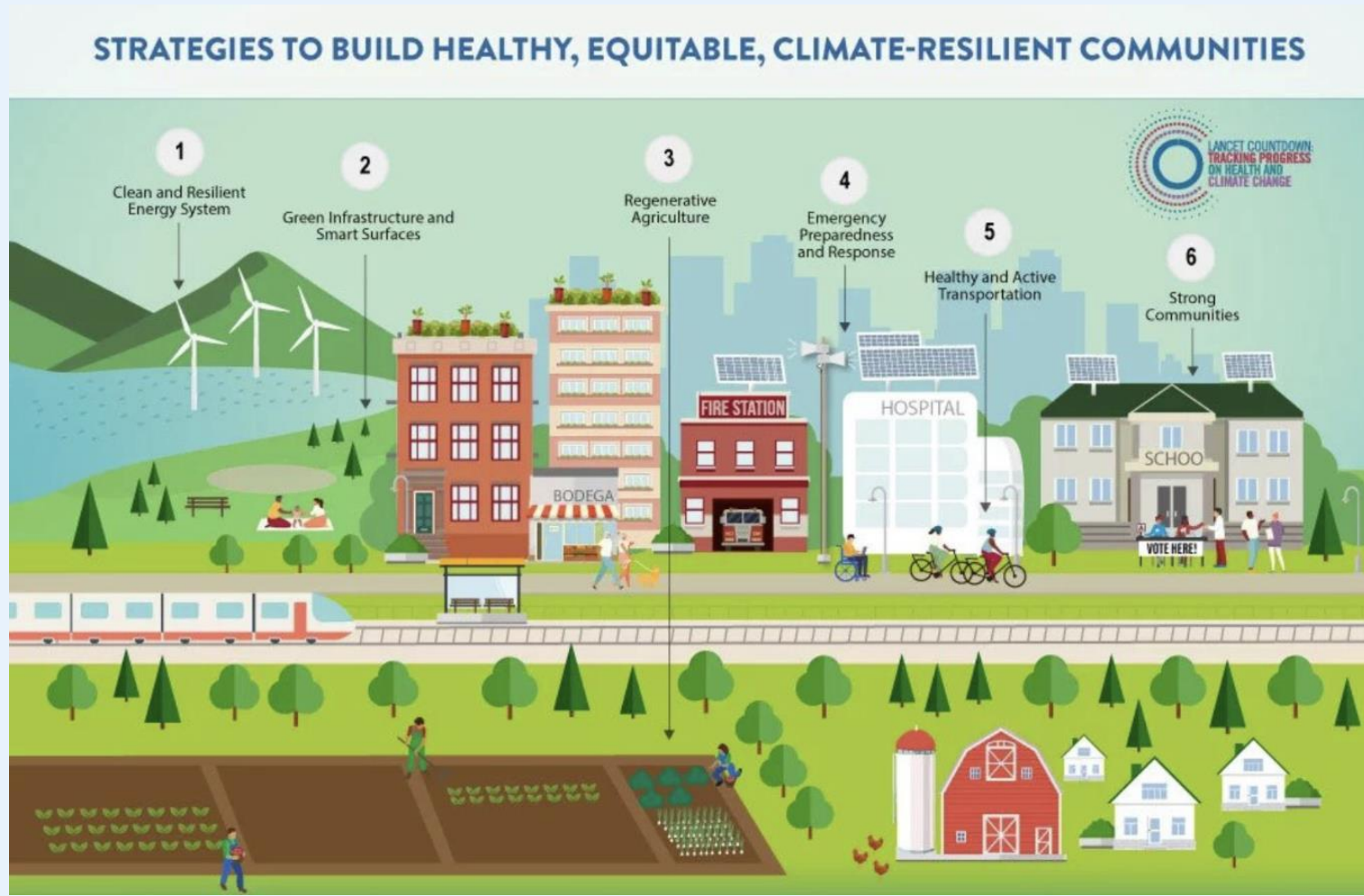
- Urban Heat Islands
- Poor Air Quality
- Inadequate Housing
- Vulnerability to Flooding
- Financial Burdens



It's A Crisis ...



... And An Opportunity



Sustainable Westchester

A Model of Regional Collaboration, Created By and For the Municipalities of Westchester County

45 Members

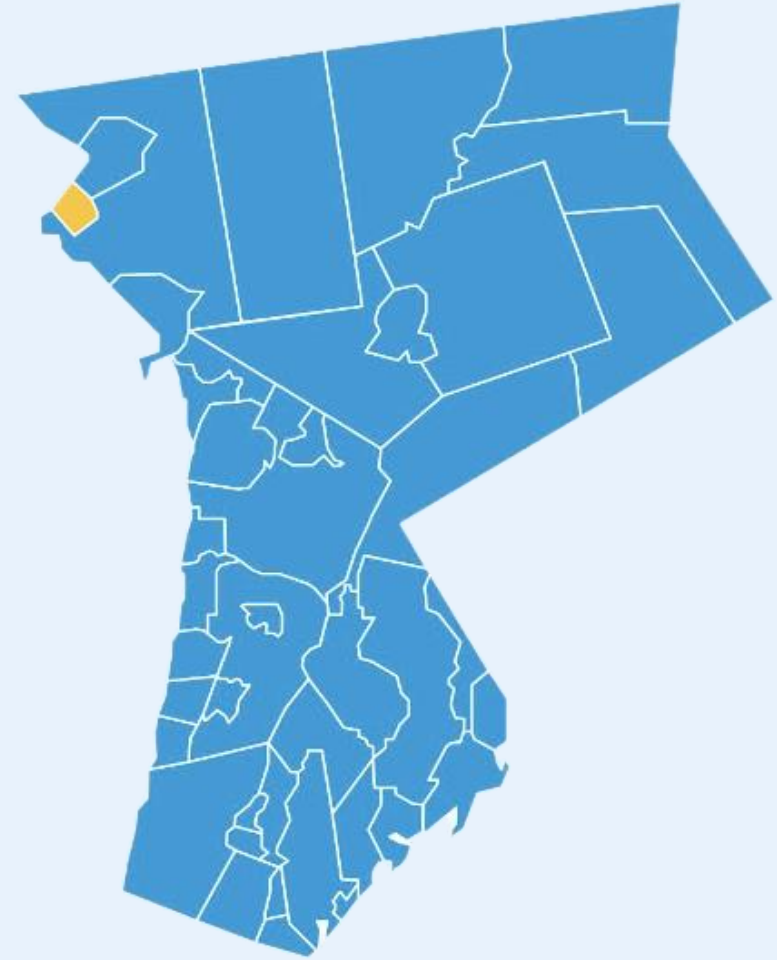
Cities, Towns & Villages
The County Government

Leadership

Volunteer Board
Public Officials, Advocates, Subject-Matter Experts

Staff

A Team of 20 Across 4 Departments
Decades of Experience



Impact, Partnerships, and Innovation

Impactful Programming

A track record of delivering solutions through a range of effective programs touching more than 150,000 households.

- Solar & Battery Storage
- Building Decarbonization
- Green Workforce Development
- Westchester Power CCA

Wide-Ranging Partnerships

- Municipal and County Leaders
- NYSERDA and Clean Energy Hubs
- US Department of Energy
- Businesses, Not-for-Profits, and Foundations
- Volunteer Advocates

Culture of Innovation

Firsts in New York State:

- Residential Demand-Response
- Community Choice Aggregation
- Sunshine-to-EV Fast Chargers
- Community Solar in Westchester



SIMPLE, EFFECTIVE ACTION

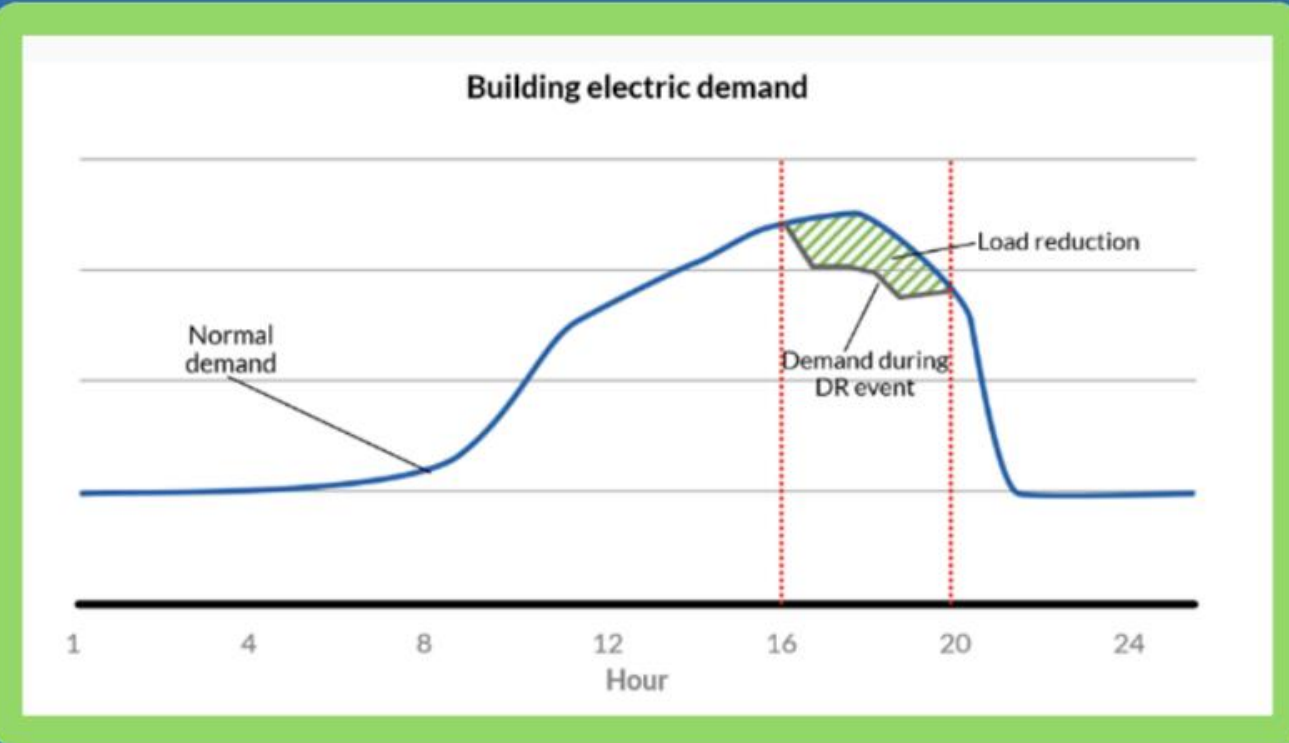
GRIDREWARDS



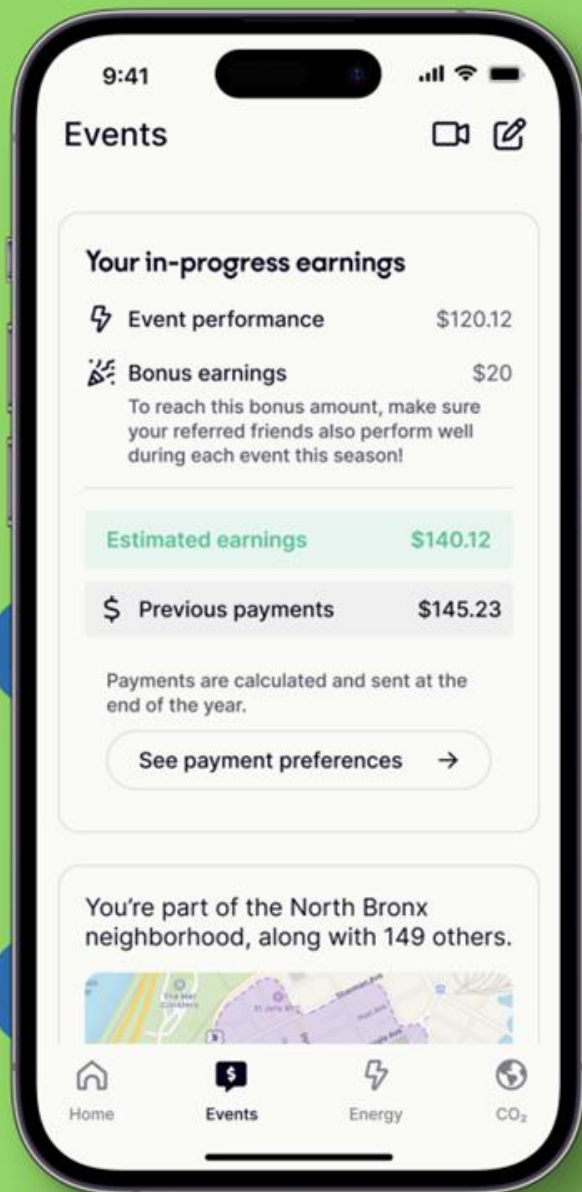
Unplug.
Get paid. ⚡



DEMAND RESPONSE OVERVIEW



- **Heat waves** impose stress on the grid, as **energy use spikes**.
- Demand response programs ask consumers to voluntarily **reduce energy use during peak hours**.
- The aggregated impact functions like a **virtual power plant**.

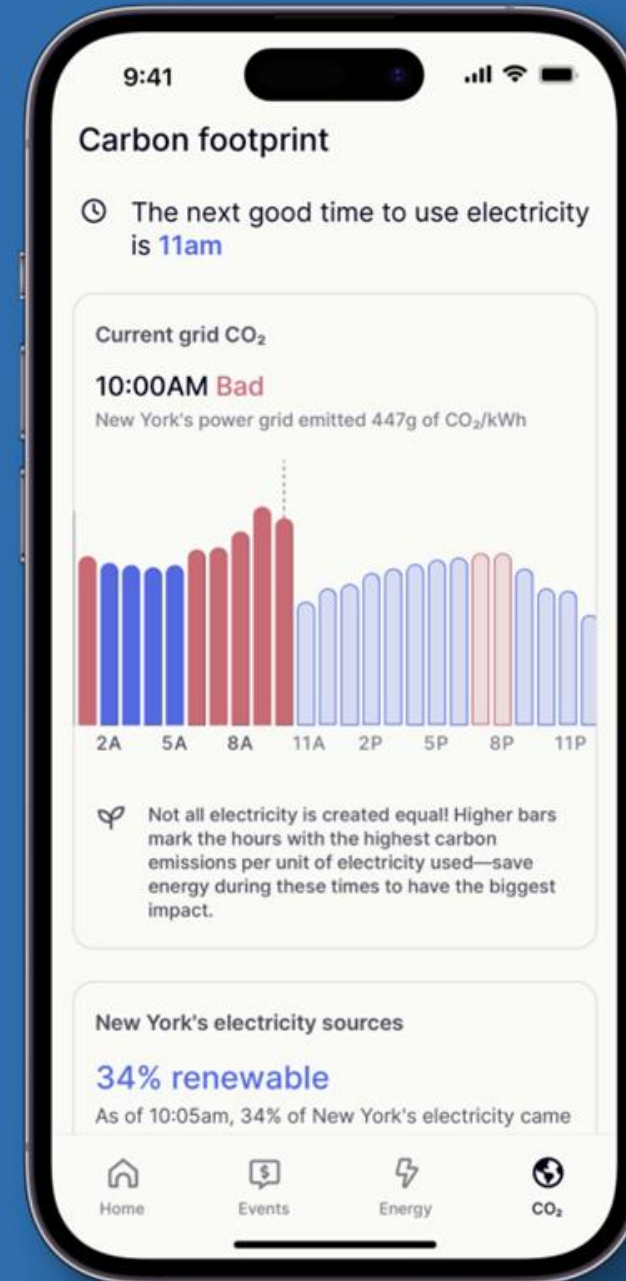


GET PAID TO SAVE ENERGY

- Average user earns more than **\$70 per year with GridRewards!**
- Participation is **voluntary**, earnings based on participation.
- **No risk**, no cost, no downside.
- Gain **personalized energy insights** and efficiency tips.

EVERYONE BENEFITS

- Reduced reliance on peaker plants means **less air pollution, better public health.**
- Less stress on the grid means more resilience, **fewer power outages.**



SIGN UP IS EASY!

- Available to all **Con Ed customers** – regardless of home type.
- **Download the app** to get started. You'll need your utility account number.
- You'll receive notifications before GridRewards events, plus tips for saving energy.

 **GridRewards**



 Download on the
App Store

 GET IT ON
Google Play



**GridRewards is
for ConEd
customers only**



ENERGYSMART HOMES



BENEFITS OF AN ENERGYSMART HOME



- **Comfort:** Warm in the winter, cool in the summer – throughout the house.
- **Health:** Better ventilation means lower risk of mold, moisture, and respiratory ailments.
- **Savings:** Efficient systems reduce utility bills and cut maintenance costs.
- **Climate:** Electrification means less reliance on fossil fuels. Heating and cooling is 57% of home energy use.

TECHNOLOGIES & SOLUTIONS



- **Insulation** and weatherization can cut energy use dramatically and reduce drafts.
- Air source **heat pumps** are 2-3 times more efficient than most fossil-fuel systems.
- Ground source heat pumps (**geothermal**) are 3-4 times more efficient than most fossil-fuel systems and have the lowest operational costs.
- Heat pump **hot water heaters** are another important option.

HOW WE HELP



- **Free Support:** We provide personalized, one-on-one guidance at no cost to you via the NYSERDA Regional Clean Energy Hub.
- **Technical Knowledge:** We know the systems and technologies and can identify the options that work best for your home.
- **Financial Incentives:** We can identify federal, state, and utility incentives and help you stack them for maximum benefit.
- **Contractor Partner List :** Connect with vetted contractors.

**Available to
New York State
homeowners
and renters**

LET'S GET STARTED



- **Contact us** at EnergySmartHomes@SustainableWestchester.org or visit **sustainablewestchester.org/energysmarthomes**.
- A free **home energy assessment** is usually the first step.
- **Incentives and rebates** are significant, despite changes in federal policy.



SOLARIZE



SOLAR MAKES SENSE, AND WE MAKE IT EASY

- **Solar is growing.** Westchester homeowners installed 2,000 solar systems in 2024 alone, but tens of thousands more could benefit.
- Solar systems can dramatically **reduce electricity costs**, while cutting your carbon footprint.
- **We can help you get started** with a free, unbiased evaluation, initial modeling, and connections to trusted contractors.



THREE EASY STEPS

1.



Fill out a short **intake form** on our website.

2.



We'll give you a free **preliminary assessment** and schedule a call to review your options.

3.



We'll connect you to one of our **Certified Installer Partners**. And we'll keep following up to make sure you are satisfied.



OUR INSTALLERS ARE VETTED & TRUSTED



- Background information on **firm history** & solar industry credentials.
- Photo documentation showcasing **quality of work**.
- **Experience** in serving residential solar (at least 20 projects per year.)
- Broad **familiarity** with Westchester jurisdictions (at least 20 jurisdictions.)
- **Customer experience** (review of proposals, contracts, owner's manuals.)
- **Competitive pricing** (\$/Watt) below the average for the region.

HOW TO GET STARTED

- Visit sustainablewestchester.org/residentialsolarize.
- Click "**Free Consultation**" button to reach the form.
- Enter basic information (**name, address, contact info, etc.**).
- Wait for your free assessment and schedule an appointment with our team to review.

Available to
Westchester
homeowners



SUMMARY

How to Take Action Now

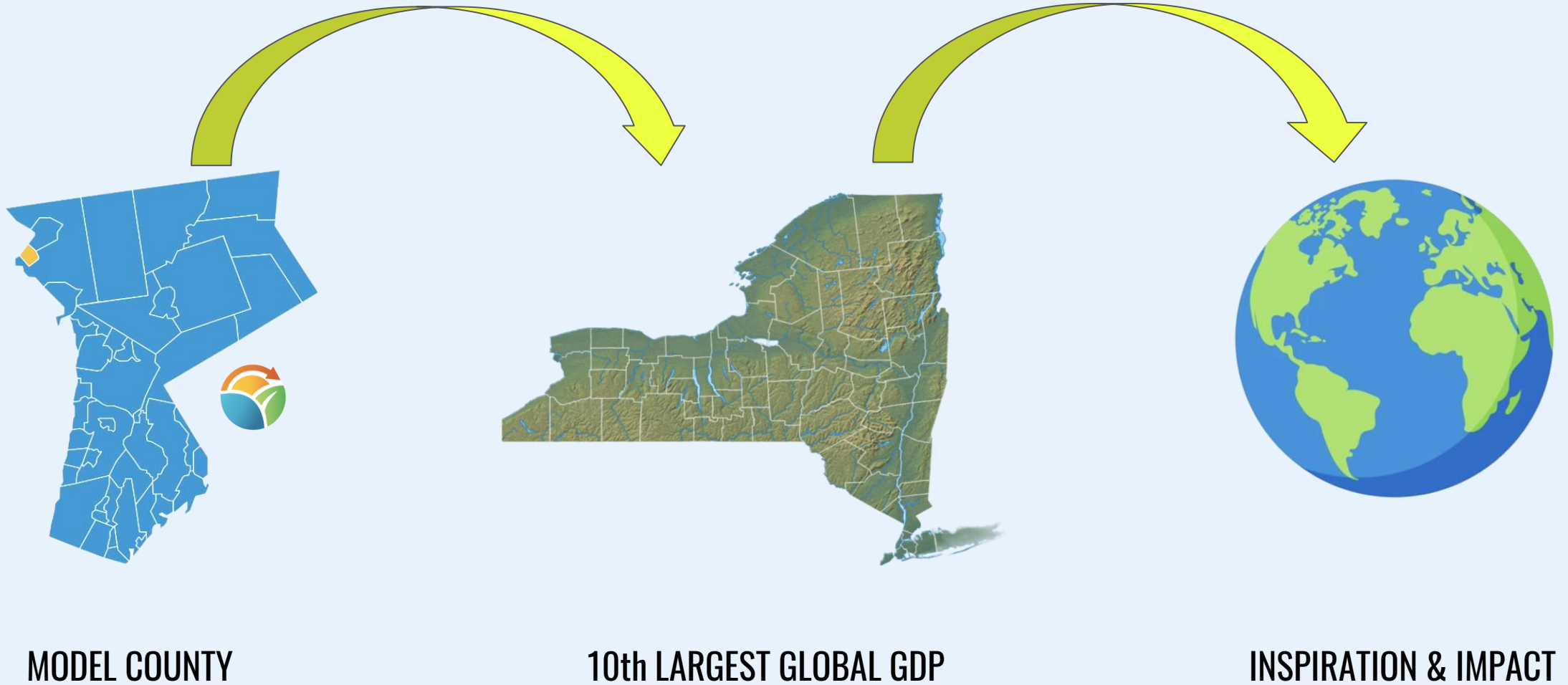
- **GridRewards:** Demand response program for Con Ed customers. Guaranteed savings with positive environmental impact. **Download the app** to get started.
- **EnergySmart Homes:** Free consultation on clean heating and cooling solutions for a healthier, more efficient home. **Visit bit.ly/SW-ESH** to get started.



- **Solarize:** Free analysis of rooftop solar opportunities with connections to vetted contractors. **Visit bit.ly/ResidentialSolarize** to get started.
- **Community Solar:** Subscribe to a solar farm in your region with guaranteed utility savings. NYSEG opportunities now. **Visit sustainablewestchester.org/communitysolar** to get started.



Local Leadership for Global Impact



Thank You & Questions



**Sustainable
Westchester**



LARCHMONT
AVENUE CHURCH

The background features abstract, overlapping green geometric shapes in various shades of green, creating a modern and dynamic feel. The shapes are primarily located on the left and right sides of the slide, framing the central text.

Healthier You, Healthier Planet

Kristen Carpenter

October 26, 2025

Healthier You, Healthier Planet

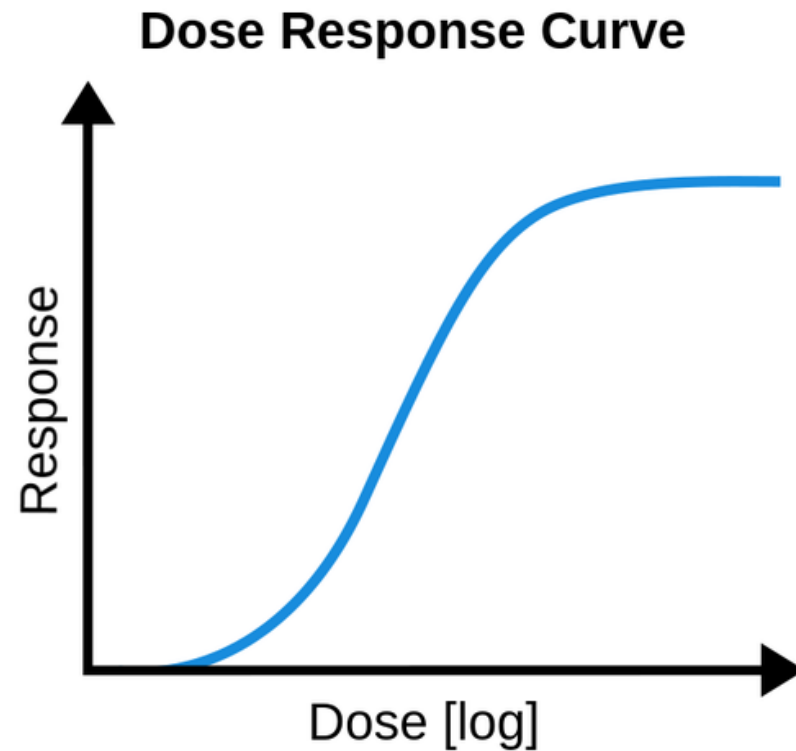
- ▶ Basics of Risk Assessment
- ▶ Fossil Fuel-Related Health Impacts
- ▶ Other Pervasive Materials/Chemicals
 - ▶ Microplastics
 - ▶ Forever Chemicals - PFAS
- ▶ Reducing Use is One of Our Best Options

Basics of Risk Assessment

$$\text{Exposure} \times \text{Toxicity} = \text{Risk}$$

Toxicity

- ▶ Toxicity values are conservative but uncertain
 - ▶ Animal studies
 - ▶ Sensitive individuals
 - ▶ Study duration
 - ▶ Study size
 - ▶ Health endpoint studied
- ▶ Some chemicals do not have thresholds
- ▶ Not all chemicals in use have been studied



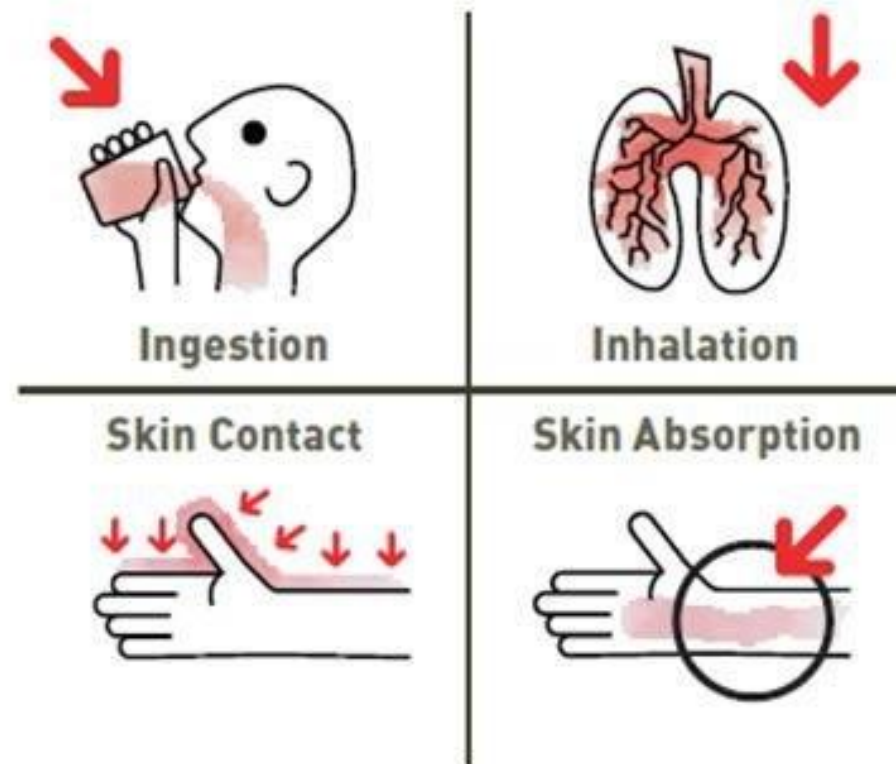
Policy Approaches to Address Uncertainty in Toxicity

- ▶ EU: Precautionary Principle
- ▶ US: more reactive, proof-based system allowing chemicals to remain legal unless proven harmful
- ▶ Examples:
 - ▶ Artificial food dyes Red 40, Yellow 5, Yellow 6 (potential hyperactivity in children)
 - ▶ Potassium bromate, a dough strengthener (kidney and thyroid cancer in rodent studies)



Exposure

- ▶ Exposure routes
- ▶ Factors that influence dose
- ▶ Exposure frequency and duration make a difference



Fossil Fuel-Related Health Impacts

- ▶ It's Not Just About CO₂ - particulate matter and other chemical emissions are generated by burning fossil fuels
- ▶ Health Impacts
 - ▶ Respiratory illnesses: asthma & COPD
 - ▶ Cardiovascular diseases: heart attacks, strokes
 - ▶ Increase in cancers
- ▶ Trends: particulate pollution from fossil fuels is decreasing
- ▶ Technology to capture pollutants can only help so much



Microplastics - What are they?

- Microplastics - less than 5 millimeters in size
- Nanoplastics - less than 1 micrometer in size

The Size of Micro- and Nanoplastics

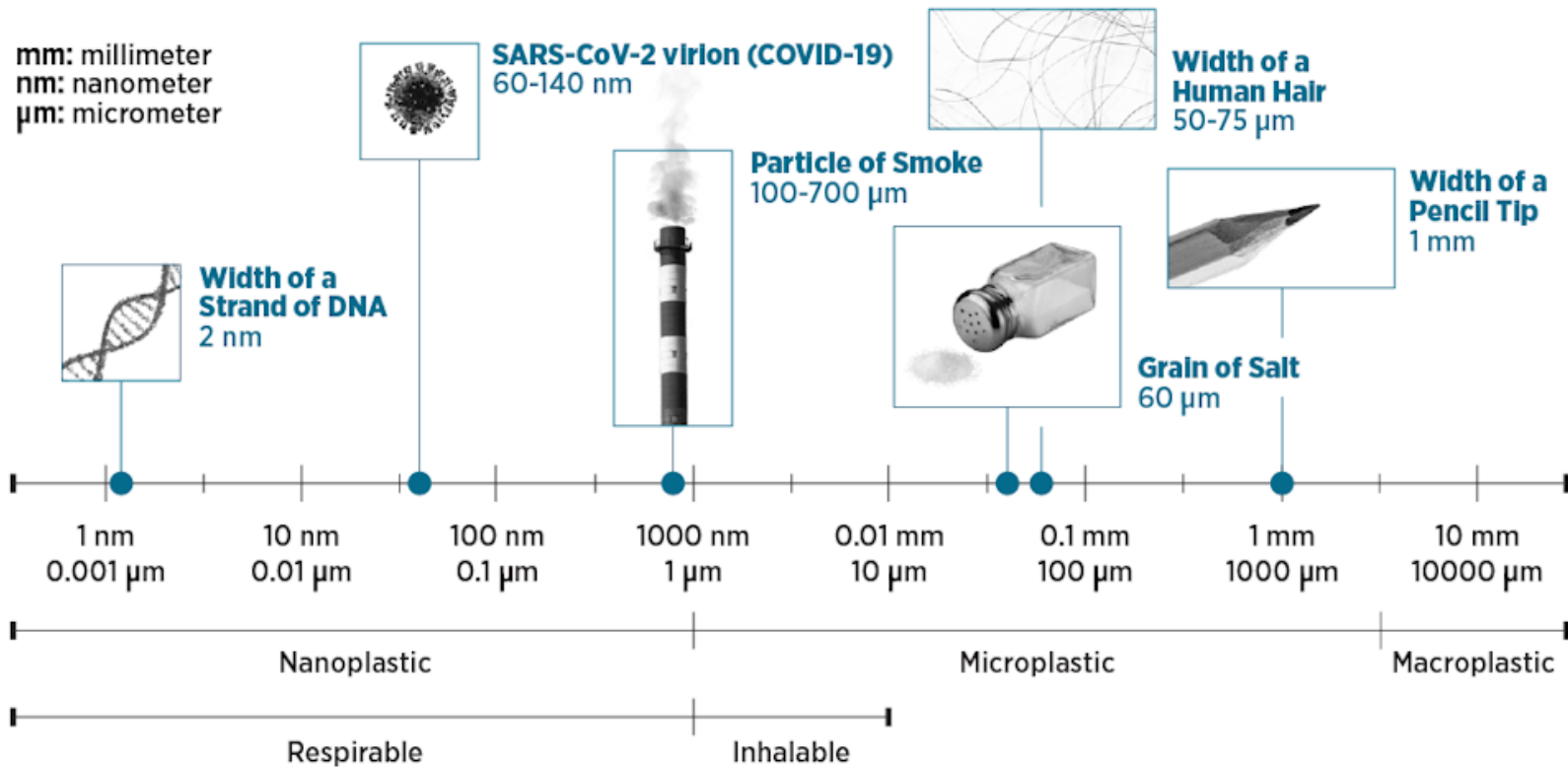


Image source: www.changetheplastic.com

Where do microplastics come from?

▶ Primary sources

- ▶ Microbeads in toothpaste and face wash
- ▶ Resin pellets in plastic manufacturing
- ▶ Glitter and industrial abrasives

▶ Secondary sources

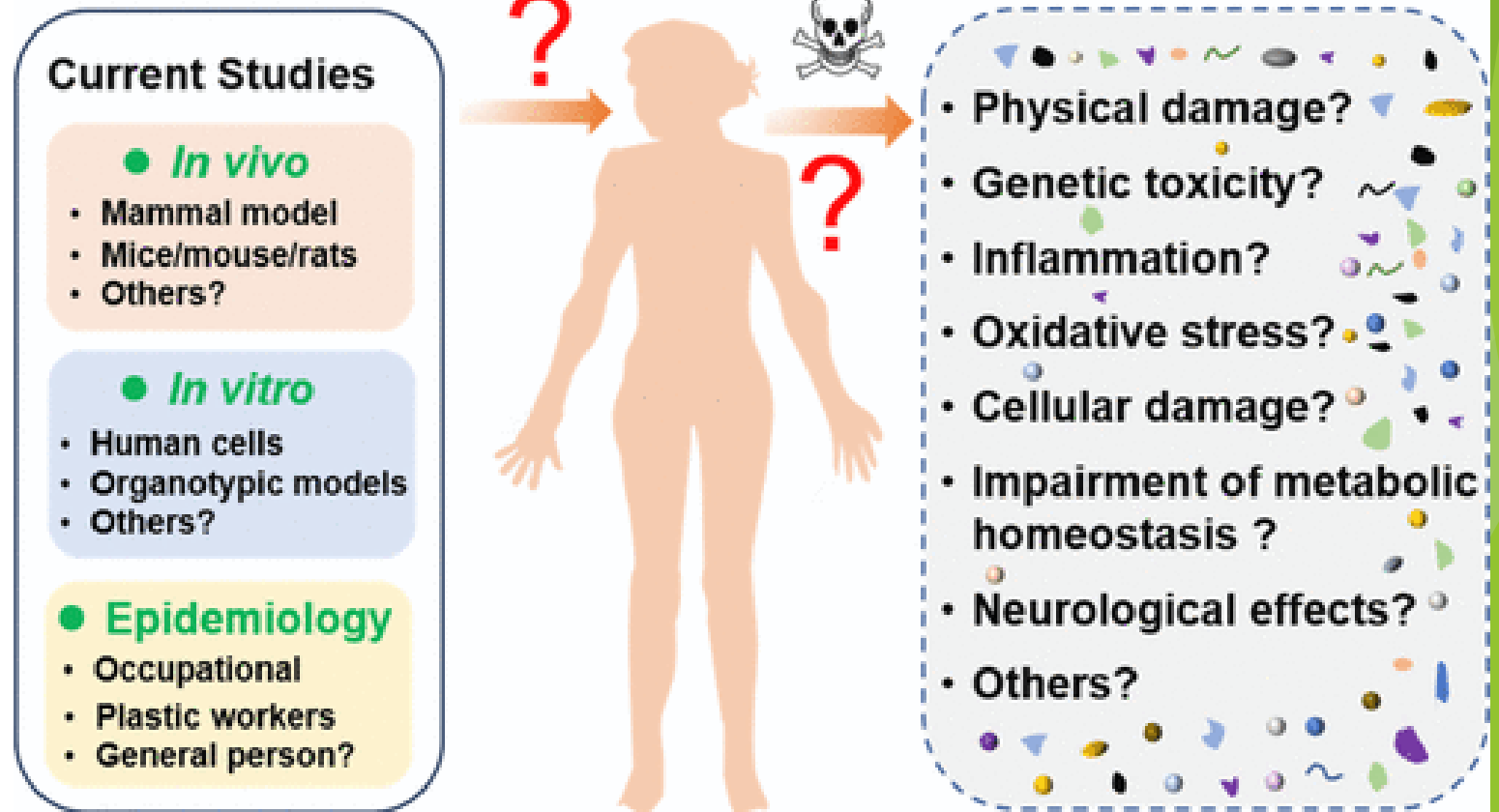
- ▶ Synthetic fabrics like polyester, nylon, and acrylic
- ▶ Degradation of plastic bags, bottle, and food containers
- ▶ Wearing down of tires, paint, other surface coatings
- ▶ Food chain and drinking water



Health Effects of Micro- and Nanoplastic

- We know that exposure is happening because of observed levels in tissue
- Toxicity data is still limited

Potential effects on human health?



Microplastics

- How to reduce exposure?

Limit

Limit personal exposures: filter water, vacuum often, limit processed foods, avoid plastic tea bags

Choose

Choose alternative containers: glass, stainless steel, and ceramic

Choose

Choose natural fiber fabrics: cotton, linen, wool, silk

Avoid

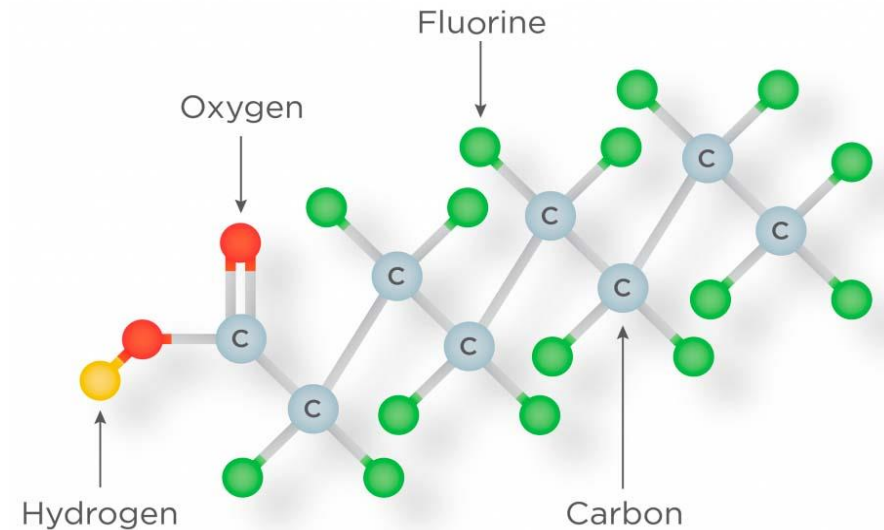
Avoid single use plastics

Reduce

Reduce use to help break the cycle

Forever Chemicals - What are they?

- ▶ PFAS - Per- and polyfluoroalkyl substances
- ▶ Large, complex group of synthetic chemicals - includes nearly 15,000 chemicals
- ▶ Widely used in consumer products since the 1940s
- ▶ Persistent - very slow to break down in the environment
- ▶ Bioaccumulate - people may take in more PFAS than they excrete



Where do PFAS come from?



Primary sources:

Firefighting foams (AFFFs)

Non-stick cookware (Teflon and Teflon alternatives)

Stain-resistant fabrics and water-repellent fabrics

Food packaging - grease-resistant paper (e.g., microwave popcorn bags, takeout containers, bakery bags, some paper plates)



Secondary sources:

Treated wastewater and biosolids from wastewater

Agricultural crops and the food chain

Drinking water

Health Effects of PFAS

- ▶ Effects can differ between individual PFAS chemicals
- ▶ Cholesterol levels
- ▶ Immune system effects
- ▶ Increase in some cancers
- ▶ Developmental effects
- ▶ Reproductive effects

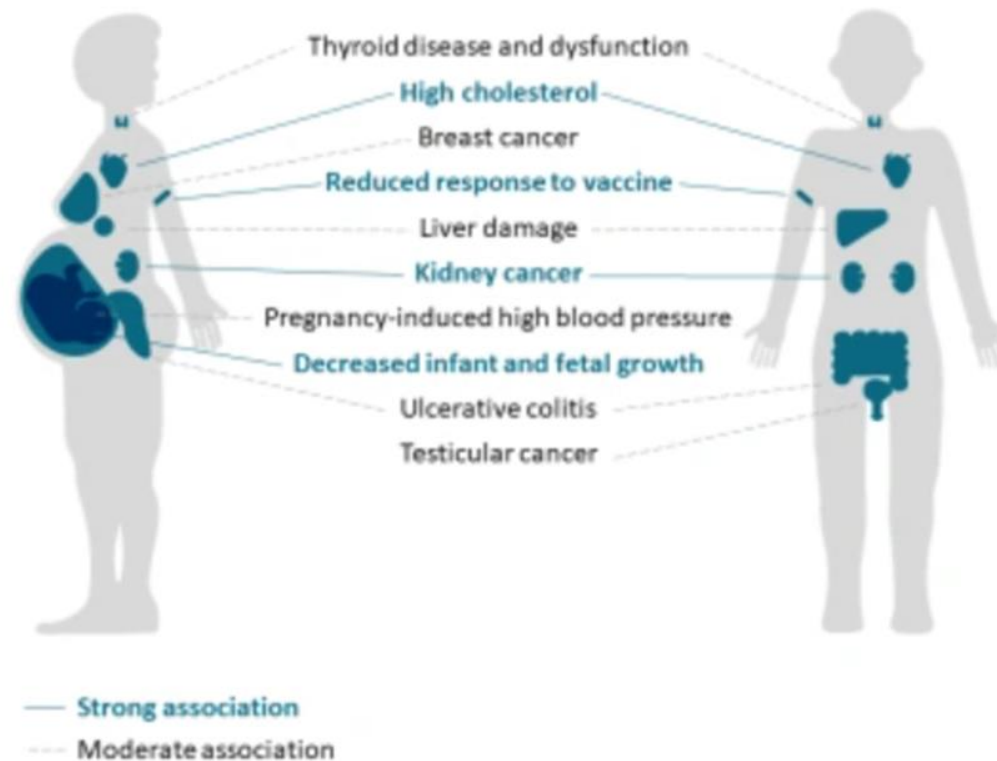


Image source: publichealthmdc.com

Forever Chemicals - How to reduce exposure?

Avoid	Avoid grease-resistant papers, avoid reheating food in original packaging
Choose	Choose alternative containers: glass, stainless steel, and ceramic
Choose	Choose alternative cookware: cast iron, stainless steel, ceramic-coated
Choose	Choose alternative water-repellent fabrics: wool is naturally water-repellent
Do not assume	Do not assume “eco-friendly” means PFAS-free
Reduce	Reduce use to help break the cycle

Reducing Use is One of Our Best Options for a Healthier You, Healthier Planet

- ▶ Elevated greenhouse gases, persistent chemicals, and microplastics are now pervasive world-wide
- ▶ You have some control over personal exposure and impacts to the environment
- ▶ The best long-term option is to reduce use



Image source: stlcityrecycles.com