

## **Most of us fly but maybe we can fly less and fly better**

- if you fly, consider buying carbon offsets; check [www.ontheluce.com](http://www.ontheluce.com) for advice
- try to fly directly and avoid connecting flights where possible, as take-offs consume huge fuel quantities; flying economy reduces your footprint too as you are taking up less space
- if you fly for work, look into video conferencing as an alternative for personal meetings
- look into vacations closer to home that don't require flying

## **Most of us drive, but maybe we can drive less and drive better**

- if you drive gas-powered vehicles, consider getting a 4 cylinder model
- consider selling your car and joining a car co-op
- consider buying a hybrid or electric car (the more battery-operated vehicles in circulation the more battery recycling will be stimulated and less precious minerals will have to be extracted from the earth)
- ensure tires are properly inflated on all your vehicles
- consider biking or walking more and replace short car trips with a bike
- try taking a train or public transportation if it's a viable option to driving

## **Most of us (O.K. All of us) eat but maybe we can eat better**

- minimize or eliminate eating red meat (collectively, cows produce an enormous amount of methane, a greenhouse gas many times more potent than CO<sub>2</sub>).
- buy local and organic foods more often
- start a vegetable garden
- compost green waste and then add it to your new vegetable garden
- waste less food (Americans waste up to 40% of their food)--- avoiding regularly full fridges will help
- buy less packaged food like single use plastic water bottles and food containers

## **Divesting and Investing ---Know what companies are in your portfolio**

- investigate your investment portfolio and consider selling any of your stocks or funds that support fossil fuel and other environmentally-damaging companies.
- consider buying environmental, social and governance funds (ESG's) many with track records as good as traditional funds and which support green energy businesses  
[www.moneysense.ca/save/investing/an-investors-guide-to-esg-reporting-in-canada/](http://www.moneysense.ca/save/investing/an-investors-guide-to-esg-reporting-in-canada/)
- nearly all major Canadian banks support the fossil fuel industry (see [www.bankingonclimatechaos.org](http://www.bankingonclimatechaos.org) for the worst ones)

## **Smarter Shopping Habits**

- reduce buying items in plastic packaging
- buy better quality items that will last longer
- consider second-hand purchases over new
- resist buying "the latest" when what you have could suffice
- repair what's broken (loads of YOUTube videos are there to help you repair items)

- buy from environmentally-responsible companies
- reduce use of plastics especially synthetic clothes as they are a big source of micro plastic getting into marine environments through laundering (washing synthetics in cold water reduces loss)
- consider replacing old gas-powered garden tools with electric ones
- buy recycled paper products and replace paper towels with washable cloths
- buying hemp and bamboo products are typically easier on the planet than traditional ones

## **Smarter Energy Use Habits**

- replace incandescent bulbs with LED's
- add extra attic and basement wall insulation (and exterior walls too if you can)
- consider a window upgrade and an energy audit
- turn your thermostat down a few degrees, wear a sweater and/or install a programmable thermostat
- consider installing a heat pump (loan and grant money are often available for this; [www.bchydro.com/rebates](http://www.bchydro.com/rebates); <https://cleanbc.gov.bc.ca>)
- consider installing solar panels (loan and grant money are often available for this too; see [www.besolar.ca](http://www.besolar.ca))

## **Just Plain Smarter Habits**

- if you have a yard, plant native flowering plants to attractive pollinators and other wildlife
- replace grass with the above or leave your grass uncut and unwatered
- create a special green space even if you only have a balcony
- plant shade plants next to your home to keep it cooler
- plant a tree as a gift to a friend or family member (or to yourself on your birthday) as a substitute for a more traditional gift (see [www.onetreeplanted.org](http://www.onetreeplanted.org) and [www.arborday.org](http://www.arborday.org))
- conserve water by installing low flush toilets and saving cooking water for your garden

## **Make Your Presence Felt (Keeners read on)**

- vote for political parties at all levels of government that have the strongest climate action programs
- volunteer in some environmental capacity
- plant trees, join a land or marine restoration group (see above links in previous section)
- donate to groups fighting for climate change (this link gives you names of 36 groups [www.foodtank.com/news/2020/10/36-organizations-helping-solve-the-climate-crisis/](http://www.foodtank.com/news/2020/10/36-organizations-helping-solve-the-climate-crisis/))
- contact MP's, MLA's and city councilors
- stay abreast on the latest climate change information\*
- speak to family and friends about climate change (perhaps pass on these ideas)

\*check out these websites for further background information:

[www.ipcc.ch](http://www.ipcc.ch); [www.skepticalscience.com](http://www.skepticalscience.com); [www.imperial.ac.uk/stories/climate-action/](http://www.imperial.ac.uk/stories/climate-action/)  
[www.un.org/en/climate](http://www.un.org/en/climate); [www.goldstandard.org](http://www.goldstandard.org)  
[www.ncar.ucar.edu](http://www.ncar.ucar.edu) [www.ncei.noaa.gov](http://www.ncei.noaa.gov)  
[www.theguardian.com/environment/climate=crisis](http://www.theguardian.com/environment/climate=crisis) [www.cbc.ca/listen/1395-10-minutes-to-save/](http://www.cbc.ca/listen/1395-10-minutes-to-save/)

**“Use your voice, use your vote, use your choice” -Al Gore**