

Give up, Give back, or Take up

Suggested actions for the environment:

From Citizens for Public Justice postcard:

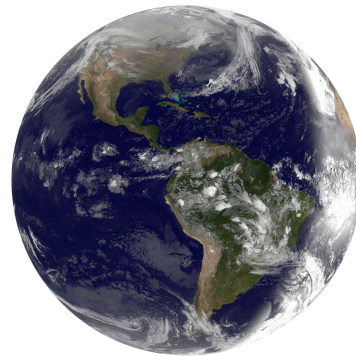
- walk, bike, or bus
- buy less, buy local, buy used
- eliminate air travel
- eat less meat; eat local & in season
- reduce electricity use
- support eco-friendly businesses
- divest from fossil fuels
- upgrade windows, doors & insulation
- buy fair trade
- cut waste
- refuse one-use / overpackaged items

Also see: <http://cpj.ca/greening>

From David Suzuki Foundation

The top 10 things individuals can do (some explained in this book, all described on the webpage <https://davidsuzuki.org/what-you-can-do/top-10-ways-can-stop-climate-change/> :

1. Get involved
2. Be energy efficient
3. Choose renewable power
4. Eat wisely
5. Trim your waste
6. Let polluters pay
7. Fly less
8. Get informed
9. Green your commute
10. Support and donate



From Leah Daly, Lent in a Catholic High School

Give up...

- disposable cups, straws, bottles, cans, shopping bags
- meat one day a week
- long, hot showers

Take up...

- walking or cycling
- repairing rather than replacing
- recycling or composting
- eating local fruit and veggies

From other sources:

- Reflect, reduce, reuse, recycle
- weatherproof your house as much as you can afford to
- refuse plastic bags and excessive packaging
- repair instead of replacing
- don't buy more clothes than you need
- become aware of and follow your community's recycling systems
- pledge to make your next car hybrid or electric
- purchase carbon-neutral biomethane from Fortis instead of natural gas
- change your lightbulbs to LED
- investigate solar panels for your home
- invest in a solar energy cooperative (e.g. VREC.ca or SolShare.ca), or donate to Tsleil-Waututh Nation's solar power project)
- install an automatic thermostat
- turn down your thermostat to 19.5°C, and a few degrees lower at night, and 10°C when you go away
- when flying is necessary, purchase meaningful offsets

See also: <https://www.youtube.com/watch?v=VTfgNFz1DBM>

(a BC-oriented film from BC's universities, 10 minutes)

"We are going to win this; we are going to solve this crisis. The key is solving it quickly enough. That's why it matters that so many people are organizing to accelerate the solutions."

-- Al Gore, An Inconvenient Sequel