

THE 7 ACTION PACKAGES

Here's where you get to pick your action pack! In each of our seven packages, you find fun and inspiring actions you and your neighbours can take to advance lighter living here in British Columbia. The packages focus on actions that have the highest footprint impact, covering priority areas like how we eat, how we move around, how we live in our homes and the stuff we buy.

TIP!

START WITH WHATEVER PACKAGE SEEMS LIKE THE BEST FIT FOR YOUR COMMUNITY. ONCE YOU'VE FINISHED ONE, TAKE ON ANOTHER — OR COMMIT TO THE LIGHTER LIVING SUPER CHALLENGE!

We're here to guide you on your journey. Share your experiences and get in touch anytime at info@oneearthweb.org

The 7 action packages are:



1

BUILDING ON THE BLOCK PARTY

Have fun hosting your neighbours, with a lasting impact on everyone's lighter living practices.

2

GOOD STUFF

Extend the lives of everyday things and enjoy less waste, more sharing and more meaningful experiences.

3

BIG WINS

Support long-term choices that have the greatest impact in reducing our ecological and climate footprints.

4

NEXT-LEVEL FOOD

Fuel healthy eating practices that are better for the planet through plant-rich meals and less food waste.

5

LIFE CHANGES

Foster new habits and traditions during periods of big life transition, from moving to retiring to having kids.

6

CULTIVATING CONNECTION

Build a fairer, more inclusive community, inspired by both new and traditional living practices.

7

LIGHTER LIVING SUPER CHALLENGE

Be bold!

Commit to sustained, multi-year, lighter living action in your neighbourhood.

A woman with long dark hair, wearing a white tank top, is smiling and looking down at something in her hands. She is in a crowded indoor setting, likely a clothing swap event, with other people and clothing items visible in the background. A large red arrow-shaped graphic points downwards from the top left, containing the number 2 and the text 'GOOD STUFF'. Below this, a white box contains text about consuming differently. The background image is a photograph of the woman at the clothing swap.

2

GOOD STUFF

Consuming differently means questioning the impacts our consumption has on other people and the planet — and whether we even need certain things at all.

Find fun ways to share, reuse, repair and repurpose your stuff instead!

Why “good stuff”?

Everyone needs to consume enough to survive and thrive, but we also want to shift towards healthy, happy lifestyles that have less impact on the planet.

The energy and materials that go into making the goods we use have the greatest impact on our ecological footprints. So while recycling is great, it’s more important to reduce our overall consumption of goods — through re-thinking, sharing, repairing and reusing. This applies to clothing, sports gear, appliances, tools, toys, cars and *so much more*.

DID YOU KNOW?

In Southwest BC, 90% of the total impact of our “stuff” comes from the energy and materials used to make and ship products.

— THE THINGERY



The Thingery, a community-owned lending library of things. (credit: The Thingery)

LIGHTER LIVING OPPORTUNITY

You can embrace “good stuff” by:

- Borrowing, reusing and sharing items instead of owning them
- Repairing your things so they last longer
- Choosing pre-loved items and passing things on to others
- Supporting businesses and products with lower ecological footprints
- Enjoying low-impact experiences instead of owning lots of stuff

How to take action

You may already be doing things in your daily life that model the change you want to see. Practicing these at home and starting a conversation with your neighbours is powerful. But remember, to have an even bigger impact, you'll want to engage others as well!

JUST YOU

Check off the things you're already doing or are inspired to do!

- Reduce your use of high-footprint materials like paper, plastics and textiles
- Limit unneeded purchases (like fast fashion) and wear clothes for longer
- Choose second-hand items, and donate/swap what you don't need
- Give gifts of low-impact experiences, not stuff
- Avoid single-use plastic items
- Repair rather than replace items
- Choose durable goods / furnishings and natural materials
- Use efficient, long-lasting appliances

YOU & A FEW OTHERS

- Offer used items to neighbours or resale shops, or list them online
- Initiate local collection points to recycle batteries, textiles and appliances
- Start sharing stuff with some neighbours — from bread makers to lawnmowers
- Celebrate Buy Nothing Day together
- Support and recommend companies that use renewable materials, provide parts for repair, and take back their items for resale or recycling
- Advocate for and support city government leadership (e.g., banning single-use items, zero waste policies)

YOU & YOUR NEIGHBOURHOOD

- Organize a regular neighbourhood-wide swap or garage sale where people can trade or buy second-hand goods.
- Set up repair cafés or skill shares to teach people how to fix clothing, appliances, etc.
- Create sharing systems in your community — e.g., group woodshops or sewing facilities, apps and share sheds
- Take advantage of services instead of owning goods (e.g., community kitchens, party rentals)
- Lobby local restaurants, offices and retail outlets to reduce packaging waste and single-use plastics.

USE THIS SPACE TO ADD YOUR OWN IDEAS!

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WHO CAN YOU TEAM UP WITH TO MAKE A BIGGER IMPACT?

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DID YOU KNOW?



The average consumer bought 60% more clothes in 2014 than in 2000, but kept each garment for half as long.

(SOURCE)

Key questions to ask

- ❖ Are there ways to talk differently about consuming – with your family, friends and neighbours – to shift away from a focus on material wealth towards other ideas of wellbeing and progress?
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- ❖ How can your neighbourhood make meaningful changes in the overall level of stuff consumed? How will you measure that?
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- ❖ How can you be inclusive of community members whose basic consumption needs aren't being met?
.....
- ❖ Which aspects of the local economy could be transformed to move away from emphasizing continuous growth and harmful consumption?
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Add your thoughts →

Explore and get inspiration for your own journey

Online sharing apps and sites like [Bunz](#) and [Ruckify](#), as well as [Facebook Marketplace](#) and [Buy Nothing](#) groups, help you trade, buy and sell unwanted items for things you need. These apps can facilitate meetups for swaps and sales.

Refillable product suppliers are skyrocketing in popularity, empowering engagement in zero waste lifestyles. Check out [Fulfill Shoppe](#), [Nada](#) and [The Refillery](#) in the Fraser Valley; [West Coast Refill](#) and [Nezza Naturals](#) in Victoria; [The Soap Dispensary](#), [Greenworks Building Supply](#) and [Refill Road](#) in Vancouver, and [Port Moody Refillery](#).

Clothing donations and swaps help people breathe new life into old clothes, reducing fast fashion. Check out [Think Thrive](#) and the City of Abbotsford [Fix-It and Swap Events](#).

Lending libraries like [The Thingery](#), and shared spaces like [Makerspaces](#), are fun ways to borrow things when you need them and to acquire repair knowledge and other skills. [Victoria's Tool Library](#) enables you to borrow rather than buy tools.

Zero waste campaigns like [Trash Is For Tossers](#) and [My Plastic-Free Life](#) promote engagement with low-waste lifestyles, while strategies like the City of Vancouver's [Single-Use Item Reduction Strategy](#) provide government support for minimizing waste.



Refillable products.
(credit: Fahim Kassam, courtesy of Scott & Scott Architects)

SPOTLIGHT

Metro Van Repair Cafés

These days, it's often cheaper to replace broken items than to repair them. But as we seek to live lighter and reduce our footprints, we need to rethink how we value our "stuff." This includes investing in durable, longer-lasting goods while maintaining existing items as long as possible.

At free repair café events, people bring in their broken or damaged items, and experienced "fixer" volunteers (often older people) share their skills to help repair them. Repair cafés support community members who may not be able to invest in new purchases, and also eliminate the need to own a lot of tools.

In Vancouver, Metro Van Repair Cafés offer fixing stations for items from small appliances to textiles, jewellery and bikes. At the Tinkerbell Station, kids can tinker with broken items, highlighting that curiosity and creativity are at the heart of repair. In 2020, MetroVan Repair Cafés engaged 136 volunteers and repaired 230 damaged or broken items (a 62% average repair rate). They hope to bring the events to all communities across the city.

REPAIR CAFÉS "BRING BACK REPAIR AND BRING TOGETHER COMMUNITIES."

www.metrovanrepaircafes.ca



"People around the world are discovering that they'd rather spend time making social connections than buying new stuff."

NO IMPACT EXPERIMENT

*Metro Van Repair Cafés Community Event, 2019.
(credit: Metro Van Repair Cafés)*