

# 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](mailto: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.

3

# BIG WINS

Some of the lighter living actions we can take have a huge impact on reducing carbon and ecological footprints. Priority areas for "big wins" include our homes and how we get around.

Be a lighter living winner with these big actions.



## Why “big wins”?

While some lighter living efforts involve smaller decisions — like what to have for dinner, or whether to buy a new shirt — others involve bigger choices that have sustained, long-term impacts on our carbon and ecological footprints. These include things like where you live and the size and type of your home, upgrading your heating system or replacing a vehicle.

By rethinking your options in these “big win” areas, you can have a huge impact on shrinking your overall footprint. Your choices in these impactful areas can also influence broader initiatives by governmental and civic actors (for example, in the areas of transportation or housing).

### JUST A REMINDER...

The top carbon and ecological footprint reduction priorities for BC are:

- ✓ Fossil fuel-free mobility options
- ✓ Plant-rich food options and reducing food waste
- ✓ Fossil fuel-free energy for our homes
- ✓ Lower-impact choices for our stuff through rethinking purchases and sharing, reusing and repairing more
- ✓ “Low-carbon” and ethical investment choices



*Installing a heat pump can lead to big wins for the climate. (credit: City Green Solutions)*

### LIGHTER LIVING OPPORTUNITY

#### You can make big wins by:

- Adding home insulation, installing a heat pump or solar panels
- Downsizing or sharing your home, and choosing a location that enables cycling or walking
- Choosing good-quality, long-lasting appliances
- Shifting your commute to take the bus, bike or walk
- Shifting your investments away from fossil fuels
- Supporting low-carbon businesses through your purchases or investments
- Pushing for government climate action and supporting bold policies

## 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

- Install a heat pump or solar panels
- Shift your transportation habits to drive less — or not have a car at all
- On your next move, downsize and choose a home that enables walking or cycling if you can, or share your home
- Choose good-quality appliances that are energy efficient and last longer
- Buy sustainable furnishings and appliances that are good-quality, durable and made from renewable materials like wood

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

### YOU & A FEW OTHERS

- Organize a clean-up to make walking and biking paths safer, more accessible and beautiful through lighting, art, gardening and/or benches
- Coordinate a walking school bus (see p. 36) or a carpooling initiative for trips to the store
- Set up a learning group to explore investing in ways that are better for people and the planet
- Rally a group to speak on "big win" topics at local council meetings
- Start petitions and educate your neighbours about policies that are controversial but needed

### YOU & YOUR NEIGHBOURHOOD

- Organize an energy retrofit challenge and get sponsors on board to offer prizes and subsidies for participating households
- Design a bike- or car-sharing program where people can lend or donate vehicles
- Highlight cycling infrastructure in the neighbourhood to increase awareness of routes
- Promote rideshare options for neighbours to limit car use and get to know each other
- Use media to showcase your neighbourhood climate action progress

USE THIS SPACE TO ADD YOUR OWN IDEAS!

.....

.....

.....

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

.....

.....

.....

### DID YOU KNOW?



In 2019, more than 1,200 jurisdictions worldwide declared a climate emergency.

## Key questions to ask

❖ Take another look at the priority areas for reducing carbon and ecological footprints. Which seem to have momentum in your neighbourhood? Are people talking about their commutes, their heating bills or renovations? This could guide where you start.

Add your thoughts →

❖ Are there sports clubs, faith communities, schools, community centres / spaces or libraries in your area that can take big-win actions?

❖ How can you be strategic with your communications to make sure you reach all potential residents that would benefit from big-win shifts?

❖ Can you and your neighbours advocate your government, businesses or others to do more? Are there local Council resolutions you can support? Petitions to sign? Public consultations to add your voices to?

## Explore and get inspiration for your own journey

**Sustainable Lifestyles: Options and Opportunities**, a guide from OneEarth and the United Nations, gives lots of ideas for community-based action on food, mobility and housing.

For information on home retrofits and energy efficiency, check out [Better Homes BC](#) and [Bring it Home 4 the Climate](#), which also provides advice about various rebates available.

**Sustainable Neighbourhood Action Program (SNAP) Toronto** offers an example of how to examine and develop the process for a neighbourhood-wide sustainable retrofit.

**Temple Sholom's Shomrei Ha'Adamah** initiative in Vancouver has encouraged more than 100 families in the Jewish congregation to pledge to reduce their household environmental footprints by 18% within a year.

**E-bikes for cargo transportation** started as a pilot in Vancouver in May 2021 to reduce traffic congestion and air pollution from trucks. The pilot will have e-bikes transporting cargo from micro hubs to their final destinations.



Groundswell Cohousing at the Yarrow Ecovillage. (credit: Groundswell Cohousing)

## SPOTLIGHT

# Vancouver Civic Engagement

Big wins come through the commitments to take action both individually and collectively. That commitment to change is sometimes tested by various challenges, requiring champions within different spaces.

Vancouver's City Hall heard the demands of its citizens following the September 2019 Climate Strike, and within a year of the strike, they released their Climate Emergency Action Plan that included six big moves. Among those big moves were commitments to reduce building emissions from heating and hot water; since 54% of Vancouver emissions come from natural gas heating and hot water systems.

In April 2021, the Canadian Institute of Plumbing & Heating wrote a letter to the City Council asking them to delay the plan for all homes to be built with zero-emissions heating and hot water systems, which was scheduled to start on January 1, 2022. The letter asked the City Council to delay the bylaw by up to two years. City staff recommended a delay of 12 months to help speed up the permit processing times.

The proposed delay drew a big response. Hundreds of Vancouver residents wrote emails to the City Council asking them to stay with the original timeline. City Council also heard from a range of speakers — industry leaders, scientists, medical professionals, seniors, parents and teenagers — in favor of maintaining the January start. This response and strong testimonies led the City Council to vote in favor of maintaining the original start date for the bylaw.



*"Climate delay is climate denial."*

CHRISTINE BOYLE,  
VANCOUVER CITY COUNCILLOR

*Vancouverites take to social media and build momentum for the campaign to pass the Climate Emergency Action Plan. (credit: Christine Boyle)*