

# 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.

5

# LIFE CHANGES

Key life transitions and times of big societal change can be challenging, but they also present opportunities to introduce new lighter living habits and practices.

Build on times of change and create long-lasting impact!



## Why focus on life changes?

Key life changes include things like moving houses, immigrating, transitioning to middle or high school, starting university, getting married, having a baby, retirement and dealing with the end-of-life.

These periods, as well as times of big societal upheaval (like the COVID-19 pandemic), can be stressful and uncertain. But they're also times of great potential, when people can be supported to adjust their daily patterns and behaviours — sometimes for the long term.

By triggering important conversations and providing support during these special times, we can help people in making long-term investments in habits and behaviours that are aligned with lighter living practices. We can also shift to low-impact celebrations and events that mark these changes.

*"Frequently, the desire for human connection isn't what comes to mind when we think of the typical celebration. From baby showers to sweet sixteens, extravagant events seem to have become a cultural expectation."*

— NEW DREAM



Amma Vancouver  
Annual Garage Sale.  
(credit: Amma)

### LIGHTER LIVING OPPORTUNITY

#### You can support lighter living during key life changes by:

- Helping neighbours sell or donate items when they move or downsize
- Supporting people to take “big win” high-impact actions (see Package 3) during life changes
- Renting rather than buying items like formal attire and kitchen supplies
- Choosing zero waste food items, invitations and decor
- Creating new traditions that celebrate the joy of being together over giving 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!*

- When moving, look for a location that can meet all your needs with limited travel
- When job searching, explore the options closest to you
- Register non-material wishes for birthdays and weddings
- Mark meaningful moments with a staycation vs. travel abroad
- Hire event companies that are committed to sustainability
- Rent or borrow formal and specialised attire instead of buying it for an event
- Save and reuse event decorations

### YOU & A FEW OTHERS

- Support friends in periods of transition to take “big win” actions (see [Package 3](#))
- Evolve traditions to reduce waste, and rethink meals to be climate-friendly
- Focus on the joy of being together vs. the stuff associated with events
- Rent dishes for large gatherings, or invite people to bring their own
- Revive traditional ways of celebrating that have lower footprints
- Go paperless for invitations and RSVPs, and wrap gifts with reusable, recyclable and compostable materials
- Arrange joint celebrations, like a party for all kids born in the same month

### YOU & YOUR NEIGHBOURHOOD

- Arrange a neighbourhood “welcome wagon” for immigrants and new residents that showcases lighter living options (e.g., a transit pass).
- Solicit donations of used home and baby items to support newlyweds or parents
- Create a map showing local walking, cycling and transit routes to commercial centres, to help residents and newcomers to the area
- Organize skills exchanges instead of presents to support local gift-giving
- Host a fund drive to build up an inventory of neighbourhood celebration supplies
- Create a “new parent” package showcasing low-impact ideas and resources.

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?



Parents typically spend thousands of dollars on new things in preparation for their baby. They could save a lot if they embraced more secondhand, sharing and borrowing.

## Key questions to ask

- ❖ How do you traditionally celebrate milestone events in your culture? Are there ways to reduce the waste in these events?
- .....
- ❖ Can you challenge expectations (your own, and those of friends, family and neighbours) to make these celebrations more sustainable?
- .....
- ❖ What steps can you take to prepare for big life moments in advance? What support (from neighbours, governments, businesses) can you get to make these transitions also a transition to lighter living?
- .....
- ❖ Do you communicate your wishes when it comes to lighter living and how you'd like others to mark important occasions in your life?
- .....
- ❖ Can you create a plan for staying true to your values, even when you're busy and distracted?
- .....
- ❖ Are there local rental and community sharing initiatives that can help significantly reduce waste at your events?
- .....

Add your thoughts →

## Explore and get inspiration for your own journey

**Rent baby gear** to get you through parenting phases that require specialized items. [Babyquip](#) in Langley and Surrey, and [Wee Travel](#) in Vancouver and Victoria, deliver insured gear to your door and will even meet you at the airport!

**Health care equipment rentals** help you avoid buying costly items for single-time use. Check out [Canadian Red Cross Health Equipment Loans](#), which serves BC, as well as [Abbey Medical Supplies](#) in Abbotsford, [LifeCare Medical](#) in Maple Ridge and [Island Mediquip](#) on Vancouver Island.

**Rent electronics, outdoor gear, and home and garden goods** through [Quupe](#), an insured platform available across Canada.

**When celebrating big life moments**, consider dish rental services like [Mt. Pleasant Dish Box](#) and [Clark Park Party Box](#), or Trout Lake Community Centre's [Party in a Box](#) (p. 43 in the Recreation Guide).

**Simplify the holidays**, from Christmas to birthdays and more, with resources from the US-based Center for Biological Diversity.

**Get tips for having a sustainable wedding** from [Trash Is For Tossers](#).



Nature Grove green burial area in Parksville, BC. (credit: Yates Memorial Services)

## SPOTLIGHT

# Walking School Bus

Key to lighter living is shifting our transportation choices away from high-impact modes that increase our climate and ecological footprints. This means embracing safe, accessible and enjoyable alternatives to car ownership, including increasing the share of trips by walking, cycling and public transit.

The walking school bus is a fun neighbourhood-based solution. Chaperoned by an adult volunteer (often a parent), children walk to school together along an established route, picking up new passengers (kids) at scheduled “stops” along the way. This has the potential to shift long-term commuting patterns in the neighbourhood.

Once the walking school bus is set up in the neighbourhood (across age groups), the leadership of organizing it can be passed down. It can then become a program that parents enroll their kids in as they enter the school system.

Benefits of the “pedestrian bus” for children include: a chance to make new friends, pleasure and sense of belonging to a group, learning to become a good pedestrian, better concentration in class, and increased daily physical activity. Benefits for communities include: fewer cars, since families walk more to get around; a greener neighbourhood; citizen involvement in an intergenerational project; and strengthening the social fabric.

[walkingschoolbus.cancer.ca](http://walkingschoolbus.cancer.ca)  
(includes a Start Up Guide)



*“58% of parents say that they always walked to school when they were children: only 28% say that their children are doing it today.”*

WALKING SCHOOL BUS

*Walk n Roll to School Celebration Week: Encouraging BC's youngest residents (and their parents!) to choose active transportation and promote a safe and walkable community. (credit: UTownUBC)*