

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.

6

CULTIVATING CONNECTION

Neighbourhoods that are aligned, collaborative and deeply connected can take more effective action towards a healthier, sustainable and more just future for all.

So let's build together and learn from each other!

LOW RES

Why a connected neighbourhood?

By fostering connection in our communities, we're able to better support each other in pursuing lighter living. Greater connection allows us to serve the needs of all residents, including people of diverse races and incomes, the elderly or isolated, the homeless or poorly housed, people with disabilities and anyone facing systemic barriers to justice and wellbeing.

Through connection, we're able to share knowledge, experiences, and resources, extend a helping hand and show solidarity. Connected communities thrive on elevating diverse perspectives, multi-generational communication, mutual aid, collective values and social equity. By becoming more aware of the unique needs around wellbeing and lighter living in our communities, we can find ways to address these needs together.

Creating connection and a deep sense of community is a key part of impactful change towards lighter living and equitable wellbeing for all.



Members of the South Vancouver Food Network (SVFN) prepare a meal. (credit: Vancouver Food Network)

LIGHTER LIVING OPPORTUNITY

You can nurture and support a connected neighbourhood by:

- Reaching out to neighbours directly to provide support
- Connecting those who can give with those who need help
- Learning from residents already engaged in lighter living cultural practices, and supporting their leadership and decision making
- Buying from local family- and minority-owned businesses
- Leveraging community spaces like town halls, mutual aid networks and community fridges or pantries
- Advocating for folks facing barriers to wellbeing and supporting movements to remove these barriers

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!

- Reach out to neighbours directly to offer your help, support and resources
- Learn about the active movements, initiatives and interest groups in your neighbourhood and how to get involved
- Join local online groups to connect with community members and to coordinate actions
- Buy from local, minority-owned businesses and encourage others to do the same
- Engage in conversations in your household around social justice, equity, mutual aid and cultural awareness

YOU & A FEW OTHERS

- Start group conversations around social issues, cultural awareness, equity, justice
- Form a pod to engage in group service projects, like shopping for the elderly, food sharing, dog walking, etc.
- Record the needs of your community through anonymous surveys and interviews with people taking action
- Gather local artists to spread messaging about mutual aid and community building
- Create a database of local businesses and services where residents can share resources, actions or news
- Revitalize outdoor spaces that provide access to nature for community use.

YOU & YOUR NEIGHBOURHOOD

- Organize a mutual aid sign-up for people to offer skills or resources, and ask for things they need
- Coordinate an accessible community space that can host regular gatherings like town halls, celebrations and events
- Advocate for free mental health services where residents can receive support
- Coordinate shared office space where people can collaborate and share resources (at a local business/company?)
- Design a bike- or car-sharing program where people can lend/donate vehicles
- Create spaces that encourage intergenerational leadership and knowledge sharing

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?



45% of BCers want to be more involved in their communities. 30% of Canadians feel disconnected from their neighbours. Time for change!

(SOURCE: VANCOUVER FOUNDATION AND MACLEANS)

Key questions to ask

- ❖ What identity groups or demographics are represented in your area? What needs and barriers to participation might these groups face? Can you provide support with, e.g., bus passes or childminding?
- ❖ How might you cultivate a deep understanding of the experience of historically marginalized communities?
- ❖ What broader approaches to lighter living are evident in your neighbourhood? (e.g., growing your own food, swapping toys/books)
- ❖ What language is used to talk about these actions? How could you connect and mobilize more people around them?
- ❖ How might you and your neighbours re-imagine your neighbourhood with greater mutual support? What might this mean for the wellbeing of all?
- ❖ How could you learn more about neighbours' skill sets, lived experiences, passion points and interests?

Add your thoughts →

Explore and get inspiration for your own journey

Food support projects that advance equity and social justice include [FoodShare Emergency Good Food Box](#), Toronto's [Cooking for COVID](#) and [FridgeShare](#), which provides community fridges.

Sharing initiatives for people in need include the [Disability Justice Network of Ontario](#) and [VALU CO-OP x Coming Together Vancouver](#). [Caregivers Action Centre](#) provides support to migrant women doing essential work. [OneEarth's Local Governments and the Sharing Economy](#) also helps local communities advance sharing.

Accessible transport initiatives include [Cycling without Age](#), which offers free bike rides to the elderly, and [Nice Ride](#), which makes bike sharing more accessible for the low-income and marginalized.

To take your concerns to your local government, see the David Suzuki Foundation's [tips for mobilizing local government climate action](#).

Local databases in BC include [Mutual Aid Vancouver \(MAV\)](#) and [bc211](#).

Bioregional's One Planet Cities program, including Saanich, outlines 10 principles and a common language for participants to reduce footprints.

Global examples of low-footprint living include New York's [Penn South](#); [Kislábnyom](#) from [GreenDependent](#) in Hungary; and low cost innovations in [India](#).

Futuring exercises inspire us to live differently: see [African Alternative Post-Fossil City](#), [A Day in 2030](#), [SPREAD Sustainable Lifestyles 2050](#).



Take what you need, leave what you can from [The Local Access Fridge \(LOAF\)](#). (credit: [Local Open Access Fridge](#))

SPOTLIGHT

Hives for Humanity

Hives for Humanity, a Vancouver-based non-profit, set up its first beehive in 2012 in the Hastings Folk Garden in the Downtown Eastside. The goal was to help residents connect to nature, but the garden did that and more: it created deeper connections within the community. Hives for Humanity has since grown to create a network that is inclusive, caring, collaborative and sustainable.

Hives for Humanity invites community members to care for the bees and take part in an activity that's nurturing to themselves and the environment. The care of the community extends to other organizations, through projects including beautifying the area through planters, reclaiming wood for beekeeping and using beeswax for wood conditioning, and working with fiber artists and weavers. The connections that Hives for Humanity makes ripple throughout the community.

Wood Shop has been able to employ residents who would normally face barriers, totalling over 7,800 work hours and resulting in more than \$93,000 in compensation. Hives for Humanity has helped outline informed consent processes for working with community members in the Downtown Eastside among larger organizations who seek to do research or make a product from the community's culture.

www.hivesforhumanity.com



"We support
at-risk populations
of people and
pollinators. And we
do so with respect
and joy."

HIVES FOR HUMANITY

Ali and Sarah from
Hives for Humanity
in front of the
Gallery Gachet
artist-painted hive
sets holding the
Honey Flights.
(credit: Hives for
Humanity)