

# 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.

7

## LIGHTER LIVING SUPER CHALLENGE

It's time to bring it  
all together!

This cross-cutting Super Challenge is the perfect way to connect the dots between the themes and high-impact actions we've been exploring.

It's all about integrating sustained lighter living across your neighbourhood over time.



## Why a super challenge?

For this challenge, we've identified neighbourhood-wide activities that touch on areas we've already discussed (mobility, food, housing and "stuff"). The idea is for your neighbourhood to take on one big commitment from each of these areas over a two-year period, in order to shift norms and behaviours well into the future.

We suggest you start by forming a neighbourhood team to lead the way on the Super Challenge over the next two years. Pick a diverse and representative group – various ages and backgrounds, and living in different types of housing. Together, you'll build on your successes and eventually become a shining example of lighter living that other neighbourhoods will want to model!

### TAKE THE SUPER CHALLENGE!

Yes, we realize it's a big commitment – but the results also have the potential to be so much greater. We can't wait to hear all about what you accomplish.

**Please let us know if you're taking on the Super Challenge! Email us at [info@oneearthweb.org](mailto:info@oneearthweb.org)**



*The St George Rainway Project, a community driven initiative that seeks to surface a historic waterway in Mt. Pleasant. (credit: The St. George Rainway)*

#### LIGHTER LIVING OPPORTUNITY

**This action package is a little different than the others. Get ready to dive deep!**

- It encourages you to take on one specific action from each of 6 areas over a two-year period.
- Grant money is available to help! Or, you can raise funds and other resources in your community. See, e.g., [Vancity's EnviroFund Program](#), [Neighbourhood Small Grants](#), [Wayblaze crowdfunding](#) and others.
- Don't stop one action once it's time to start another! The idea is to focus on one high-impact area at a time, setting it up to continue on its own before you move on to the next.

## How to take action

The more people who see lighter living in practice — and the easier it feels to them — the more likely they are to join the movement and see their own lighter living actions as mainstream.

Focus Area	YEAR 1 <i>Months</i> 1-4	YEAR 1 <i>Months</i> 5-8	YEAR 1 <i>Months</i> 9-12	YEAR 2 <i>Months</i> 1-4	YEAR 2 <i>Months</i> 5-8	YEAR 2 <i>Months</i> 9-12
<b>Stuff</b>	<p><b>Set up a monthly repair café</b> to promote fixing broken items instead of replacing them. From phones and electronics to bikes and household appliances — build neighbourhood capacity and make it cool (and more affordable) to keep things for longer. <b>Check out:</b> <a href="#">MetroVan Repair Cafés</a></p>					
<b>Food</b>	<p><b>Champion the Love Food, Hate Waste campaign</b> and make the most of the food we love by following tips like meal planning and canning. Set up a <b>food rescue program</b> to divert food from composts or landfills and share it with those in need. <b>Check out:</b> <a href="#">Love Food, Hate Waste</a></p>					
<b>Housing</b>	<p><b>Work together to increase the energy and water efficiency of households</b> in your neighbourhood. Rent a thermal imaging camera as a block to identify heat loss and air leaks from your homes. Stick bricks in your toilets to save water or share info about low-flow toilets! Create a resource list of where to get low-flow showerheads and existing subsidies. Set up a bulk buy of supplies like insulation tape to share with neighbours — the sign-up could be at your block party. <b>Check out:</b> <a href="#">BC Home Energy Coach</a></p>					
<b>Mobility</b>	<p><b>Support alternatives to personal car ownership</b> by promoting existing car-sharing services and carpooling apps like <a href="#">Poparide</a>. Set a goal of getting 50 new households to sign up! <b>Check out:</b> <a href="#">Modo</a>, <a href="#">Evo</a> and <a href="#">Zipcar</a></p>					
<b>Rooted in place</b>	<p><b>Restore the habitat right where you live</b> — the local stream, back lane, schoolyard. <a href="#">Map your block</a>: what creates shade? where does water drain? what else helps as we adapt to climate change? Connect with your community centre to ask for, participate in or create programming like a repair workshop or plant-based cooking class. <b>Check out:</b> <a href="#">Citizen's Coolkit (interactive PDF)</a></p>					
<b>Celebrate! and campaign</b>	<p><b>Wow, you did it!</b> You completed the Lighter Living Super Challenge! Celebrate by launching <b>a 4-month campaign</b> to tell your stories and showcase local people and businesses that are living lighter and making change possible in your neighbourhood every day. Profile how they're enriching the community, help them get media attention and nominate them for awards to increase exposure. Share your experience with politicians and push for climate justice for your community and beyond.</p>					

## Key questions to ask

- ❖ What will keep your momentum going for this Super Challenge? What plans can you put in place now to enjoy the two-year journey and keep going to the end?
- ❖ What kinds of support are available to you to resource these activities? Can you apply for grants, rebates, or subsidies, or hold a fundraiser to kick things off?
- ❖ Can you invite a guest or organization with special expertise on lighter living, or another community that's been successful in lighter living practices, for learning and inspiration?
- ❖ Who should be on your neighbourhood team? Start by mapping your community's assets and focus on a diversity of perspectives.
- ❖ How can you host regular conversations or sessions in your neighbourhood around lighter living? Who can you partner with to make this happen (e.g., local library, business)?

Add your thoughts →

## Explore and get inspiration for your own journey

**Sustainable Lifestyles: Options and Opportunities**, an action guide from OneEarth and the United Nations, provides more ideas for a build-your-own, multi-year Super Challenge. A companion guide offers ideas for advancing lighter living in workplaces.

**Neighbour conversations** on diverse topics are being held through Vancouver Island's Kitchen Table Conversations, the Vancouver Foundation's On the Table platform and Conversations for a One Planet Region in Greater Victoria.

**Faith-based initiatives** show the role that other communities we belong to can play in advancing lighter living. The First Unitarian Church of Victoria's Environmental Action Team supports congregants to live lighter on the planet. Greater Victoria Acting Together is an alliance of faith-based and secular groups addressing issues like climate change and ecological overshoot.

**Through a one-week "carbon cleanse"**, the No Impact Experiment helps you progressively build on lighter living behaviours over a seven-day period.

**Vancouver's Go by Bike Week** supports alternative commutes.

**Explore great resources from Green Bloc**, a project that brought together neighbours to find innovative and creative ways to reduce ecological footprints, from their households to their "bloc."



Welcoming new neighbours for Mother's Day at Riverside Gardens. (credit: Neighbourhood Small Grants)

SPOTLIGHT

# HUB Cycling's Bike to Work / Bike to School Weeks

Given the importance of mobility in our lives, and its contribution to overall carbon emissions, “how we move” is a key action area in the City of Vancouver’s Climate Emergency Action Plan. HUB Cycling supports Vancouverites in adopting healthy, accessible and planet-friendly ways to get around.

Through Hub Cycling’s week-long Bike to Work and Bike to School challenges in the spring and fall, individuals can either register their own commitments to cycling, or join together in teams for greater collective impact.

HUB Cycling offers prizes, social media competitions and other incentives — like free bike tune-ups along popular bikeways — to get people to join in. It also hosts a virtual dashboard so individuals and teams can track their progress throughout the week and get a better sense of the collective benefit they’re bringing to Vancouver by helping to reduce the city’s transportation footprint.

Through its Bike to Work and Bike to School weeks, HUB Cycling amplifies our individual choices and preferences into a collective effort to push for better.

[bikehub.ca/bike-events](https://bikehub.ca/bike-events)



“Bike to School Week was the opportunity we needed to reach out and reconnect with families.... [It] focused on the importance of physical health, green initiatives and community culture.”

WOODLAND PARK  
ELEMENTARY,  
SURREY

Mt. Lehman  
Elementary School  
in Abbotsford.  
(credit: HUB Cycling)