

Grow Your Food and/or Buy Locally Grown Preferably Organic

- By growing your own produce you can have access to fresh food and limit the amount of chemicals going into the environment.
- No fossil fuels are needed to transport home grown food and few for locally grown food.
- If you don't have your own garden, consider becoming involved with a community garden.
- If you buy locally grown food you are supporting your local economy.

Reduce Use of Fossil Fuels

- Instead of using a petrol/diesel vehicle, wherever possible:
 - Walk
 - Cycle (or use an electric bike)
 - Use public transport or carpool
- Consider buying an electric car. They are very cheap to run (30c a litre equivalent) and no exhaust means no emissions.
- Avoid air travel which produces high emissions. If you do have to fly, you can buy carbon offsets (eg from www.ekos.org.nz) to reduce the impact or plant trees.

Plant Trees

- Tree planting is a good way to offset your carbon use.

- One tree absorbs about 22kg of carbon a year. (The average family car in NZ emits about 2.5tons of carbon into the atmosphere every year.)
- If you can't plant trees yourself, you can do so through an organization such as:

Trees That Count www.treesthatcount.co.nz

Eat a Plant Rich Diet

- A plant based diet requires far less water and land to produce than a diet rich in animal products.
- Methane emissions from livestock account for about a third of New Zealand's Greenhouse Gas emissions.
- The production of red meat produces the most emissions (chicken produces less.)
- Reducing the amount of meat consumed and eating more fruit, vegetables and whole grains also has many health benefits.
- Information on eating a plant rich diet is available at www.vegetarians.co.nz

Information on eating a meat and dairy free diet is available at www.vegansociety.org.nz

Buy and Use Less Stuff

- Reduce consumption.
- Try to repair and reuse things.
- Buy second hand if you can.
- If you do buy something new, research

which product will have the least environmental impact. Buy sturdy, well made goods that will last and mend easily.

- Buy locally made goods if you can.
- Share resources such as tools and equipment with others.

Review Power Use

- Consider installing renewable energy. Depending on where you live this could be solar, wind or micro-hydro.
- Insulate and draught proof your home. See if you are eligible for an EECA grant. All rental properties are now required to have ceiling and underfloor insulation.
- When replacing appliances choose energy efficient ones by checking the Star rating.
- Turn appliances off at the wall when not in use.
- Use energy efficient lightbulbs such as LEDs.
- If renovating look into installing wall insulation, double glazing and/or passive solar.
- Dispose of old fridges and air-conditioning units appropriately as the HFCs (hydrofluorocarbons) that leak from them are at least 1000 times more potent than CO2.
- Look into changing to a power company which provides all its electricity from renewable resources eg. Ecotricity.
- The EECA website has tools and calculators to assess your current energy use and plan ways to reduce it. Visit: www.energywise.govt.nz

Compost Food Scraps and Reduce Food Waste

- When Food scraps are put into rubbish bags in landfill they release methane which is at least 26 times more potent than CO₂ as a Green-house gas.
- Instead, compost food scraps or put them in a worm farm.
- Home composting can be quite simple and result in nutrient rich soil to grow healthy food.
- By shopping for planned meals and storing food carefully food waste can be reduced and money saved. For tips visit www.lovefood-hatewaste.co.nz

Make Your Vote Count

- In both General and Local Body elections vote for people who will make addressing climate change a priority.
- Lobby your elected representatives in Government and Council about climate change issues.
- Vote with your purse when purchasing to support businesses which are caring for the environment.
- Vote with your wallet if you are investing by choosing not to put your money into a bank or institution which supports fossil fuels.

Reduce Waste

- Send as little as possible to landfill.

- Refuse, reduce, reuse and recycle.
- Keep re-usable shopping and produce bags (preferably of natural materials) on hand and also reusable coffee cups, straws, and water bottles.
- Fill glass jars or reusable bags with food from bulk bins.
- Bring your own container when buying takeaways or taking home restaurant leftovers.
- Plastics are made from fossil fuels so when buying find a natural alternative if you can.

Learn About Climate Change And Talk To Others

- Many people don't realize how serious the climate crisis is and the impact it will have on us all.
- According to The Intergovernmental Panel on Climate Change (IPCC) we need to cut global emissions by 45% (from 2010 levels) by 2030.
- By becoming more informed about this issue you will feel more confident to have climate conversations with others.
- Informed people are more likely to take helpful action

T³: *Transition Town Thames*
the future is local

What can we all do about Climate Change?

Here are some ideas...

