

Climate Actions at Home

There are many ways you can reduce your footprint at home. Individual actions, when taken collectively, can bring positive change for a better future, together.

Here are some actions you can take:

Food



- Consume meat in moderation
- Minimize food waste
- Compost your food waste

Household



- Switch to renewable energy sources

Travel



- Choose air travel mindfully
- Explore alternatives to gasoline-powered vehicles

Purchasing



- Use your voice as a consumer, tax-payer, and voter
- Minimize unnecessary purchases and refuse items ahead of reusing and recycling

Find details on easy and creative ways to get started on the following pages.

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FOOD

Consume meat in moderation

Get started:

- Commit to a plant-forward diet with small changes (Meatless Mondays, Vegan before 6 days)
- Eat more fruits and vegetables; focus on variety and what is in season
- Moderate meat consumption and source organically or locally raised, when possible
- Read one article on the connection between food and deforestation ([WWF guide](#)).

Why: Food production, especially meat, is a major source of greenhouse gas emissions due to land conversion and of biodiversity loss. Of the world's approximately five billion hectares (12 billion acres) of agricultural land, 68% is used for livestock.¹

Minimize food waste

Get started:

- Take a picture of the inside of your fridge before going to the grocery store
- Make a meal plan or use a food/meal app to help you buy only what you need
- Freeze items before they go bad
- Track which foods you throw out most frequently due to spoilage and adjust purchasing accordingly.

Why: Pay attention to the food you throw out due to spoilage, overplating, uneaten leftovers and consider the patterns you observe when you shop. 1.3 billion tons of food is wasted each year. This is more than three times the amount needed to feed the roughly 800 million people who are malnourished.²

Share your completed actions on social media and attach a photo! Use our hashtags:

#BetterFuturesTogether
#WorldClimate

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FOOD

Compost your food waste

Get started:

- If a neighbor or friend in your community composts, ask them how and learn about their experience
- Look for a local service in your community that does compost pickup
- Get your family involved – make it a fun activity with kids and teach them about the importance of composting and what happens to food scraps
- If you have a patio or yard, explore getting an outdoor home compost bin
- If you live in an apartment with no outdoor space, explore getting an indoor composter (worm bin or electric kitchen composter)
- If no solution exists, contact your local municipality or government to advocate for composting services.

Why: *Approximately 28% of what we throw away in landfills consists of food scraps and garden waste that can instead be composted.³ Food waste in landfills can harm the environment by increasing greenhouse gas emissions.*

HOUSEHOLD

Explore options to switch to renewable energy at home, where possible

Get started:

- Buy a solar charger for your phone and/or tablet
- Use the latest in solar and wind technology to dry your clothes – it's called a clothesline
- Log on to your utility providers web site and learn if they offer an option for green power and, if so, subscribe
- Check if anyone in your neighborhood has solar panels and ask them about it
- When buying goods and services consider if they were produced using green power and factor that into your decision making.

Why: *On average, the energy we use for our homes accounts for around 20% of carbon dioxide emissions.⁴ This energy is used to light, cool and heat our homes as well as the electricity used to run appliances and other electronics.*

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TRAVEL

Choose air travel mindfully

Get started:

- Choose a local spot you can drive to for a vacation. Make it fun. Set a goal – for example visiting all the regional parks in your state or province or driving to a series of towns whose names start with the letters of your child's name
- When flying, take one highly engaging trip rather than multiple trips of lesser interest
- Set a goal to take one less flight than the previous year
- Take the train
- Donate frequent flier miles to a charity
- When you need to fly, fly direct (minimize layovers), pack wisely (minimize cargo), and consider purchasing carbon offsets.

Why: *Traveling to meet friends or visit new places can be fun. But consider air travel mindfully to make sure you get maximum value from each trip or minimize the need to travel by air. Personal transportation makes up 14% of humanity's carbon footprint.⁵*

Explore alternatives to gasoline-powered vehicles

Get started:

- Look at the full cost of ownership (not just the sticker price) of electric or hybrid options when purchasing or leasing your next car
- Forgo a car altogether and use a carshare membership
- Buy a bike or electric bike to use for shorter trips
- Ask a friend who has an electric vehicle (EV) about their experience and/or a ride
- Rent an electric vehicle for your next trip or for a weekend to understand the experience in advance of your next vehicle purchase.

Why: *While air travel is a significant source of emissions per passenger kilometer, short car trips are responsible for 75% of personal transport emissions.⁶*

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PURCHASING

Use your voice as a consumer, tax-payer, and voter

Get started:

- Hand-write a letter to your local leaders and representatives advocating for climate policy
- Attend local town halls to see what your community is doing to advance sustainability and make your voice heard
- Incorporate your position on climate into political donations and voting
- Volunteer to be on a committee in your local community focused on addressing climate change
- Write a note of thanks to the CEO of a company you see doing something sustainable.

Why: *Using your voice can be a powerful way to enact change, both locally and globally.*

Minimize purchases and refuse items ahead of reusing and recycling

Get started:

- Invest in longer-lasting, high-quality clothing and accessories
- Shop at second-hand stores and community sales
- Decline phone or other digital upgrades until absolutely needed
- Time for an electronic device upgrade? Research how to properly recycle your old device
- Engage your children in spotting excessive packaging and have them reach out to the manufacturer asking to reduce packaging waste
- When renting cars, turn down the upgrade.

Why: *Whether you're making a large or small purchase, every item has an environmental cost, even the 'free' ones. Every second around the world, the equivalent of one garbage truck full of textiles is landfilled or burned.⁷*

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- 1 Food and Agriculture Organization of the United Nations, "[Livestock's Long Shadow](#)," accessed March 1, 2022.
- 2 Food and Agriculture Organization of the United Nations, "[Food wastage footprint & Climate Change](#)," accessed March 1, 2022.
- 3 Natural Resources Defense Council (NRDC), [Composting 101 | NRDC](#), accessed March 1, 2022.
- 4 WWF.
- 5 Global Footprint Network, "[What is your ecological footprint?](#)," accessed March 1, 2022.
- 6 WWF.
- 7 Ellen MacArthur Foundation, "[A new textiles economy: Redesigning fashion's future](#)," accessed March 1, 2022.

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