

Stewardship Seven Personal Action Menu

Commitment to our personal transformation builds momentum for change within political and corporate systems. Living up to the commitment of the 2015 Paris Climate Accord (limiting the global temperature increase to below 2°C) means *our collective carbon Footprint needs to be zero before 2050*. We are the change; *our choices have power*.

The Stewardship 7: Key high-impact actions to cut carbon consumption

1. Supporting gender equity in the 3 ways listed below could equal 1 billion fewer people on Earth. As of 2013. For all Earth's people to live equitably at current U.S. consumption levels, we would need 5 planet Earths to supply the resources required.
 - Treat women equally as professional farmers. They produce 60 to 80 percent of the food in lower-income countries and tend to reduce family size and farm more productively when given ownership, loans and control.
 - Make birth control and medical care more available to women across the world.
 - Ensure education for all women: more than 130 million women worldwide are denied access to school. The more education a woman obtains, the fewer children she has.
2. Travel less. Personal mobility makes up 17% of humanity's carbon Footprint. If you must travel:
 - Don't fly, instead telecommute or take a train (1 round trip transatlantic flight = 1.6 tonnes of carbon, the average yearly emission of 1 person in India). If you must fly, offset your carbon emissions by funding an equivalent carbon dioxide saving.
 - Walk or bike rather than drive; if you must drive, use an electric car, 2nd best is a hybrid.
 - Go car-free; car-share or use public transport.
3. Eat a climate friendly diet -
 - Eat more meat-free meals - try cutting down gradually to reduce your meat consumption by half. Annual carbon footprint of different diets in tonnes of CO₂ equivalent:
Meat Lover = 3.3, Average Meat Eater = 2.5, No Beef = 1.9, Vegetarian = 1.7, Vegan = 1.5
 - Buy organic and local (grow a Climate Victory Garden or join a CSA) and avoid highly processed foods.
 - When you go to the grocery store, notice from where the food you choose comes and choose only local and regional products.
 - Don't waste food and compost what you don't use to feed nutrients back to the soil.
4. Get a home or workplace energy audit to identify where you can make the most energy-saving gains. Home energy efficiency is an important piece in lowering your carbon footprint. Some steps to take are:
 - Winterize your home to prevent heat from escaping (insulate ceilings and walls, tighten or replace windows, use thermal shades or curtains) and try to keep it cool in the summer without an air conditioner (plant shading trees, use ceiling fans, open the windows for cooling at night and close them to shut out daytime heat).
 - When buying new appliances, look at the Energy Star label to find the lowest energy-efficient rating.
 - Set your thermostat to 68 or lower on winter days and turn it down to 58 to 62 at night (or install a programmable thermostat).
 - Change to energy-efficient LED light bulbs and turn off lights when leaving a room for more than 15 minutes.
 - Unplug computers, TVs and other electronics when you're not using them.
 - Wash clothes in cold water. Line dry your clothes outside when you can or inside on wooden

clothes drying racks in the winter or use wool dryer balls (cut drying time and are not toxic like dryer sheets) when you need to use the dryer.

5. Renewable energy (wind, solar, geothermal, hydroelectric, and biomass) minimizes carbon pollution and has a much lower impact on our environment than energy from burning fossil fuels. Renewables and energy efficiency offer a safe, reliable and affordable way to achieve urgent carbon reduction. Possible actions:
 - Install solar panels.
 - Switch to wind generated electricity.
 - Swap your furnace for an efficient electric heat pump (extracts heat from one location and transfers it to another).
 - Change your fossil fuel gas stove to a wind power generated electric stove, which also lowers indoor air pollution.
6. Make your money work for a livable future:
 - Invest in renewable energy
 - Divest from fossil fuels.
 - If you have an investment portfolio, check to find out if it has filters for fossil fuels.
 - Let industries know you care about climate change.
7. Use your voice!
 - Get politically active and vote for leaders at all levels of government who take climate change seriously.
 - Support the youth climate movement; young people have the most to lose – their futures are at stake.
 - Have climate conversations to engage people all around you to care about climate action.

References:

Donate to empower women globally: <https://www.wecaninternational.org/> (or similar organizations)

Garden regeneratively - <https://kisstheground.com/5-ways-to-make-your-garden-regenerative/>

Transportation Carbon Offsets -

<https://cotap.org/>

<https://native.eco/>

<https://www.atmosfair.de/en/>

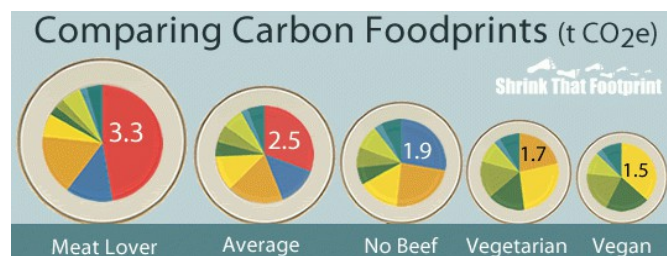
<https://www.terrapass.com/product-category/individuals>

Local Energy Audits -

<https://www.envinity.com/solar-energy-audits-hvac/energy-energy-audits/>

<https://www.energysavepahomeaudit.com/west-penn?>

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<http://shrinkthatfootprint.com/food-carbon-footprint-diet>