

50 Climate Actions at Home Resources and Descriptions

13 CLIMATE ACTION



Make your home more sustainable by taking these climate actions to reduce your collective ecological footprint and move forward with climate action!



Questions?
contact:

ainslee.macmillan@thegaiaproject.ca



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SUSTAINABLE
DEVELOPMENT
GOALS



What We Eat

As global meat consumption increases, so does its climate impact. Livestock production occupies 30% of the planet's land surface and is responsible for 18% of greenhouse gases (GHG) such as methane and nitrous oxide. The average meal travels 1,200 kilometres from the farm to plate. Food grown closer to home produces fewer transportation emissions and supports local farmers.

Explore & Investigate

1. Local foods - What kinds of food grow naturally in your region? Research local farms, markets and food processing plants to find out. Learn more about supporting the local food industry.

[Local Food Directory](#)



2. Food miles - The food we eat must be prepared, packaged and delivered to grocery stores. Find out how far the food you eat has travelled before arriving on your dinner plate.

[Food Miles Info](#)



Family Activities



3. Mealtime breakdown - Learn more about the food you eat everyday. Where did it come from? How was it grown, made or prepared? Is this food good for you?

[Lunchbox Breakdown](#)



4. Plant-based party - There are many kid-friendly meatless recipes available. Encourage children to pick out their own recipe. Meat consumption contributes largely to GHG emissions, so take some time to appreciate some tasty plant-based recipes.

[Plant Based Recipes](#)



5. Meal plan - Instead of impulsively buying fast food or picking up a pre-made salad or sandwich at the grocery store, try to plan ahead! This could greatly cut down on the amount of waste generated by your meals.

[Meal Prep Tips](#)



6. Local foods recipe book - Design a cookbook by researching local foods available in your region, find a way to share or distribute to your community.

[Local Recipe Tips](#)

Household Habits

7. Seasonal food challenge - Challenge your household to only eat food that is in season. This campaign pairs nicely with the ugly fruit campaign, requiring consumers to question what good and healthy produce really looks like.

[Seasonal Food Guide](#)



8. Donate canned goods - Households can do their part to alleviate poverty and food insecurity through raising awareness and contributing to the well-being of our community. Collect foods in a safe manner that can be donated to local food shelters.

[Making Safe Donations](#)



9. Garden at home - There are many ways to start gardening at home, even in the winter! Using scraps from leftover veggies can be a great way to grow some of your own food!

[Gardening Tips Video](#)



What We Waste

Refusing, reducing and reusing our waste will help lessen our reliance on the planet's natural resources. This can potentially reduce emissions of greenhouse gases created through the production and consumption of fossil fuels.

Explore and Investigate



10. Role of compost - Food scraps can be composted to produce soil rich in nutrients. Learn more about how compost is made and used to reduce waste.

[Composting GNB](#)



11. The 4 R's - We often think about Reducing, Reusing, and Recycling when thinking about our waste, but sometimes people forget about the most important one, REFUSE! If we refuse something in the first place (straws, takeaway cups, giveaway products we don't need) then we will have significantly less waste!

[R's Information](#)



12. Food packaging and labels - Packaging materials have a recycling language of their own. Learn about symbols and systems used to differentiate plastic and paper materials.
[GNB Recycling Symbols](#)

Family Activities

13. Litterless lunch - Waste free lunch campaigns have been on the rise in North America in recent years. Lunches can often be found filled with single-use plastics (wrappers, baggies, and other packaging) which end up in landfills or in the oceans. The goal of these campaigns is to eliminate any single-use plastics from snacks/lunches.
[Waste-free Lunch Blog](#)



14. Clothing repair - The fashion industry is a major contributor to both greenhouse gases AND waste in our landfills. Instead of throwing out gently used clothes, fix them as a family activity!
[Cloth Repair Tips](#)



15. Create a compost system - We rarely have a shortage of food scraps, so why not start a compost system to divert these from the landfill? There are various forms of compost systems available, research to figure out the best fit for your lifestyle. If space is an issue at your home, consider reaching out to community partners to donate the compost.
[Compost for Kids](#)



Household Habits



16. Collect E-waste - With technology always changing this can lead to a large amount of electronics ending up in our landfills. Learn about e-waste and where to recycle it, and determine a date every so often to drop it off at a designated location.
[Recycling Electronics](#)



17. Recycle paper/cardboard - Get creative with how you recycle/reuse paper in your home and create a G.O.O.S (Good On One Side) bin. Research your regional waste commission to learn about collection dates for your area.
[Recycle Commissions](#)



18. Reduce single-use - People recognize the significant negative impact that single-use plastics have on our environment. This knowledge allows people to be much more aware of their consumption patterns. Take it a step further and consider restricting or banning single-use plastics at your home.

[Single-use Solutions Blog](#)

How We Use Energy

During the winter, over half of the energy we use at home is used for heating, so the most important step we can take is to cut back on energy waste. Saving energy saves money too!

Explore and Investigate

19. Renewable energy - Learn about the difference between renewable and nonrenewable energy. Learn what type of renewable energy is generated in your local region.

[NRCAN Renewable Energy](#)



20. Peak energy - Typically, between 6 to 9 am and 4 to 8 pm there is a large increase in energy demand due to the daily routines of people (getting up for school/work and returning from school/work). This creates two large peaks in our energy consumption.

[About Peak Energy Demand](#)



21. Electric vehicles - Discuss the difference between conventional and electric vehicles. Learn about the different levels of electric vehicles and different models available.

[About EVs](#)



Family Activities



22. Energy audit - Work together as a household to save energy. Saving energy saves money too, so this could mean spending the money elsewhere! Learn more about ways to make your home more energy efficient.

[Electricity Saving Tips](#)



23. Discuss energy - Utilize the great online resources available about energy to educate your family members about various energy sources. Check out The Gaia Project for more activities and resources!
[Energy Info Video](#)



24. Unplug devices - Did you know that devices that are left plugged in, but not being used still use energy? This is often called phantom/ghost, or vampire energy! Learn more about this energy and create a plan to unplug devices daily at home.
[Appliances and Lighting Energy Use](#)

Household Habits

25. Turn-off the lights - Designate a family member to be in charge of the lights on a rotating schedule, remind them to turn off lights when leaving rooms, or when natural light is available. Get creative and design “Lights out” stickers for your light switches.
[Lighting Calculator](#)



26. No idling - Implement a no idling rule at your house. Whether you are running into the store quickly, or waiting for someone at work/school, make sure to turn your car off. Doing this is not only beneficial to the environment, it is beneficial to our health as well! If art is something you enjoy, make no idling signs and see if they can be distributed in your community!
[LSF Project on Idling](#)



27. Bike, walk, roll - Biking and walking are low-impact activities that are great for you, and your environment! Carpooling and taking the bus are also great options, more people traveling together means less cars on the road! Check out this cool program that allows you to track how you travel!
[Bike Walk Roll Project](#)



How We Use Water

Climate scientists have been saying all along that one of the primary effects of climate change is the disruption of the water cycle. So much of everyday life and planning is determined by water systems. Climate change is having an impact on drinking water supplies and sanitation.

Explore and Investigate



28. Flood preparation - Modern science suggests that with climate change comes the threat of increased extreme weather events. In New Brunswick coastal and inland flooding can be a major threat. Learn more about measures that can be taken to prepare for floods.

[Red Cross Flood Info](#)



29. Watersheds - What is a watershed? What is your local watershed? What species will you find in your local watershed? What measures are being taken to protect your local watershed? Take time to learn more about your local area and look into local watershed groups.

[About Watersheds Can Geographic](#)



30. Water pollution - Once you've learned a bit more about watersheds, research if there are any sources of pollution impacting it. Look more broadly at common forms of water pollution, and what can be done about them.

[Water Pollution Lessons](#)

Family Activities

31. Water diary - Monitor your personal/family water footprint by tracking the amount of water used on a daily basis. Think beyond just the basics such as showering, drinking, doing the dishes, etc. Consider how water is involved in making your food, products and clothing. Brainstorm ways to reduce water use.

[Personal Water Footprint](#)



32. Harvest rainwater - Why let perfectly good rainwater go to waste? Collect rainwater for various uses around your home such as watering plants. Use the following steps as a guide to begin rainwater harvesting!

[How to Harvest Rainwater](#)



33. Create a weather station - Get familiar with meteorology, the study of the atmosphere. Learn about weather patterns and how climate change is impacting them. Build a weather station for your home to monitor temperature and rain/snow fall!

[Lesson on Weather](#)



34. Test water quality - The water quality of your home needs to meet certain health and safety standards. You can test the quality of your water at home. Find the equipment they need to collect data.

[Safe Drinking Water Foundation](#)



Household Habits



35. Reduce Water Use - Limit the amount of water you use by taking shorter showers, turning the taps off while brushing your teeth, doing laundry in cold water, and only using the dishwasher/laundry when absolutely necessary. Get competitive and see who in your household can load the dishwasher in the most efficient way!

[GNB Water Conservation](#)



36. Start a rain garden - Rain gardens are gardens that use water-tolerant native species to collect and filter stormwater runoff. They are beneficial as they help to reduce flooding and improve local water quality.

[Making a Rain Garden](#)

How We Live on Land

A flourishing life on land is the foundation for our life on this planet. We are all part of the planet's ecosystem and we have caused severe damage to it through deforestation, loss of natural habitats and land degradation. Promoting a sustainable use of our ecosystem and preserving biodiversity is not a cause, it is the key to our own survival.

Explore and Investigate

37. Carbon sinks - Carbon sinks are areas that are capable of absorbing carbon, two natural examples of these are oceans and forests. These help to reduce the amount of greenhouse gases found in the atmosphere, lowering the impacts of climate change.

[About Carbon Sinks](#)



38. Ecological footprint - Every wonder what your personal impact on the environment is? Work together as a family to calculate your ecological footprint! [Calculate Your Footprint](#)



39. Native species - To better appreciate nature, take some time to learn about species native to your area! Learn about what trees and plants make up your local forests, and learn about native wildlife species you might see outside! [GNB Wildlife Status](#)



Family Activities



40. Nature scavenger hunt - Before heading out on a walk in your neighbourhood create a list of things to keep an eye out for; a pine cone, animal prints, etc. Get creative and keep a journal of what you are able to find each time! [Printable Scavenger Hunt](#)



41. Learn outdoors - There have been proven benefits to learning outside, these include (but are not limited to) improved mental and physical health, strengthened connections to nature, lower levels of problem behaviour and improved cooperation and the list goes on. Learn something outside for the day! <https://www.nben.ca/en/groups-in-action/great-minds-think-outside>



42. Count birds/bird watch - Whether you live in an urban or rural area you are likely to see a variety of bird species nearby. Take time to learn about different birds in your area, and take note of the birds you see outside. [Birds of Canada](#)



43. Plant trees - If you took the time to learn about carbon sinks earlier, you would know that trees store large amounts of carbon. To help take climate action, and to improve the overall health of the environment, plant a few trees in your community or yard. [Plant a Tree](#)

Household Habits

44. Pollinator garden - Bees have been buzzing all over the news in recent years due to their decline in numbers. Luckily there are some pretty easy solutions that your household can take to fix this problem!

[Garden Wildlife](#)



45. Yard Cleanup - Improving the quality of our living planet is as simple as cleaning up litter in your environment. Organize a trail/playground cleanup around your yard or in the community. Check out the Nature Trust of New Brunswick, or the Nature Conservancy to join in on cleanups already happening in your area.

[Pitch-in Project](#)



How We Can Share

Share your climate action story! Share your experiences with your family/community through a variety of different means. Often climate change can be an overwhelming and scary topic, but it is always important to highlight your successes and the action you're taking!



46. Digital climate strike - Organize or participate in a digital climate strike to show your support for climate action!

[Fridays for Future](#)



47. Perform a production or play - Perform a production/play for your family with the environment/climate change as the main theme. Get creative and write your own or use online templates to help out.



48. Poetry or music performance - Share your climate change knowledge, ideas, and even your fears through creative means such as poetry and/or music. Climate change can be a very stressful and scary topic, sharing our fears through creative means can be a great way to connect with people and share tips about how they cope with their fears. Sharing information through alternative methods can also be helpful in teaching others.



49. Write letters - Writing letters to local community/political leaders is a great way to improve your writing abilities and take climate action by voicing your opinion! This is a great way to integrate climate change into the humanities. [Letter Template](#)



50. Arts and design display - Get creative and create climate change or environmental art projects. Create different ways to show the impacts of climate change on the Earth.



13 CLIMATE ACTION



**THANKS
FOR DOING
YOUR PART!**

