

Simple Ways to Live Green in London

10 things you can do to decrease your
carbon footprint





Our current situation

Atmospheric carbon dioxide is at an all-time high. Global temperatures are rising, the oceans are warming, glaciers are retreating, and extreme weather events are happening more often. We are in the midst of a climate crisis, and the most significant cause of these events is human inflicted. Scientists say if humans do not reduce their carbon footprint by 2050, we will have reached the turning point, and we will not be able to stop these extreme weather events.

How the crises can be fought

There are many things you can do to fight the climate crisis! There are so many things that can be done that sometimes it gets overwhelming, and those that are new to environmentalism often don't know where to start.

A little bit about this book

This book offers 10 simple, easy, non-life altering solutions to help reduce your carbon footprint to achieve a greener future. These are low-cost solutions that anybody can do! These solutions are linked with resources from environmental organizations based in London, to get you off on the right path.

Although these initiatives cater more to the city of London, these are general solutions that can be done anywhere. The reality is, we are not going to be able to fight climate change unless everyone is on board. This book is for everyone that wants to make a difference, so together, we can build a strong, resilient community.

These solutions may seem small and simple, but every step counts, and a essential step to fight climate change is individual and community action.



Sustainable Transportation- Alternatives to Driving

Personal vehicles are the worst carbon emitters in London, emitting 960,000 tons per year. The best thing you can do to reduce your carbon footprint is to use alternative transportation. Not only do these alternatives help with reducing carbon emissions, but they reduce the amount of land need for parking and road widening!



Cycling

- Cycling is a great way to be active and get around and explore the city of London
- Cycling can be done all year around!



For cycling education, check out:



For workshops on building a safe bike community, check out:



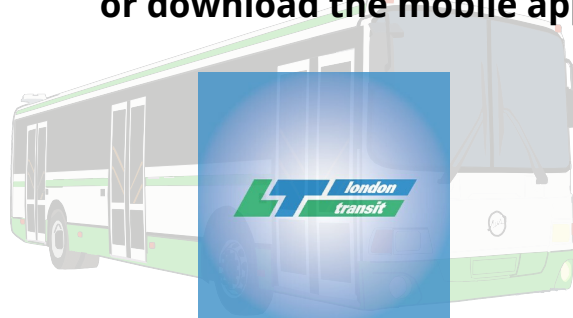
For FREE bike giveaways, check out:



Bus

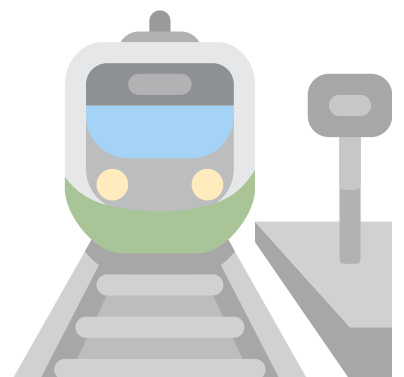
- The London Transit Commission provides city transit for easy and efficient travel, reducing the amount carbon emissions.

For the LTC shedule, go on the website or download the mobile app!



Domestic flight Alternatives

- Domestic aviation produces 60,000 tones of carbon emissions per year.
- Next time you take that domestic flight, think of taking the train instead. There is a VIA Rail station in every major city across Canada!



Sustainable Transportation- Personal Vehicles

Sometimes active transportation and using the bus is not efficient enough in your day-to-day life. Here is how you can reduce your carbon emissions with your personal vehicle.

Rideshare

- Less cars on the road means less congestion
- Ride sharing helps reduce air pollutant emissions
- London has a rideshare called Regional Rideshare that covers London and surrounding counties!

Drive Sensibly

- Break sooner, rev less
- Avoid any unnecessary driving, plan an efficient route ahead of time!
- Reduce idle time
- Maintain your car!

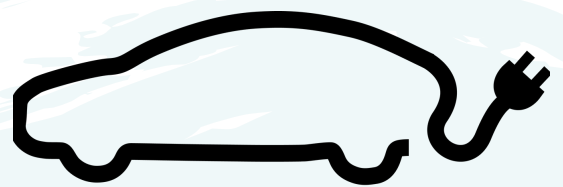


**REGIONAL
RIDESHARE**

Invest in an Electric Vehicle

- A cleaner alternative than gas or diesel
- Battery prices have reduced by 87% since 2010.
- The introduction of new pack designs and falling manufacturing costs are driving electric vehicle prices down.
- This provides more economical and sustainable options leading to an increasing number of electric vehicles on the road!

To learn more about EV's, check out London Electric Vehicle Association!



LEVA

Backyard Naturalization

If you are a homeowner, making your backyard more natural will attract species like birds, butterflies, and other wildlife. This is a great way to make a positive impact on the environment—Here's how you can implement backyard naturalization.



Water Quality

- What we do to the land is reflected in the water around us.
- Natural areas help filter pollutants from surface water.
- Natural areas reduce erosion, slow down flooding, and keep water flowing into our creeks and rivers all year long!

Use Native Plants

- Native plants have evolved with local climate and conditions.
- Native plants require less watering, and fertilizer is not needed. This can save money!

Interested in turning your backyard into a pollinator habitat? Connect with Pollinator Pathways Project!



Reduce Lawnmower Use

- Running a gas powered lawnmower for 30 minutes contributes to the same amount of air pollution as driving your car for 560km.
- Manicured grass is often contaminated with pesticides that are headed straight for the nearest creek.
- Consider retiring parts of your lawn that you are not actively using!

For more information on backyard naturalization, check out Re-Forest London!



ReForest London
planting the future today

Responsible Consumerism

Though consumption, we are able to reward fair ethical models of production. By being a responsible consumer you can support sustainable development. Here are some ways.

Think Twice Before Shopping

- We are a consumer culture that tends to overbuy
- Think twice before you buy something whether it be food, clothes, etc
- This will reduce the amount items going to the landfill.

Buy Used

- There are plenty of shops in London that sell used items
- Buying used reduces landfill and slows down mass production

For used items, visit:



Shop Locally

- Support your local businesses
- Buying items produced in your local community reduces transportation miles

Fast Fashion

- The fast fashion industry is one of the biggest contributors to waste.
- Before you buy your next article of clothing, do a little research. Check:
 - Where it was made
 - The social/environmental responsibility of the company
 - The reviews of the product.

Know Your Labels

- Look for labels on products that help support environmental initiatives. These may include:
 - Fair Trade Certified
 - Rainforest Alliance Certified
 - Shade Grown Coffee

Support Green Businesses

- Green Economy London has helped many businesses in London to set sustainable goals

Find these businesses on their website!



**Green Economy
London**

Zero Waste

Zero waste does not mean producing no waste at all. It means producing less waste. Here are some easy solutions to transition towards a zero waste lifestyle.

Reusable Coffee Mug/Water bottle

- All coffee shops will take your reusable mug. Fill your waterbottle up at the fountain. This will reduce paper and plastics.



Upcycle/ Repair

- Take an old piece of clothing and make it new again!
- Think about repairing your broken items before throwing it out.



Re-Zips

- A great, multi-use ziplock alternative!



Re-usable Utensils and Plates

- Bring your re-usable utensils and plates to restaurants, you will save tons of plastic and paper waste!

Re-Imagine Co. has all of your zero waste needs, as well as frequent zero waste information sessions and repair cafes!

REIMAGINE:CO 

Reduce, Reuse, Recycle

The 3 R's may be mundane by now, but the truth is, the average person ignores reducing and reusing, and only recycles, but often not as efficiently as they could. Here are some tips on how to improve the 3 R's.

Reduce

- Reduce your consumption
- Think before you buy single use plastics, even if they can be recycled
- Use the Zero Waste tips above to start reducing!



Reduce



Reuse



Recycle



Rethink

Reuse

- Before you recycle that plastic bottle, find creative ways to reuse it!
- Upcycle clothing
- Refurbish old furniture
- Buy second hand

Recycle

- Wash out your recycling completely before putting it in the bin. One dirty item can contaminate the whole batch!
- sort your recycling by your locality's rules and regulations
- Double check the item is recyclable! Not all paper and plastic is.

Need a hand organizing the recycling? Don't know what can be recycled? Look it up on the Recycle Coach app!

First search the city you live in, then it will show the cities recycling guidelines!



**recycle
coach**

Sustainable Food Systems

Buying/consuming the right food doesn't only contribute to environmental sustainability, but it can also enhance a communities social and economic well-being. Here is a guide to achieving proper sustainable food systems.

Eat Less Meat

- Global livestock contributes to 14.5% of all human made green house gas emissions
- Buy meat from local butchers and farmers. This meat is more ethical, and reduces the amount of carbon emissions.

Compost!
Pick up a composter at
City Hall!



Buy Local Food

- Buying local food can help decrease your carbon footprint significantly.
 - Buying local food processing reduces industrial food processing and transportation
- When you buy local, a higher percentage of that money will go directly to the farmer!
- Check out On the Move Organics and the array of farmers markets in London for fresh local produce!



Community Gardens

- London Community Resource Centre creates inclusive, healthy communities through community gardens!



Reduce Home Energy Use

Home emissions are the second biggest contributor to GHG emissions in London, producing 59,000 tonnes per yer! Here are easy home solutions to lower your footprint!

Solar Energy

- Solar panels are a big investment, but can save future expenses.
- Try solar lights for your backyard and garden for a cheap solar alternative!

For more green energy ideas, check out Green Energy London!



Housing
590,000



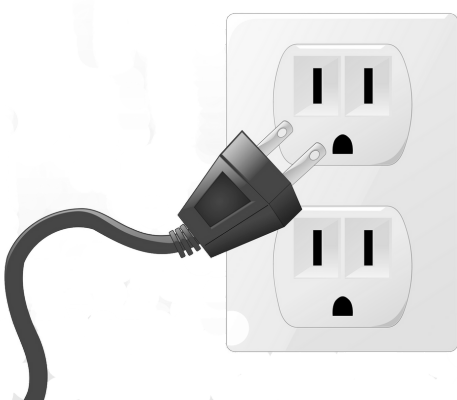
Energy Star Labels

- Having Eco conscious products will help save money and protect the environment.
- There are plenty of energy star products including home appliances and computers

Unplug Electronics

- Unplug electronics when they are not being used. You save energy and money!

For sustainable energy solutions for your home, contact Building Better!



Programmable Thermostat

- Many thermostats allow you to program temperatures to different parts of the day, or control the temperature on an app!

Water

Managing water use can decrease your environmental footprint significantly. Here are tips on how you can be more sustainable with your water usage!

Showers

- Take shorter showers! Reduce your shower time to 5 minutes
- Invest in an energy saving shower head!

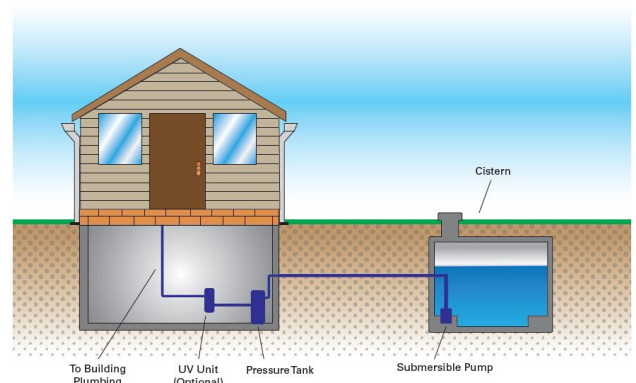


Ditch the plastic water bottles!

- Water bottles companies draw on average 1.1 million gallons of water from the river a day, without spending a penny on water extraction!
- Promote ethical water consumption and ditch the plastic water bottles by using a reusable water bottle and filling it up at the fountain or tap!

Invest in a water cistern

- Water cisterns help capture and store rainwater. You can use the recycled rainwater as your main water source and have the city water as a backup!



Join Your Environmental Community

The best way to decrease your carbon footprint is to get involved in your local community.

London has a vast array of organizations that will help you along the way!

Use the Public Library

- The library has many free resources
- There is a wide selection of books, DVD's, audiobook, and online resources to choose from
- Everything is free with a London Library Card!



Know your resources

- London Environmental Network is affiliated with 46 environmental NGO's in the city of London
 - Visit there website for what each NGO has to offer and sign up for many of the volunteer opportunities

Vote!

- Be active in local politics.
- Know your counsellor, if you have any environmental concerns, send the man e-mail!
- Vote in every election, your vote counts!



**London
Environmental
Network**

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