

Creation Care: How? – Ideas Bank –

Considering how we travel

The Statistics

- Transport was the largest emitting sector of UK greenhouse gas emissions in 2018 (contributing 28%)

Action Points

- Walking when possible
- Carpooling as often as possible
- Increasing use of public transport
- Consider carbon offsetting when going on longer journeys

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/863325/2018-final-emissions-statistics-summary.pdf

<https://weare.tearfund.org/article/what-is-carbon-offsetting/>

Eating fewer animal products

The Statistics

- “A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use,” - Joseph Poore, University of Oxford
- Livestock farming accounts for 18% of all human produced greenhouse gases worldwide (more than all emissions from all transport combined)

- Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet, according to the scientists behind the most comprehensive analysis to date of the damage farming does to the planet.
- The fishing industry is responsible for 1 / 8 million tonnes of plastic waste in oceans (making it the leading cause of plastic pollution)

Action Points

- Reduce animal product consumption (perhaps 1 meal a day/ one day a week)

Sources and Links

<https://josephpoore.com/Science%20360%206392%20987%20%20Accepted%20Manuscript.pdf>

<http://theconversation.com/five-ways-the-meat-on-your-plate-is-killing-the-planet-76128>

<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>

<https://www.unenvironment.org/news-and-stories/story/tackling-worlds-most-urgent-problem-meat>

Reduce purchases from fast fashion/ amount of clothes bought

The Statistics

- Each week in the UK 38 million items of new clothing are being bought and 11 million items of clothing go to landfill (that's 18 items every second)
- Shopping online creates extra waste through shipping
- the textile industry creates 1.2bn tonnes of CO2 a year, more than international aviation and shipping combined, consumes lake-sized volumes of water, and creates chemical and plastic pollution – as much as 35% of microplastics found in the ocean come from synthetic clothing.

Action Points

- Buy second hand and then no new items are being put onto the planet.
- If buying something new, make the extra effort to check the brand's ethics using apps and websites like "Good on You" and buy natural materials over synthetic

Sources and Links

<http://www.ecap.eu.com/take-action/young-consumers/>

<https://www.theguardian.com/business/2019/jun/22/cost-cheap-fast-fashion-workers-planet>

<https://goodonyou.eco/>

Replacing plastic products and products packaged in plastic

Action Points

- Swap to
 - Reusable metal/ glass/ bamboo straws
 - Use a reusable shopping bag
 - Reusable water bottles
 - A bamboo toothbrush
 - Dental tabs toothpaste
 - Recycled toilet roll packaged in paper
 - A shampoo bar (like a soap bar)
 - A conditioner bar
 - Plastic free makeup
 - Reusable fabric fruit and vegetable bags
 - Glass alternatives to plastic packaging when shopping
 - Alternatives to single use plastic cutlery (like bamboo or what's already at home)
 - A Safety Razor (an alternative to disposable ones)
 - Reusable cotton rounds
 - Plastic free/ reusable sanitary products
- When making a swap make sure to use what you already have first before buying new products

Sources and Links

<https://weare.tearfund.org/article/taboo-trash-and-tampons/>

<https://uk.whogivesacrap.org/>

use reusables

The statistics

- 50 billion coffee cups go the landfill annually

Action Points

- Use a reusable coffee cup (if buying a new one, try to find a plastic alternative)
- Buy 2nd hand wherever possible
 - Electronics
 - Clothes
 - Furniture
- Go to a refill store and reuse the product containers you have to buy new ones

Resources and links

<https://greenfuture.io/recycling/coffee-cup>

Increasing your knowledge in recycling

The Statistics

- Of the 1.5m tonnes of recyclable plastic waste used by consumers in Britain in 2015 only 500,000 tonnes was recycled, according to the figures compiled by Co-op from the Recoup UK Household Plastics Collection survey.

Action Points

- Look up the recycling symbols and get a good grasp of what they mean

Sources and Links

<https://www.recyclenow.com/recycling-knowledge/packaging-symbols-explained>

<https://www.recyclenow.com/ni>

<https://www.theguardian.com/environment/2016/nov/21/only-a-third-of-uk-consumer-plastic-packaging-is-recycled>

Switching your search engine

The statistics

- Ecosia like any other search engine, with one major difference: they use their profits to plant trees where they're needed most. Benefitting the environment, people and local economies.

Action Points

- Set Ecosia as your default browser

<https://www.ecosia.org/>

Check if your bank is environmentally friendly

Statistics

- Many of the big banks invest significantly in fossil fuels, including the most damaging ones like tar sands and ultra-deep sea drilling. Many are also involved in tax dodges and invest in nuclear weapons.

Action Points

- Research into where your bank currently invests
- Look into alternatives (many newer online banks don't invest in the fossil fuels industry)

Sources and Links

<https://weare.tearfund.org/article/how-ethical-is-your-bank/>

Switch to an energy supplier that uses renewables

Action Points

- Research where your current supplier gets their energy from and investigate alternatives

Sources and Links

<http://3tpower.com/>