

# mokosh

MORE THAN YOUR SKIN



## HOW TO LIVE SUSTAINABLY

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"YOU CANNOT GET THROUGH A SINGLE DAY  
WITHOUT HAVING AN IMPACT ON THE WORLD  
AROUND YOU. WHAT YOU DO MAKES A  
DIFFERENCE, AND YOU HAVE TO DECIDE WHAT  
KIND OF DIFFERENCE YOU WANT TO MAKE."

- JANE GOODALL

IMAGE BY PEXELS - PIXABAY



## FOREWORD

At a time when many people feel disheartened by the failure of our governments to take the actions on climate change that are needed to keep our planet safe, it is important to remind ourselves that we can still act, both as individuals and collectively, to bring about the changes ourselves.

### **WE MUST REMEMBER THAT AS CONSUMERS WE HAVE ENORMOUS POWER.**

By making small but significant changes in our lifestyle and buying choices, we can create real impacts. The good news is that the new technology is here, the right way to grow food is here, and the businesses doing the right thing are here. They just need our support.

Here we lay out where Australia stands right now so you can work out where you can make the changes that will have the most impact.

We also asked our customers what changes they have made to live more sustainably, and we include their ideas throughout. You may find it encouraging, as we did, to know that so many people are already making small but impactful changes to their lives. We hope it will inspire you to do the same.

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## 1.

# GREENHOUSE EMISSIONS AND THE 50% TARGET

Greenhouse emissions are gases that trap heat in the earth's atmosphere, and are responsible for the global warming and climate change we are seeing right now. They include carbon dioxide (CO<sub>2</sub>), methane, nitrous oxide and others. To limit the global temperature rise to 1.5°C, current greenhouse emissions **need to fall by 50%** by 2030 and to zero by 2050. Australia has one of the world's highest per capita CO<sub>2</sub> emissions at 21.3 tonnes per person per year <sup>(1)</sup>. This is more than four times the world average of around 5 tonnes per person <sup>(2)</sup>, and around 8 times the world's target for 2030 of around 2.5 tonnes per person. We have a long way to go!

Although Australia pledged to reduce our emissions to around 26% of 2005 levels by 2030, our emissions **have grown** each year. This mirrors a global trend, with the world's CO<sub>2</sub> emissions climbing steadily, and reaching an all-time high in 2018 <sup>(3)</sup>.

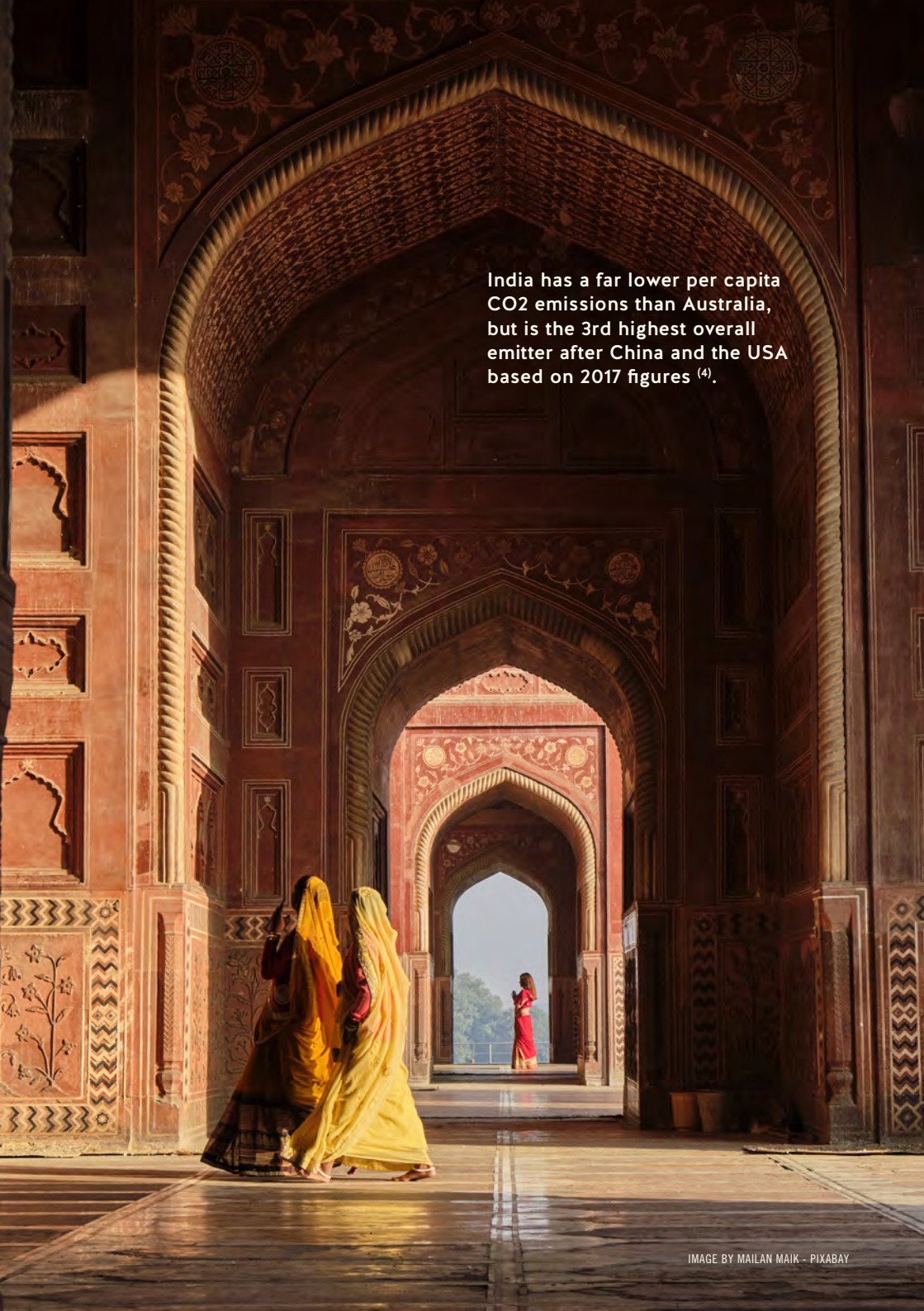
You can work out your carbon emissions with a carbon calculator like the one at:

<https://cncf.com.au/carbon-calculator>

Are yours similar to the average Australian's at 21.3 tonnes?  
Or more like the average Indian's at only 1.7 tonnes per person?  
Or closer to the average resident of Lesotho at only 0.009 tonnes per person?

Remember, the 2030 target for each person on the globe is **only 2.5** tonnes per person!





India has a far lower per capita CO2 emissions than Australia, but is the 3rd highest overall emitter after China and the USA based on 2017 figures <sup>(4)</sup>.

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## Where do our greenhouse emissions come from and what can we do to minimise them?

### A. ELECTRICITY

The greatest contributor to Australia's greenhouse emissions is electricity, accounting for **33%** of all our emissions. This is because we still rely on burning fossil fuels for our electricity, with **only 21%** coming from renewable sources. A number of experts believe that moving to renewable energy will cost no more than fossil fuel-powered electricity, and that the technology for a reliable electricity supply is already available <sup>(5, 6)</sup>.

#### What can we do?

If everyone in Australia requested **100% renewable electricity** on their power bill, we would force our electricity providers to invest in renewables, with or without a change in government policy. This is probably the single most powerful thing you can do to bring down Australia's carbon emissions.

#### How our readers reduce emissions from electricity:

*"We only run our dishwasher and washing machine during the day when the sun is out to get full use of our solar panels."*

*"Rugs not heaters."*

*"We keep heating and cooling in our house to the absolute minimum. We're lucky because our house has a passive solar design - it's comfortable all year round and optimising the use of natural light makes it uplifting to live in. We could not live any other way now!"*

*"Turn down the thermostat in winter and wear warmer clothes! Do the opposite in summer!"*

*"Save up to 10% of energy consumption by switching off the powerpoint for non-essential appliances that aren't in use. Choose energy efficient appliances with a high energy efficiency rating and run them at off-peak times."*

*"Change to energy efficient light globes and choose low wattages."*

*"Go to your electricity provider and choose to have 100% of your electricity as renewable - or as much as you can afford. It costs me an extra \$25 per month."*

*"We have set up totally 100% off grid living. We use solar and batteries for our energy, and water captured from our buildings is our only water supply!"*

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## B. TRANSPORT

Transport is the second biggest source of our greenhouse gases, at **21%** <sup>(6)</sup>.

Air travel is very costly in CO<sub>2</sub> emissions. An economy return trip from Australia to Europe produces 5 tonnes of CO<sub>2</sub>, which is double each person's 2030 annual allowance. Australians are flying more than ever before - in 2017 the average person took double the number of international flights compared to 10 years ago <sup>(7)</sup>.

Cars are also problematic for Australians. Nearly 9 out of 10 Australians travel to work, school or university by car. To make matters worse, our cars pollute more heavily than those in other countries because we have been slow to introduce standards for vehicle greenhouse emissions. We also tend to drive larger cars <sup>(6)</sup>.



**Suggestion: Cycle instead.**

IMAGE BY FREE-PHOTOS - PIXABAY

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## What can we do?

Reducing our reliance on our cars by cycling, walking, using public transport, car-pooling and planning ahead to minimise car trips will make an enormous difference to our petrol emissions.

For Australians who don't want to give up their car, choosing a hybrid or electric car is the way to go, providing the electricity used to charge it is renewable. In the near future a larger range of electric vehicles will be available for sale in Australia <sup>(8)</sup>. They are still more expensive than petrol-fuelled cars but the price is coming down all the time. In some European countries, electric cars are already cheaper to run than petrol or diesel alternatives <sup>(9)</sup>.

## Tips from our readers:

*"I used to drive everywhere - now I ride my bike, take public transport or walk wherever possible. This has been wonderful for me as I have not only helped the earth but I am fitter, healthier and have saved so much money on petrol."*

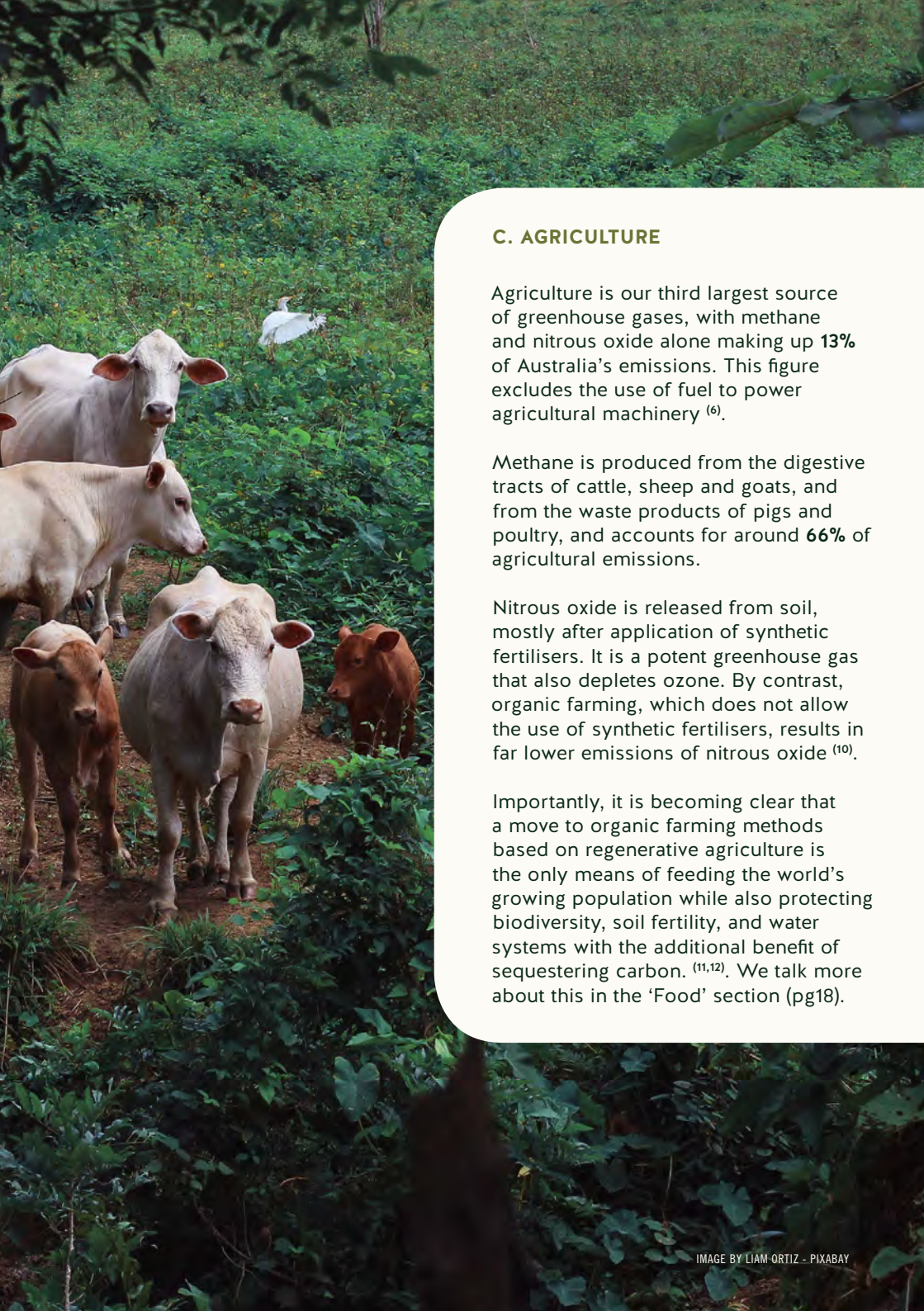
*"My favourite trick is to walk to the shops with my dog Alfie and shopping bags in tow. I find that when I walk I really consider all my purchases - the thought of lugging home extra packaging helps! I only take what I can fit in my bag and don't waste any space on plastic. It's small but it works for me."*

*"I try to avoid flying whenever I can because of the huge cost to the environment. If I can't avoid flying I pay the extra for the carbon offset when I buy my ticket. If the airline doesn't offer it, I buy the carbon offsets myself."*

*"We have a hybrid car powered mostly by our solar panels!"*

*"Giving up the car to get to work has changed my life. When I cycle to work I get exercise, fresh air, and I arrive more relaxed - I have to go via back roads of course! When I can't cycle I take public transport and get some work done or read or meditate. Driving might be faster, but I no longer see the point."*





## C. AGRICULTURE

Agriculture is our third largest source of greenhouse gases, with methane and nitrous oxide alone making up **13%** of Australia's emissions. This figure excludes the use of fuel to power agricultural machinery <sup>(6)</sup>.

Methane is produced from the digestive tracts of cattle, sheep and goats, and from the waste products of pigs and poultry, and accounts for around **66%** of agricultural emissions.

Nitrous oxide is released from soil, mostly after application of synthetic fertilisers. It is a potent greenhouse gas that also depletes ozone. By contrast, organic farming, which does not allow the use of synthetic fertilisers, results in far lower emissions of nitrous oxide <sup>(10)</sup>.

Importantly, it is becoming clear that a move to organic farming methods based on regenerative agriculture is the only means of feeding the world's growing population while also protecting biodiversity, soil fertility, and water systems with the additional benefit of sequestering carbon. <sup>(11,12)</sup>. We talk more about this in the 'Food' section (pg18).



IMAGE BY SASIN TIPCHAI - PIXABAY

## What we can do?

Reduce our reliance on animals in agriculture by cutting back our consumption of meat, dairy and animal fibres. This will significantly reduce our emissions of methane.

Buy organic food, clothing and cosmetics to support organic agriculture which has fewer nitrous oxide emissions than conventional agriculture.

## Tips from our readers:

*"Vegan lifestyle! By eliminating animal products I save water and reduce greenhouse gas emissions."*

*"I buy organic or spray free at farmer's markets."*

*"We grow as much of our own food as we can. We have fruit trees and I work really hard in the veggie garden. That means less food miles. Best of all I know my family's food is clean. I'm not supporting the use of damaging chemicals and we save a lot of money!"*

*"We eat as many meat-free meals as possible."*

*"Please don't eat meat or at least limit your intake - this industry is the world's biggest polluter!"*

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## D. INDUSTRY

Around **26%** of Australia's emissions come from a combination of gas and oil heating; powering machines for agriculture, mining and manufacture; from industrial processes; and from emissions released during mining of coal and liquid natural gas. Fossil fuel extraction, which results in the release of large amounts of methane, accounts for a massive **10%** of Australia's emissions.

### A perspective on mining fossil fuels

Australia's mining and export of fossil fuels produces almost as many emissions as our agricultural sector and is heavily supported by government subsidies (\$29 billion annually) <sup>(13, 14)</sup>. And Australia is not alone - a massive **6.5%** of global GDP is spent subsidising fossil fuels <sup>(15)</sup>.

**“THE CLEAR AND PRESENT DANGER OF CLIMATE CHANGE MEANS WE CANNOT BURN OUR WAY TO PROSPERITY. WE ALREADY RELY TOO HEAVILY ON FOSSIL FUELS. WE NEED TO FIND A NEW, SUSTAINABLE PATH TO THE FUTURE WE WANT. WE NEED A CLEAN INDUSTRIAL REVOLUTION.”**

**BAN KI-MOON,  
FORMER UN SECRETARY-GENERAL**

### Could Australia become a post-carbon economy superpower?

That is the opinion of Melbourne University economics professor and climate economics authority, Ross Garnaut. He said that a move to renewable energy would allow us to open up new mineral processing and chemical manufacturing industries which could surpass the coal and gas industries we currently support. In addition, moving quickly to renewables would nurture Australian leadership in the post carbon world economy, a further economic opportunity. <sup>(16)</sup>

For those who are concerned about moving away from fossil fuel mining and the resultant loss of jobs in mining communities, renewable-powered industries can take over. With the right leadership and investment we can safeguard jobs while reducing our emissions and fuelling our economy.





## What can we do?

As individuals, we can express our dissatisfaction with continued mining of fossil fuels, either by writing to our MPs and ministers or by actively protesting. At the same time we can also express our support for industries powered by renewable energy.



## E. WASTE

Waste emissions account for **2%** of Australia's emissions, coming mostly from landfill and from treatment of water and solid waste, and are made up mostly of methane and carbon dioxide. The introduction of methane capture technology from landfill sites has helped reduce these emissions in recent years <sup>(6)</sup>.

### What can we do?

**“THE ONE THING WE ALL HAVE TO DO IS SIMPLY NOT TO WASTE. DON'T WASTE FOOD, DON'T WASTE PLASTIC, DON'T WASTE POWER. LIVE WITHIN OUR MEANS WITHOUT INFLECTING DAMAGE ON THE PLANET. THAT IS A POSSIBILITY AND THAT'S WHAT WE SHOULD BE AIMING AT.”**

### - DAVID ATTENBOROUGH

#### How our readers cut their waste:

*“As a mother my biggest tip is to dispose of the disposable nappies! And by that I mean switch to cloth nappies! It's not as hard as people think!”*

*“I take old empty glass jars from home to my local organic store where I like to buy bulk. I also keep lots of canvas bags on me for shopping days.”*

*“I've just recently given birth to my son and it was astonishing all the little bits and pieces you need as a new mother. I soon*

*realised that all of these products such as nappies, nipple pads, baby wipes and maternity pads would all end up in our land fill or oceans so I am using reusable alternatives instead.”*

*“Only buy what you need and grow what you can at home : ) minimal waste is the goal for my family.”*

*“Mend don't dispose, reinvent don't replace, upcycle don't waste & always wash, reuse & recycle.”*

*“Live minimally. Recycle, reuse and give away items that you no longer need.”*

*“Recycling all things. Bottles, old books, cans.”*

*“Say no to fast fashion! Shop at op shops and vintage stores. If you must buy new buy quality classic items that will last a life time.”*

*“Simplify life by buying naked products with no packaging preferably, or else packaged in glass or paper. Only buy what is needed. Compost as many things as possible, including bamboo toothbrushes and tissues as well as food scraps.”*



2.

## SEQUESTERING GREENHOUSE GASES

Carbon sequestration is the removal of carbon dioxide from the atmosphere. Sequestering carbon can complement actions that reduce the release of carbon. There is a lot of excitement about this approach to dealing with climate change because it has the potential to significantly reduce the amount of carbon in the atmosphere.

**To date, some of the most promising methods of carbon sequestration are:**

Removing carbon by promoting the growth of photosynthesising plants. Cultivation of trees, seaweed, microalgae and phytoplankton are valuable methods. Seagrass meadows, mangroves and tidal marshes are particularly promising because they are very efficient carbon sinks. They also provide valuable food and habitat for vulnerable species.

Capturing carbon in the soil using regenerative farming practices, as already discussed. Techniques include maximising ground cover, mulching, composting, and the use of green manures, where a crop is dug into the soil. These practices offer additional benefits including increased soil fertility, water retention and healthier soils, as well as enhanced biodiversity.

## What can we do?

Regenerative organic agriculture sequesters more carbon than conventional agriculture, which is another reason to buy organic food wherever possible <sup>(17)</sup>.

If you can spare some cash, buy carbon offsets, or directly support enterprises involved in capturing carbon.

Choose sustainably sourced wood and plant fibres for furniture, building materials and household items.

## Tips from our readers:

*"Plant more trees and plants and live simply"*

*"Always grow trees no matter how small your block - they make a difference."*

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### 3.

## BIODIVERSITY

We are losing plants and animals from our planet at such an alarming rate, that some say our loss of biodiversity and biomass is as harmful to our planet's ecosystem as that caused by climate change. A United Nations report released in May 2019 indicated that **of the 8 million species of plants and animals** on the planet, up to **1 million face extinction** in the next few decades as a result of environmental damage caused by human activity and climate change <sup>(18)</sup>.

The biggest drivers of the extinctions are our land use from deforestation, unsustainable agriculture and urbanisation, together with overfishing of the oceans. Their report offers major recommendations that need to be implemented urgently to slow down and reverse the loss of species.

Their recommendations include involving indigenous people in all areas of land and water use so that our communities retain ancient knowledge of our ecosystems. In addition the report stresses the importance of preserving, restoring and extending our native forests and land-based ecosystems, marine and river systems, as well as conserving and optimising our fresh water resources. It requires a conversion to regenerative agricultural systems

like organic farming, moving to sustainable energy, transport and infrastructure, and building sustainable cities with ecological connectivity in urban spaces.

Meanwhile, in Australia native land continues to be cleared at an alarming rate - to such an extent that we are listed by WWF as a global deforestation hotspot, the only developed country to make the list <sup>(19)</sup>.

### What can we do?

We can **campaign** to end land clearing and to extend native corridors both on land and at sea.

In our own gardens we can **plant native species** to provide food and habitat for native insects and birds.

When buying food, we can **choose organic**. Because no synthetic pesticides or herbicides are used, biodiversity is protected.





### Tips from our readers:

*"I only buy organic food to look after the insects and plants."*

*"Grow more native plants, herbs and trees."*

*"When I buy conventional food I just think poison. Poisoned family, poisoned insects, poisoned plants, poisoned soil. I just can't buy it any more."*

*"I used to have a lot of non-natives in my garden, until I realised that they weren't right for the wildlife. Over the years I have gradually replaced everything with local natives and now I am rewarded with daily visits by many native birds and insects."*

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## 4 .

### OUR FOOD

By 2050 the global **population is estimated to rise from today's 7.7 billion to around 10 billion**. Currently 800 million people have insufficient food, while in western countries an obesity epidemic is the result of an overabundance of unhealthy food.

#### INTRODUCING THE PLANETARY HEALTH DIET

A study published in the medical journal, The Lancet, in January 2019 designed a diet that will provide the whole world's population with a health and nutritious diet that is also sustainable for the planet <sup>(20, 21)</sup>.

It recommends **doubling** the global consumption of nuts, fruits, vegetables and legumes, and reducing the intake of meat and sugar by more than half. Australians are the world's biggest meat eaters - and we consume around 6 times the recommended amount of red meat.

A '**planetary health plate**' would consist by volume of around half a plate of vegetables and fruits, the other half primarily whole grains, plant proteins, unsaturated plant oils and modest amounts of animal protein.







(Image from reference 21)

For the average Australian moving to this diet, the biggest adjustment will be **reducing the amount of animal-derived protein.**

### Protein recommendations:

**Red meat:** 14g per day (approx 1 modest serve per week)

**Chicken:** 29g per day (approx 2 serves per week)

**Fish:** 28g per day (approx 2 serves per week)

**Eggs:** 13g per day (just under 2 per week)

**Nuts:** 50g per day (approx half cup per day)

**Legumes like beans, chickpeas & lentils** - 75g per day (approx half cup per day)

**Dairy:** 1 cup milk or 40g cheddar cheese per day

A recent study showed that if a population switched to a predominantly plant-based diet, it would dramatically improve the health of people in the west, and save our governments millions in health costs <sup>(22)</sup>.

## SOME FOODS ARE WORSE FOR THE PLANET THAN OTHERS

The following foods drive deforestation of important habitats:

### **Palm oil**

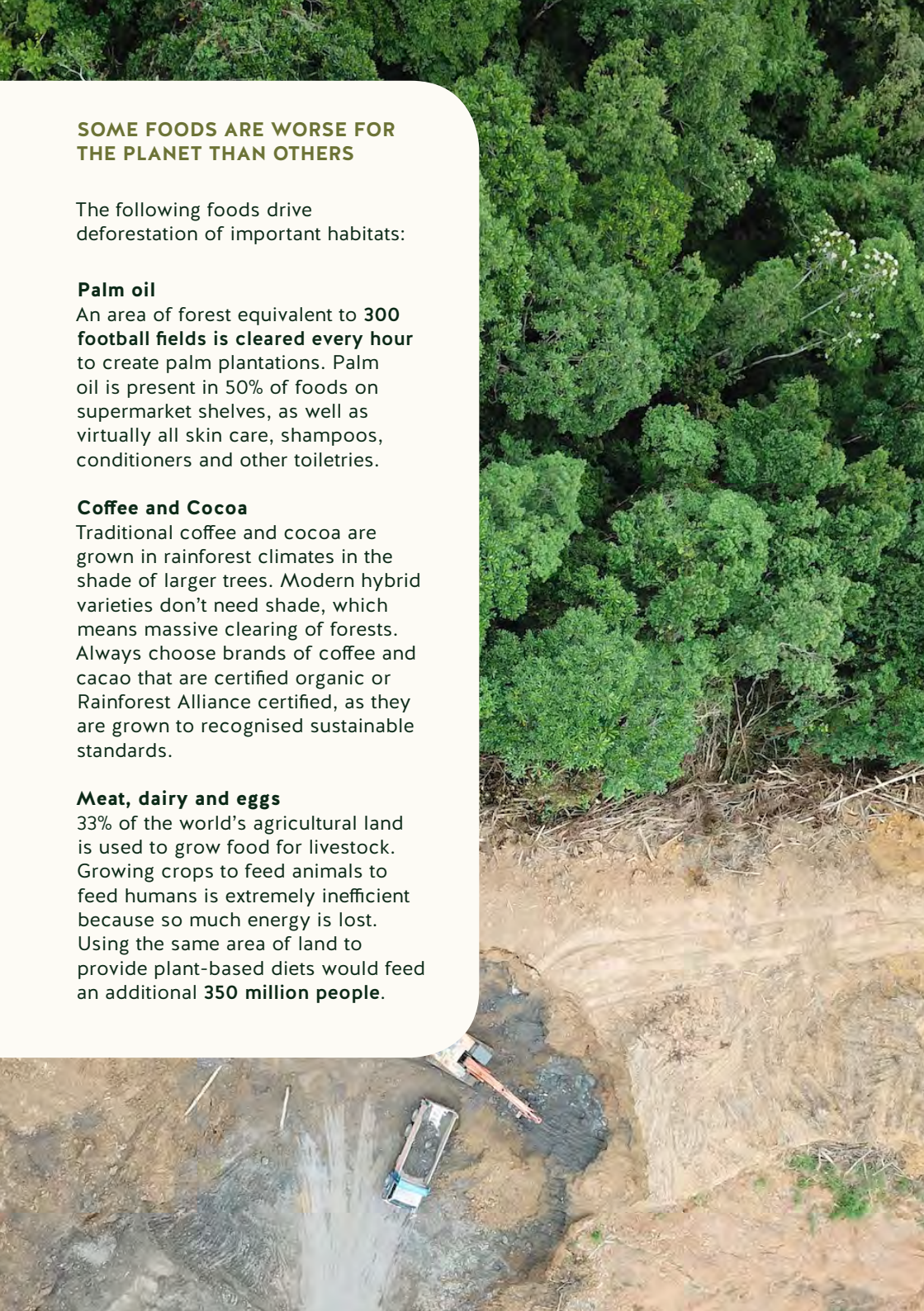
An area of forest equivalent to **300 football fields is cleared every hour** to create palm plantations. Palm oil is present in 50% of foods on supermarket shelves, as well as virtually all skin care, shampoos, conditioners and other toiletries.

### **Coffee and Cocoa**

Traditional coffee and cocoa are grown in rainforest climates in the shade of larger trees. Modern hybrid varieties don't need shade, which means massive clearing of forests. Always choose brands of coffee and cacao that are certified organic or Rainforest Alliance certified, as they are grown to recognised sustainable standards.

### **Meat, dairy and eggs**

33% of the world's agricultural land is used to grow food for livestock. Growing crops to feed animals to feed humans is extremely inefficient because so much energy is lost. Using the same area of land to provide plant-based diets would feed an additional **350 million people**.





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## FOOD WASTE

It is alarming that around one third of all food is wasted <sup>(23)</sup>.

In western countries most food waste is due to foods not meeting appearance standards. They are thrown away before they reach retail shelves.

In developing countries, waste occurs because of poor harvest techniques, inadequate post-harvest management and lack of infrastructure, especially roads and food processing facilities. The right investment would improve both food security and quality of life for many rural communities in developing countries.

### How our readers avoid food waste:

*"All our food leftovers are turned into frittatas."*

*"All our left over food we freeze and keep for "freezer meal nights". It saves on cooking and our veggie scraps go to our chooks!"*

*"I try to be very conscious of cooking with groceries that are in season and always look in the odd bins for the ugly veg!"*

## RECIPE FROM A READER:

### "Don't Throw Anything Out" Rice Bowl

1. Cook brown or white rice and allow to cool.
2. Chop up all of your left over veggies, plus 1 onion.
3. Heat oil in a wok or frying pan and add all the veggies except the greens, together with chopped fresh ginger and chilli if desired.
4. Add the rice and keep turning, add spices if you wish - I use turmeric, tamarind and hoi sin sauce.
5. At the end add the greens including spinach / rocket / lettuce and stir through.
6. Add tofu and/or unsalted peanuts.





## 5. PLASTIC

Every year around **400 million tonnes of plastic** is manufactured. Around **9%** of plastic is recycled, and between **2-5%** ends up in the ocean - around **8 million tonnes** each year.

Each Australian generates **27kg** of plastic waste every year.

For our sea life, the physical effects of consuming plastic mistaken for food can be devastating - we have all seen photos of starved whales, turtles and sea birds with stomachs full of plastic.

Plastic breaks down over time to micro plastics which end up in our oceans, our drinking water and even the air. Microplastics can absorb

persistent chemicals and are readily ingested by feeders at the bottom of the food chain. The full extent to which the health of marine life and fish-eating humans will be affected by microplastics in our oceans is still unknown <sup>(24, 25)</sup>.

### **Tips from our readers for reducing plastic:**

*"It's not about recycling or reusing - it's about never having that plastic in your life in the first place!"*

*"Simple - don't buy plastic at all, use glass instead. There are so many sustainable products on the market now, we can stop supporting plastic."*

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*"I don't use disposable wipes - only washable. I don't use glad wrap - only washable containers. Vinegar and bicarb for cleaning and no plastic produce bags."*

*"Use brown paper bags or mesh bags for groceries, chat to your local cafe about paper straws and incentives to use keep cups for their daily fix of coffee, carry your own water bottle, take your lunch to work in a reusable container, buy soap beads for your laundry, use wax wraps instead of plastic, buy loose leaf tea and a mesh bag to brew your cuppa."*

*"I carry my own bamboo fork and spoon everywhere I go! Campaigned at work to change the coffee machine from pods to beans to save plastic! Converted all my friends at work into using reusable straws! Shop at bulk food stores and use reusable jars to buy loose. ALWAYS carry my own coffee mug and a smoothie bottle."*

*"Swapping out single use plastic items, using shampoo bars and apple cider vinegar hair rinses, using soap nuts and oxygen bleach as alternatives to laundry detergents, as well as a Guppy Bag to collect micro plastics from clothing in the wash."*

*"We take all our bottles & cans to Envirobank, our soft plastics to Recycle & only buy compostable bags for our bins & for picking up dog poo. We also only use Who Gives a Crap toilet paper."*

*"Use soap bars in the shower to reduce plastic bottles."*

*"I take my own containers to the butcher to buy our meat. Same when I go to the supermarket - I take a stack of containers and only shop at the deli counter and the fresh fruit and veg section. There's a rule in our house - if it's packaged in plastic we don't buy it."*

*"As a teacher I have a zero rubbish classroom. Food scrap bin for children to take home for chickens, paper recycling bin, reusable paper box and encourage every child to minimise lunch box waste. We went from two rubbish bins to none!"*

*"Every time you are about to buy a plastic item think of one turtle dying. Since implementing this crazy belief into my every day life I rarely ever purchase plastic. Yes it can be a bit more expensive and sometimes very inconvenient but knowing the good I am doing for the planet and the amount of plastic I prevent ending up in landfill really does bring me joy. Saving the planet isn't just a hobby - it's a lifestyle. A lifestyle we all need to improve upon."*

*"I've switched everything to non plastic - Edwin Jagger metal razor, toothbrushes, dental floss, compostable cotton buds, sanitary items, dish cloths and scrubbers, cleaning brushes, ice cube trays - everything! The whole house feels lovely."*

*"I recycle old towels into kitchen cloths by overlocking the edges. Then when they are too old (takes a long time) I put them into the compost bin where they break down completely."*

*"Find alternatives for clothing made with plastic and synthetic fibres. No polyester and nylon - only cotton, bamboo, linen, hemp and wool. It's easier than you think!"*



6.

## **MINDSET - ACTIONS TO TAKE RIGHT NOW**

Perhaps the most important tool we have to save our planet is to change the way we look at the world and how we are living in it.

Australia is a long way behind in climate action, yet we are in a perfect position to take the lead in converting to renewable energy, switching to renewable-powered industries, creating carbon-free transport systems, promoting regenerative agriculture, sequestering carbon and protecting our biodiversity.

Yet, in Australia it is still acceptable to continue clearing native land to such an extent that our country is listed as a global deforestation hotspot.

We are the world's biggest exporter of coal, and our electricity grid is **80%** fossil fuel-powered.

We still rely on inefficient, petrol fuelled cars for 9 out of 10 of our journeys.

We expect to pay low prices for our food, putting farmers under increasing pressure to neglect the welfare of their animals and land. We push our farmers into using chemical methods to increase productivity at the cost of the survival of our ecosystems.







We purchase plastic-packaged convenience foods at an alarming rate, even when we know most of that plastic will never be recycled. Australians are the world's biggest meat eaters, averaging around **250g** per day <sup>(26)</sup>, while the Planetary Health Diet allows a maximum of 71g total of red meat, chicken and fish per day .

We are the world's 20th richest country <sup>(27)</sup>, yet most of us vote according to what will best suit our personal finances, rather than what will save the world's climate and ecosystem.

It is up to individual Australians to start living as if we are already in a post-carbon economy. Because within 10 years it will be too late to undo the damage, and we will have stolen the future from our children and grandchildren.

**"I WANT YOU TO ACT AS YOU WOULD IN A CRISIS. I WANT YOU TO ACT AS IF YOUR HOUSE IS ON FIRE. BECAUSE IT IS."**

**- GRETA THUNBERG,  
CLIMATE ACTIVIST.**

**Here is some inspiration from our readers:**

*"Living sustainably is a marathon not a sprint."*

*"I have found that the trick to living sustainably is to start small."*

*"Simple living and high thinking."*

*"We've given up buying gifts for each other. How much 'stuff' can you have? When we have a family celebration we spend time with each other which is far more important in this hectic world."*

*"My view on life - live as simply as you can. Don't create an unsustainable life around you. Everything you purchase be it skincare, food or house-hold goods must have a purpose to do good for you and the planet."*

*“Appreciating and loving what you already have. Slowing down and practicing gratitude. Changing your mindset from one of lacking to one of abundance.”*

*"I don't believe there is a 'trick' to living sustainably! More common sense and less laziness and greed. It IS very easy to be green."*

*"Set monthly goals (it's easier to start small). No new clothes in January, plastic free February, meatless March etc. Eventually it'll be easier to practice these habits more permanently over time!"*

*"Less is more. Use less and in more ethical ways. Take care of the planet and it will take care of you. Do not be greedy - use what you have and be grateful. Grow native plants, herbs and trees. Buy local produce and support local farmers. Stop buying plastic ANYTHING. Use organic fertiliser. Value the planet and be concerned about its wellbeing daily."*

*"Take only what you need in every aspect of your life."*



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## What you can do:

Get inspired by seeing the movie **2040** and learn about micro grids and donut economies. Take a look at their website where you can work out your personal action plan:

<https://whatsyour2040.com/>

Support regenerative agriculture by buying organic food where you can, and grow as much of your own chemical free food as you can - even a pot of herbs is a start. Conventional food may be cheaper, but has a huge cost to our soils and our land's biodiversity.

Support stores that sell food in bulk to cut out plastic in your life. If you buy at the supermarket, buy food that can be taken home in your own containers. Let your store-owner know you won't buy food packaged in plastic.



**"THE FIRST DAY I SAT ALL ALONE. BUT ON THE SECOND DAY, PEOPLE STARTED JOINING ME... I WOULDN'T HAVE IMAGINED IN MY WILDEST DREAMS THAT THIS WOULD HAVE HAPPENED SO FAST."**

**- GRETA THUNBERG.**

Switch your electricity bill to as much renewable energy as you can afford.

Plant natives where you can to help support the survival of local wildlife.

Make gradual changes in your life and habits to reduce your greenhouse emissions.

Offset your carbon emissions by buying carbon offsets, and maybe some extra to offset someone else's. Or invest in organisations that offer any form of carbon sequestering or regeneration of native habitat.

Join an environmental organisation and become active in it.

Donate to organisations and support businesses that are doing good for the planet.

Encourage and support people who are protesting against climate change and species extinction, and join them if you can.

Let your politicians know you want action on climate.

Encourage your friends to do the same. Because the countdown is on. **It really is time to panic.**

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