

## Documents for Kitchen Table Climate Conversations

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TIME	Section	AGENDA - KITCHEN TABLE CLIMATE CONVERSATION SUGGESTED AGENDA	Handouts/Facilitator Tips
<p>Ask people to arrive 30 minutes before you expect to start. If you are serving snacks and light refreshments, this gives an opportunity for people to socialize informally and settle in. Make sure that everyone knows where the washroom is, etc.</p>			
15	1] Introductions	<p><b>Introductions:</b> As people find a place at the table, give them the handout ‘Why We Bother’ to fill in. Then share name and the insight from the exercise or value statement (in one or two sentences). Halfway round thank people for keeping intros short and remind them 1-2 sentences.</p>	1-1 “Why we Bother” sheet.
2	2] Land Acknowledgment	<p><b>Land Acknowledgment:</b> <i>We are gathered on the ancestral lands and waters of Indigenous Peoples, who have left their footprints on Mother Earth before us. We respectfully acknowledge those who have walked on it, those who walk on it now, and future generations who have yet to walk upon it. May we gain strength and wisdom that all may continue to serve as stewards of the Earth.</i></p>	Read as is or add personal meaning or acknowledge local indigenous nations.
1	3] Review of Agenda  (Begun by Host; continued by Facilitator.)	<p><b>Guidelines:</b> Host: I appreciate all of you coming. This is a challenging topic. It can be emotional at times. We are fortunate to have (name) with us to be a facilitator. To get through the agenda, we will need to support (facilitator) to keep time and focus. We need to make space for everyone to speak, and to refrain from interrupting.</p>	3-1 Participant’s Agenda Handout  Introduce the Facilitator. Have F take over at a predetermined point - likely the review of the agenda. Set the tone for the conversation - some formality to ensure inclusiveness; minding the time.
2		<p><b>Intentions for this gathering:</b> To increase understanding of the climate emergency and to help people confidently take action personally and in their community. To encourage advocacy for strong climate agendas at every level of government.</p> <p>Review of agenda: Make sure all materials are available.</p>	

10	4] Science (Facilitator)	<p><b>Science intro:</b> Does everyone here feel like they understand the urgency of the climate emergency and the need to act now? (pause - see if there are responses) We are going to spend a few minutes on a short summary of climate science.</p>	Refer to 4-1 Science Images
10	5] Coping with Eco-anxiety (Facilitator)	<p><b>Sharing Questions:</b> What are your feelings, concerns, fears and hopes around climate change?</p> <ul style="list-style-type: none"> <li>• Start with quiet time of 1-2 min for personal reflection. Have participants write down main feeling.</li> <li>• Either collect the pieces of paper and read out or have each individual share their main feelings.</li> <li>• Group then spends remainder of time sharing insights about what they do to cope with feelings - 1-2 points each.</li> </ul>	Small piece of paper each and pencil.
10	6] Science of Social Change (Facilitator)	<p><b>Social Science Intro:</b> The technologies exist to address the climate emergency! How can we work together to create the rapid societal shifts needed? What does the science of social change have to say about mobilizing for large-scale social change? (pause to see if people have any ideas, briefly.) (share a success story, make it local/personal or refer to success story examples to see how change is making a more livable world for people &amp; for nature.)</p>	<p>6-1 Social Science image with talking points.</p> <p>Success story examples in supplemental supporting resources section.</p>

<p>A] 5 B] 10 C] 10</p>	<p>7] Thinking about a low-carbon future (Facilitator)</p>	<p><b><u>A] Understanding our Emissions Sources</u></b> What activities contribute significantly to our emissions? Where should we be taking action?</p> <p><b><u>B] Taking Action</u></b> Provide <b>Personal Footprint Handouts</b>.</p> <ul style="list-style-type: none"> <li>• Not going to do personal carbon footprint calculations here but can send links.</li> <li>• Note the typical Canadian footprint 15T/CO2/yr. Note what certain activities add to our footprints.</li> <li>• What elements seem most relevant to you? What are your biggest opportunities for reducing your own emissions? Consider 2 tonnes/yr? Half of your current footprint in 1-5 years?</li> </ul> <p><b><u>C] Quadrant Exercise.</u></b> Lead a brainstorm, ideally capturing suggestions on a flip-chart version as they come up and probing for connections between quadrants. The template has suggested guiding questions.</p> <ul style="list-style-type: none"> <li>• Capture people's ideas about individual actions.</li> <li>• What actions on other levels do we need to help us achieve widespread and speedy emissions reductions and adequately address the climate emergency?</li> </ul>	<p>7 kit for this section includes:</p> <ul style="list-style-type: none"> <li>• A] Emissions Diagrams</li> <li>• B] Personal Footprint Handouts x 2</li> <li>• C] Quadrant Exercise Example</li> </ul> <p>Can use flip chart or large-sized piece of paper (art size) and suspend on step-ladder.</p>
<p>10</p>	<p>8) Envisioning a low-carbon future</p>	<p><b><u>How do we build a new story?</u></b> Change is stressful and we can help ourselves, our family, friends, and community to come to terms with the need for change by having a vision for the future. It will be important to acknowledge the losses and to recognize the gains (i.e. less long distance travelling but perhaps a new culture that encourages "slow travel" rather than a weekend in London England.)</p> <p>What story will we tell our children/grandchildren? What future do we envision for 2030? What gives us hope? How do we build a new, positive story? How might our values change? What could we revalue or rediscover? How might we make this future work best for everyone? What priorities would make our society work in a low-carbon world? What would a culture of care look like? What does a good, low-carbon future look like to you?</p>	<p>Use flip-chart paper to write down people's ideas.</p>

10	9)Getting Political	<p><b>Getting Political:</b> Provide <b>9-1 Personal to Political Actions Handout.</b></p> <ul style="list-style-type: none"> <li>• We know we need more government level action on climate.</li> <li>• How can we make this a key issue in the October election so that every party has a strong commitment to addressing the climate emergency with the urgency it needs? What can we ask our candidates and parties to commit to?</li> <li>• Allow a moment for participants to look at document and suggest they pull out a point of interest to discuss. Or, pull out 1-3 yourself.</li> </ul>	9-1 Personal to Political Actions handout
10	10] What next!	<ul style="list-style-type: none"> <li>• Participate in GreenPac environmental debate on October 7th</li> <li>• Talk to and question politicians to ensure climate is a federal election issue, help and encourage candidates that prioritize appropriate climate action</li> <li>• Host KTCC</li> <li>• Help build movement in another way</li> <li>• Join or form a local group i.e. <a href="#">ClimateFast</a>, <a href="#">Toronto350</a> or <a href="#">Extinction Rebellion!</a></li> </ul> <p>For a further list of climate groups see: <a href="https://myclimatechange.home.blog/what-can-i-do-about-climate-change/">https://myclimatechange.home.blog/what-can-i-do-about-climate-change/</a> or <a href="https://climatepledgecollective.org/2019/03/18/toronto-climate-action-review-yelp-for-activists/">https://climatepledgecollective.org/2019/03/18/toronto-climate-action-review-yelp-for-activists/</a></p> <ul style="list-style-type: none"> <li>• Other actions can take now: upcoming events, letters to editor</li> <li>• Petition-signing, People’s Climate Plan</li> </ul> <p><b>Supporting one another:</b> Science of social change says that large-scale social change works best when we, as individuals, feel that we are an active part of a community that shares our concerns. How can we support each other? Should some or all of us meet again to see what we might want to work on collectively or to support each other? Would sharing our thoughts as we move forward make sense (emails, FB page, ClimateHub apps)?</p>	Maybe some flyers/ information for upcoming actions.
10	11] Closing	<p>Thank everyone for coming! Collect emails and offer to follow-up in the next few days, with a link to the KTCC resources and to get some feedback about this experience. Suggest that emails will be confidential unless participants want to continue to share experiences.</p> <p>Now – time for the group photo with those who would like to be included, which we can share for posting on social media. CC <a href="mailto:ktcc@climatefast.ca">ktcc@climatefast.ca</a> if the group agrees. And let us know how the conversation went!</p>	Clipboard to collect emails.  Informal discussion may continue here

# Why do we bother?

## GROUP ACTIVITY

People have many different motives and values which might lead them to act on climate change, from a love of nature to the hope of business opportunities. A number of possible motives and values are listed below.

- Read through the list.
- Are any of the statements similar to your own views? Tick them if they are. Change the wording if you wish to bring a statement closer to your exact view.

- Then write a short statement of your own about the motives or values that lead you to be concerned about climate change.
- Talk to someone else for a few minutes about the statement you have written and how you feel about the other items on the list.

1. All living things are equal and have a right to life – we have to stop our destruction of other creatures' lives and habitats.....
2. Nature is a living force that we should respect – if we don't we'll suffer the consequences .....
3. Nature is amazing. It fills me with awe and wonder. I want to respect and protect that.....
4. According to my faith, we have a responsibility to care for the natural world .....
5. I want to leave the world in a good state for future generations .....
6. Everyone on the planet should have a fair share of natural resources like water, oil, land and minerals .....
7. I want to see justice for communities that are suffering the effects of climate change, through no fault of their own .....
8. We've exploited the rest of the world for 200 years – it's payback time .....
9. It's in our own interests to look after the natural world.....
10. We need to protect our community, our country and ourselves .....
11. I can see green business opportunities .....
12. I love a challenge.....
13. I feel guilty about my own good fortune.....
14. I couldn't sleep at night if I didn't act.....
15. I'm worried about the future for my children and grandchildren .....
16. Your own view .....

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## **Kitchen Table Climate Conversation - Participants Agenda:**

Arrival time and socializing. **30 minutes**

Introductions including “Why we Bother?” exercise **15 minutes**

Land acknowledgement, guidelines and Intentions for gathering **5 minutes**

Science Intro, why is the 1.5 important. why is this a crisis? **10 minutes**

Sharing Questions. **10 minutes**

Science of Social Change. **10 minutes**

Thinking about a Low Carbon Future - Areas for Action. **25 minutes**

Envisioning a Low-Carbon Future - building a new story. **10 minutes**

Getting Political. **10 minutes**

What Next! **10 minutes**

Closing **10 minutes**

Upcoming opportunities: (these may change or you may have additions as time goes on!)

- Participate in GreenPac environmental debate on October 7th
- Talk to and question politicians to ensure climate is a federal election issue; help and encourage candidates that prioritize appropriate climate action
- Host KTCC
- Help build movement in another way
- Join or form a local group i.e. [ClimateFast](#), [Toronto350](#) or [Extinction Rebellion](#)! For a further list of climate groups see: <https://myclimatechange.home.blog/what-can-i-do-about-climate-change/> or <https://climatepledgecollective.org/2019/03/18/toronto-climate-action-review-yelp-for-activists/>

#### **4-1 Science Slides - Suggestions for Science Presentation:**

1) Perhaps pick a personal or local image or example that shows how close to home climate change is now. Or share something that has particularly effected you about the climate crisis lately.

i.e. Floods in Ontario have notably increased (flooded basement etc.), there were 1,325 forest fires last summer, heat-related health complications, a loved one who was treated for Lyme disease.

2) Share a few, (no more than 5 likely), graphs, charts or images that help explain climate change and show the urgency for action. Emphasize that we can still make a difference if we work together and act now.

3) Remember, you are not a scientist (unless you are of course!), and share what you feel comfortable with. You can always suggest that you do not know the answer but can inquire and send it later.

4) End on a little note of hope.

i.e. [Canadian Association of Physicians for the Environment](#) say that there are many health benefits to living low-carbon, active lifestyles, clean energy sector growing faster than rest of economy (298,000 jobs, almost equal to real estate industry).

Or, again, try to think of a local or personal example of positive changes. ie. wind turbines going in, more active transportation like biking, a new energy efficiency program, more people buying electric cars. If you've got a picture or graph, consider using it!

**Sample Script:** How many of you understand the urgency for action on the climate crisis? I'm going to attempt to give a short synopsis here, about climate science and the crisis it poses.

**Image 1:** Over the last million years or so, the Earth had maintained a happy balance of oxygen and carbon dioxide in its atmosphere. About 220 years ago though, when we started burning fossil fuels for our vehicles and homes, making things like concrete and deforesting, we created an imbalance. This rapid and continued increase of CO<sub>2</sub> and other emissions in the Earth's atmosphere, is largely human-driven.

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**Image 2:** This build-up of CO<sub>2</sub> in the atmosphere traps more heat and causes global warming. If warming continues to escalate, the world will be a very different place, with many uninhabitable areas due to sea level rise, desertification and extreme heat. If we act now, though, severe health impacts, water and food shortages will effect many millions less people.

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**Image 3:** In Canada, temperatures are projected to increase at twice the global rate with warming of 6.5°C possible by the end of the century. Again, if we bend down the curve of emissions quickly, temperatures will not be as high as they might otherwise become.

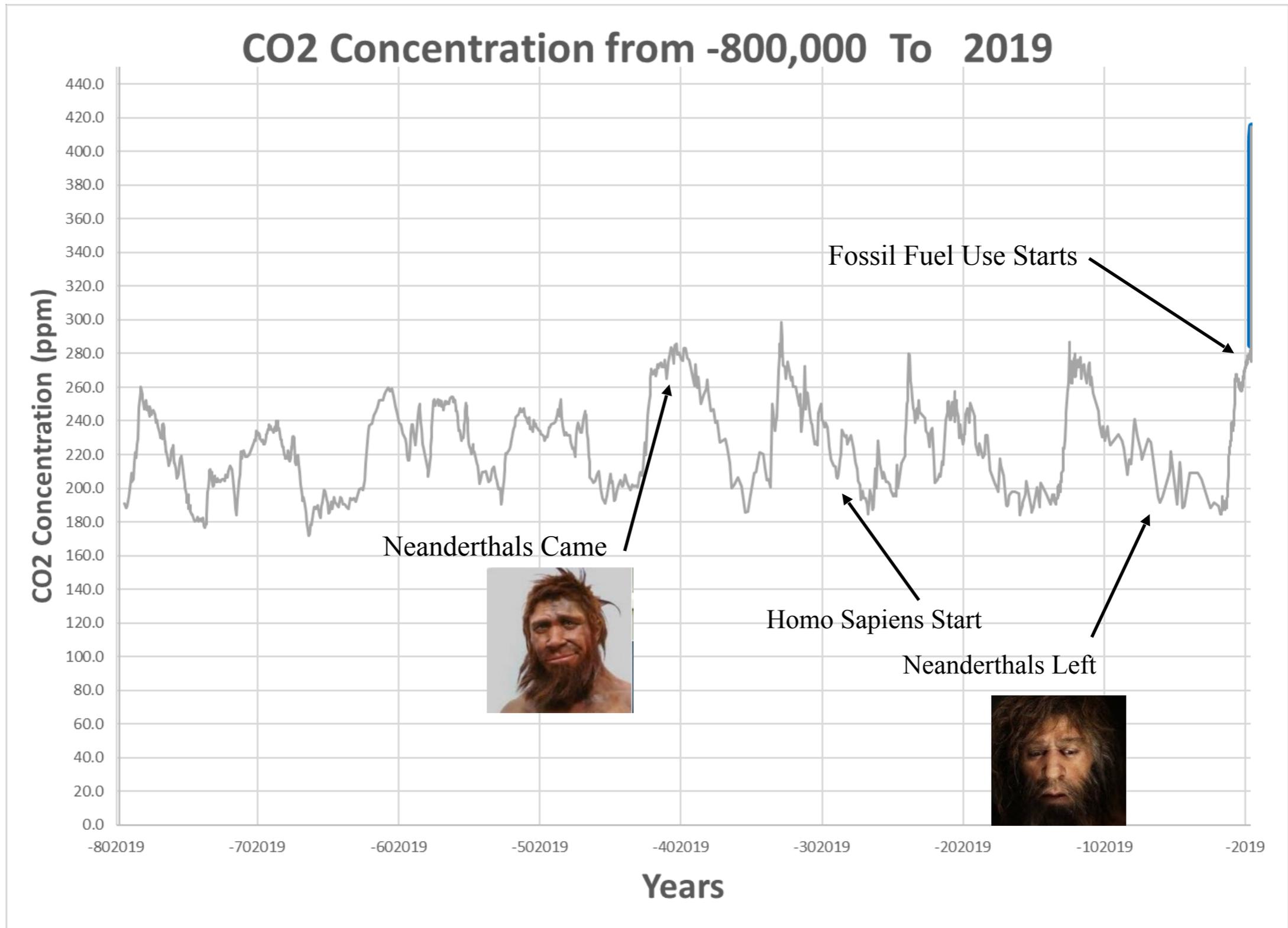
**Try to also use local data if you can. [climateatlas.ca](https://climateatlas.ca) may help.**

For example, the number of days above 30 Celsius in Toronto could almost double by 2050 and increase heat-related health threats. According to [climateatlas.ca](https://climateatlas.ca), if we continue with a high carbon output, we could experience a mean of 55 30+°C days/year between 2051-2080, compared to 39 with a more moderate carbon scenario. An even lower carbon scenario would mean less extreme heat days.

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**Image 4:** This graph from <https://climateactiontracker.org/countries/canada/> shows that our global commitments are currently not strong enough to prevent catastrophic warming. If you go to their site and look up Canada, our current efforts and commitments are rated as Insufficient, a jump up from Highly Insufficient over the past month or so! Federal actions are still not currently in line with keeping global warming below 2°C, let alone 1.5°C.

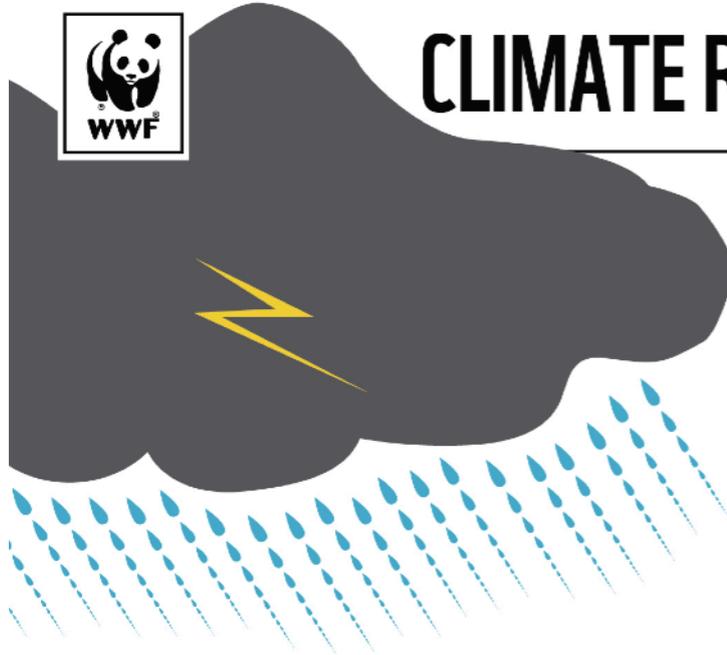
At the same time, the recent IPCC report and others show that emissions must decrease dramatically before 2030 and reach net-zero soon after that, in order to prevent some of the worst effects of the climate crisis. Emissions basically have to come down as quickly as possible (and methods to draw carbon out of the atmosphere increase). The good news is that we still have time to make a difference if we work together, act collectively and demand an emergency level response from government!



**Image 1 - Keeling Curves**



# CLIMATE RISKS: 1.5°C VS 2°C GLOBAL WARMING



## EXTREME WEATHER

**100%** increase in flood risk. | VS | **170%** increase in flood risk.

## SPECIES

**6%** of insects, **8%** of plants and **4%** of vertebrates will be affected. | VS | **18%** of insects, **16%** of plants and **8%** of vertebrates will be affected.

## WATER AVAILABILITY

**350 million** urban residents exposed to severe drought by 2100. | VS | **410 million** urban residents exposed to severe drought by 2100.

## ARCTIC SEA ICE

Ice-free summers in the Arctic at least once **every 100 years.** | VS | Ice-free summers in the Arctic at least once **every 10 years.**

## PEOPLE

**9%** of the world's population (700 million people) will be exposed to extreme heat waves at least once every 20 years. | VS | **28%** of the world's population (2 billion people) will be exposed to extreme heat waves at least once every 20 years.

## SEA-LEVEL RISE

**46 million people** impacted by sea-level rise of 48cm by 2100. | VS | **49 million people** impacted by sea-level rise of 56cm by 2100.

## OCEANS

Lower risks to marine biodiversity, ecosystems and their ecological functions and services at 1.5°C compared to 2°C.

## CORAL BLEACHING

**70%** of world's coral reefs are lost by 2100. | VS | Virtually **all coral reefs are lost** by 2100.

## COSTS

Lower economic growth at 2°C than at 1.5°C for many countries, particularly low-income countries.

## FOOD

Every half degree warming will consistently lead to lower yields and lower nutritional content in tropical regions.

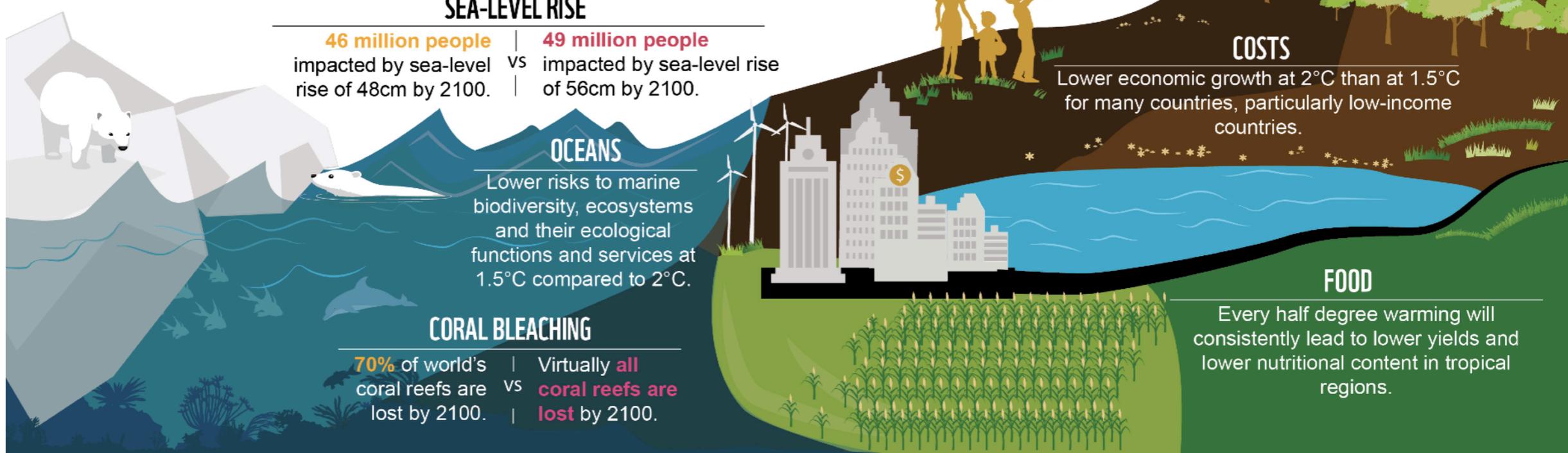
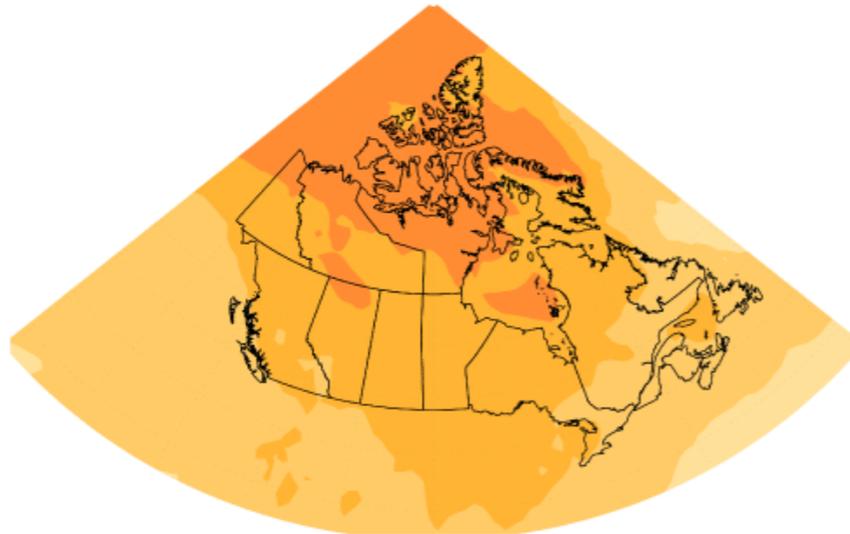


Image 2 - Impacts of Climate Change - What holding to 1.5°C can Prevent WWF

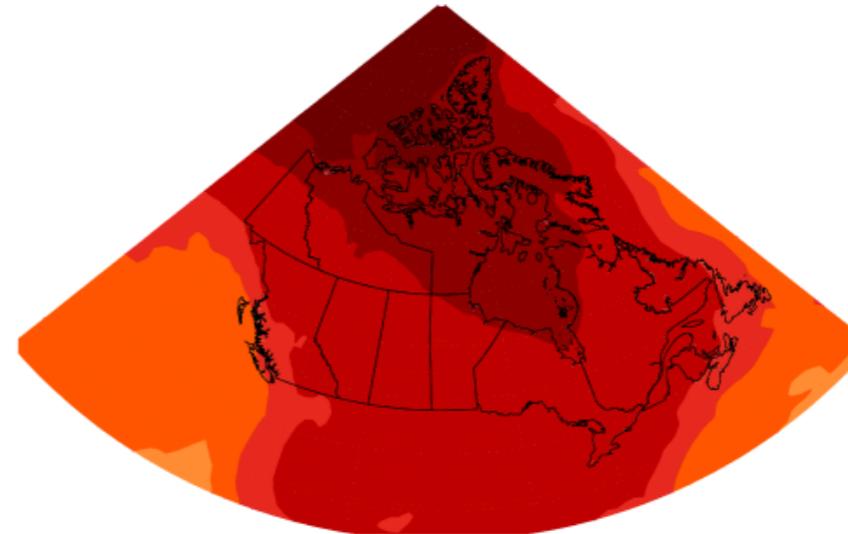
Temperature change RCP2.6 (2081-2100)

Annual



Temperature change RCP8.5 (2081-2100)

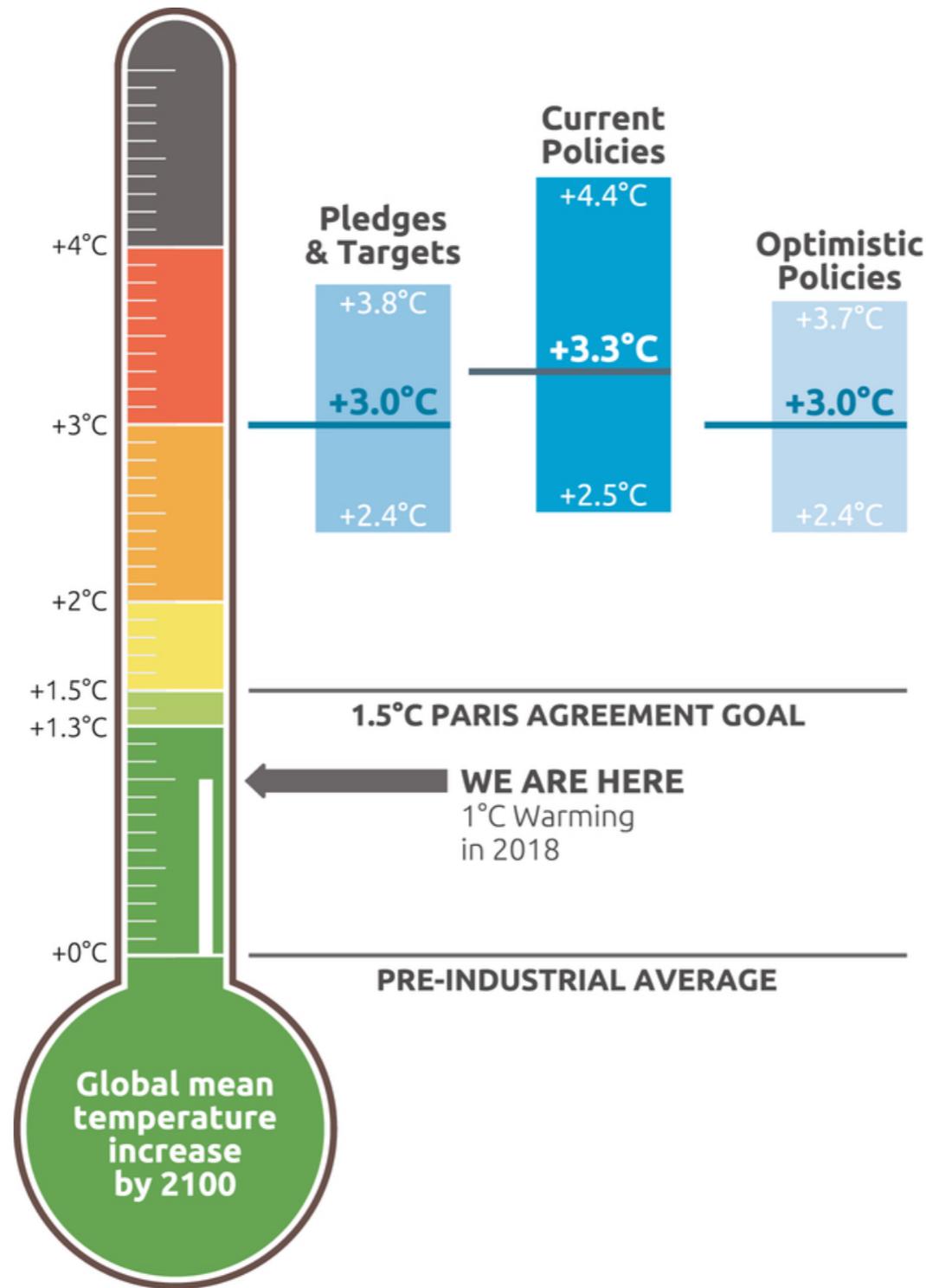
Annual



From Chapter 4 Figure 4.8. CANADA'S CHANGING CLIMATE REPORT – EXECUTIVE SUMMARY - Government of Canada

### Image 3 - National Impacts of Lower & Higher Carbon Scenarios

**Note:** RCP stand for Representative Concentration Pathways. RCP 2.6 refers to scenarios that lead to very low greenhouse gas concentration levels. RCP 8.5 represents scenarios with increasing GHG output over time.



CAT warming projections  
**Global temperature increase by 2100**

December 2018 Update

**Image 4 - The Need for More Action**

# 6-1 The Science of Social Change

Research shows that there are certain approaches that work better than others in mobilizing people for climate action:

## Trusted Peers and Professionals Play a Key Role

People respond well to their peers, and others that they trust, including medical professionals. As peers we are in a position to influence family, friends, neighbours, and work colleagues – especially when we go about it an open way that connects through shared values -- that is, when we are allies responding to a shared problem, together.

## Supportive Group Environments Incubate Change

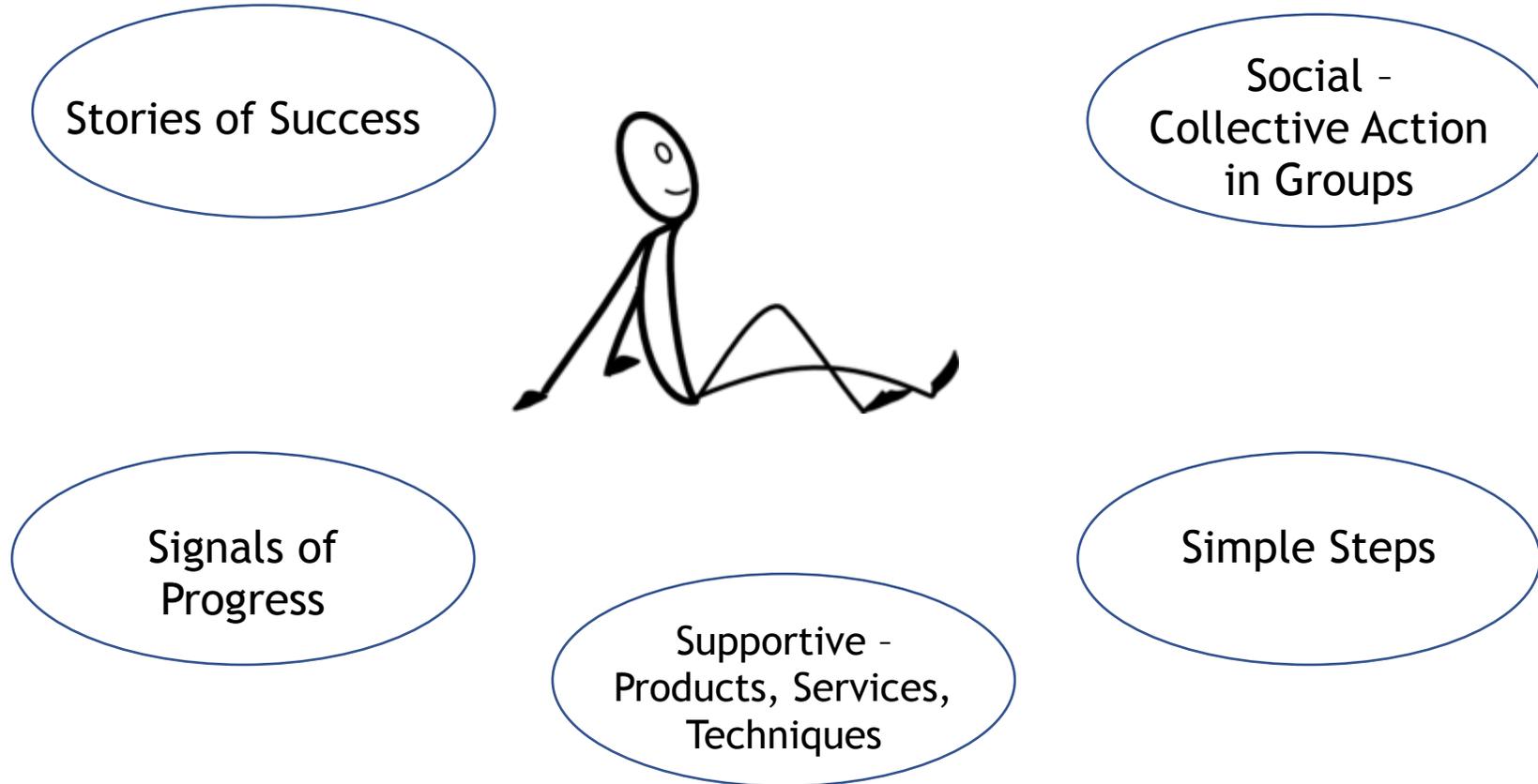
People are more likely to shift views in a warm positive environment, in a group setting, rather than when alone or when confronted. When we feel attacked we put up our defenses and justify the way we already think.

## 3.5% Can Make it Happen!

Research also shows that social change happens when a critical mass gets involved in pushing for that change through non-violent action. As few as 3.5% of the population can trigger large scale social change – but the key is the 3.5% must be actively engaged. You can find many links on this research by Erica Chenoweth, here is one: <https://www.ericachenoweth.com/research/wcrw>.

We are taking Erica Chenoweth's findings to heart with Kitchen Table Conversations. The science of social change says that it is really important to get 'outside the tent' of those already involved and active on the climate issue. We need to expand the number of people who understand and are engaged toward action on climate – fast.

# What We Need to be Successful Activists



Stick figure from [here](#)

In the video 'How to Transform Apocalypse Fatigue into Climate Action' Per Espen Stoknes identifies 5 S's that encourage climate action. In our words these are: **Social** - we change in groups; **Simple** - there are doable steps we can take; **Signals of Progress** - we can see signs that our actions are having an effect (footprint apps good for this); **Supportive Environment**- we see things that help us (meatless burgers, sharing apps); and **Stories** - we are inspired and engaged by success stories.

[How to Transform Apocalypse Fatigue into Action on Global Warming - espen stoknes](#)

## 7 A] Emissions Slides - Where do our emissions come from? What are potential areas of action?

**Image 1 Sample Script:** There are many approaches to climate action. In Canada, for example, the oil and gas sector is the largest source of GHG emissions, emitting 27% of the national total. The amount emitted increased 84% from 1990 levels in 2017, totalling 195MT CO<sub>2</sub>. This increase is mostly due to tar sands development.

The oil and gas sector emits a significant amount, adding to our per capita carbon footprint. If the tar sands continue to be developed as planned, the other sectors of our society will have to take on an unfair burden and Canada will have an incredibly difficult time meeting even the inadequate climate targets we have today. This means that actions like discouraging fossil fuel subsidies and new fossil fuel infrastructure are key.

The second largest source of Canadian emissions is the transportation sector, emitting 24% (174MT CO<sub>2</sub>) in 2017. This sector's emission grew 43% from 1990 levels in 2017. The increase mainly came from increased purchases of passenger "light trucks" (SUVs, pick-ups etc.) and freight trucks.

**Image 2:** According to 2014 data from [climatewatchdata.org](http://climatewatchdata.org), Canada ranks in the top 10 highest polluting countries. Per capita though, it is even worse - we rank number 1. What's more, we are also among the wealthiest countries and have benefited from an extractive economy that harms the most vulnerable globally.

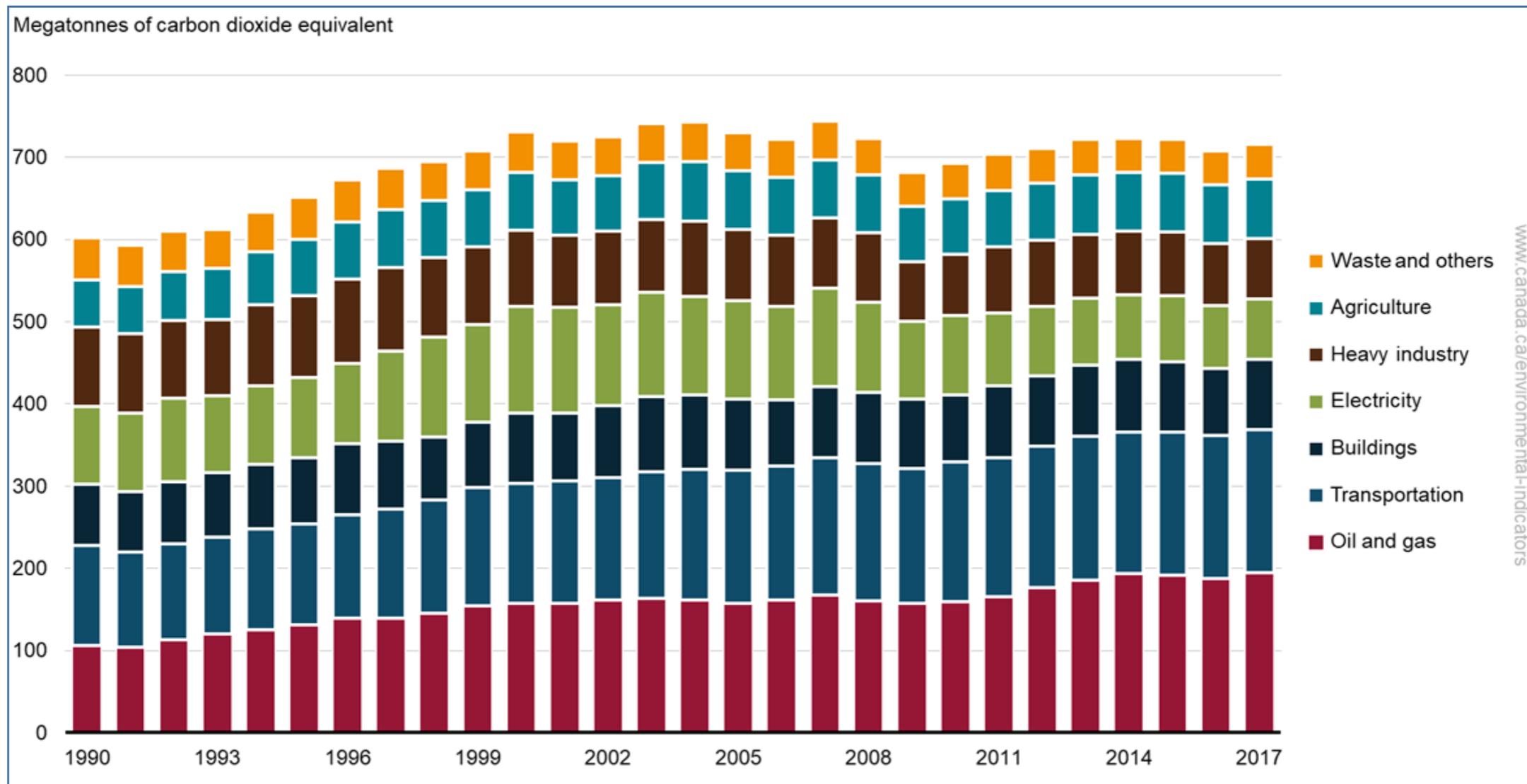
According to Eddy Pérez, international policy analyst at Climate Action Network Canada, as detailed in an April 2019 [CBC article](#), 5 significant things Canada can do to reduce emissions are:

- End the use of coal and diesel
- create Canada-wide plan for net-zero transport that goes beyond buying individual vehicles
- reduce oil and gas methane emissions
- stop subsidizing fossil fuels and be honest about the future of this industry
- have cross-canada building codes (include energy-efficiency & no-carbon heating/cooling sources).

**Image 3:** Perhaps try to find out whether your town or region has a climate plan or an assessment of where local GHGs come from.

At a community level, retrofitting of multi-unit buildings, increasing density, and building better public transit are important.

**Image 4:** On a personal level, three of the biggest changes we can make are moving toward a plant-based diet (especially avoiding beef), not driving a car (especially biking, walking or taking transit) and avoiding flying.



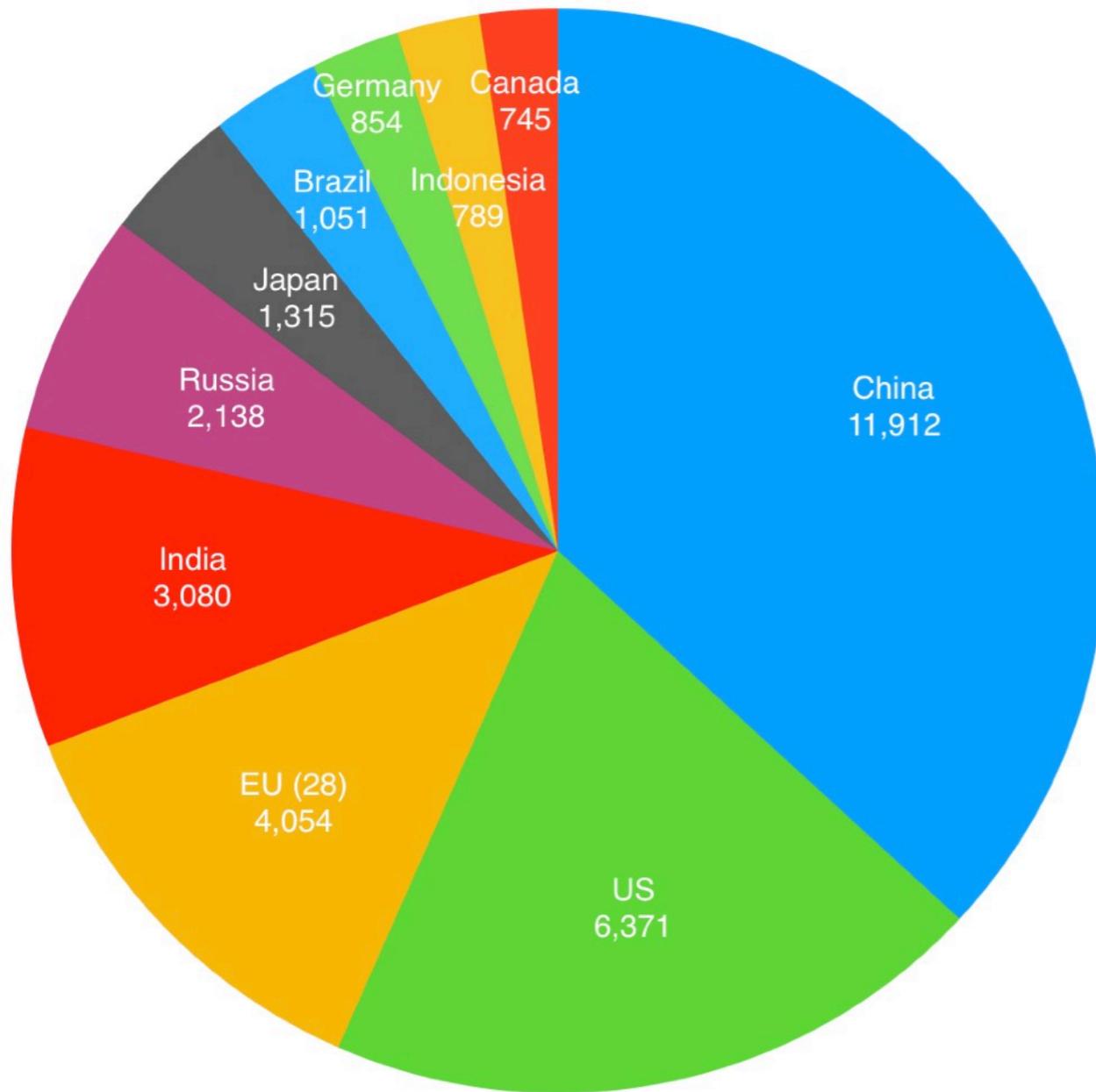
**National:**

- 1. Oil and Gas**
- 2. Transportation**
- 3. Buildings**

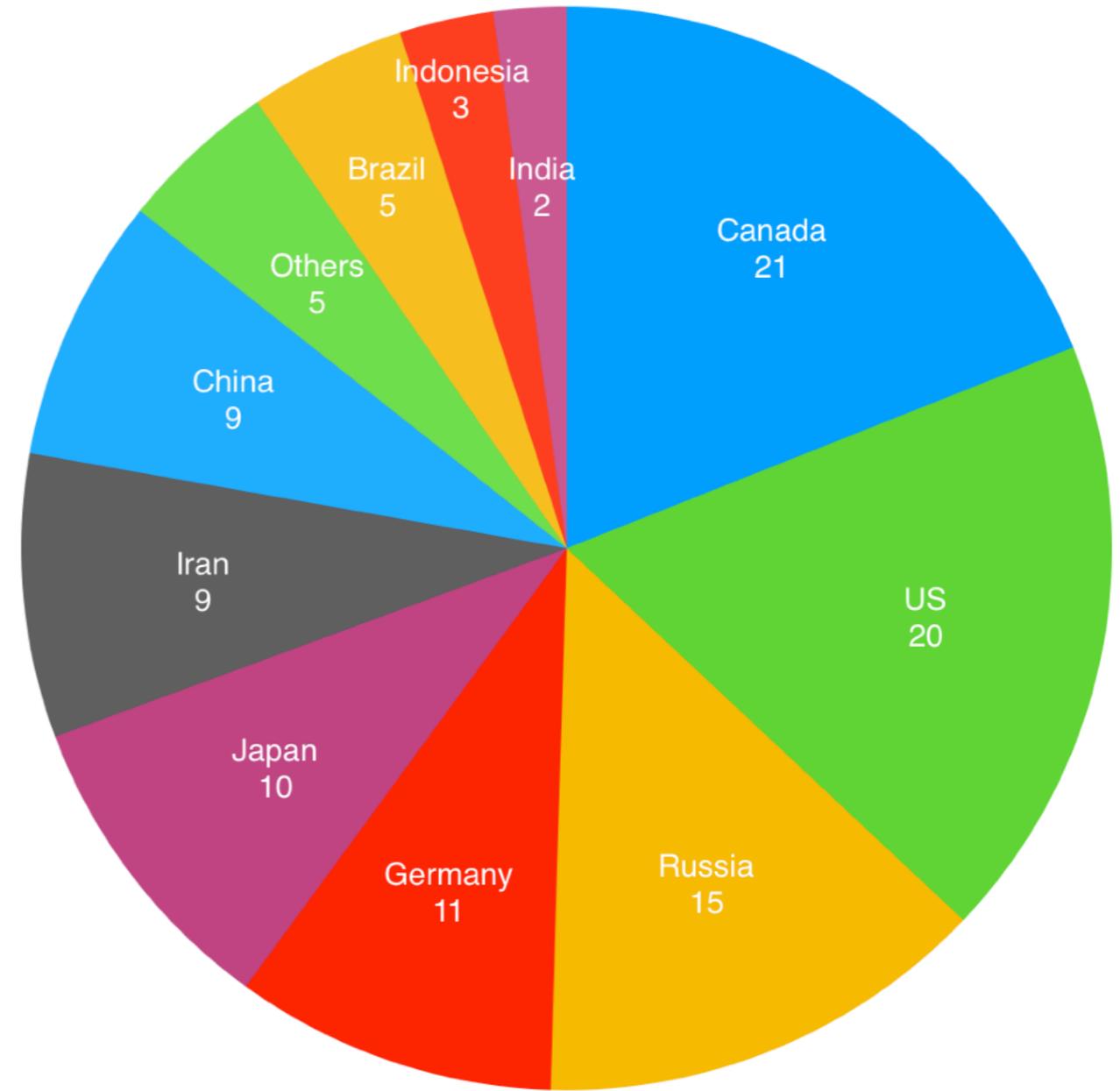
[Greenhouse gas emissions by economic sector, Canada, 1990 to 2017, Government of Canada](#)

**Image 1: National Emissions Sources - Areas for Action**

Top 10 GHG Emitters in 2014 (MT CO2e)



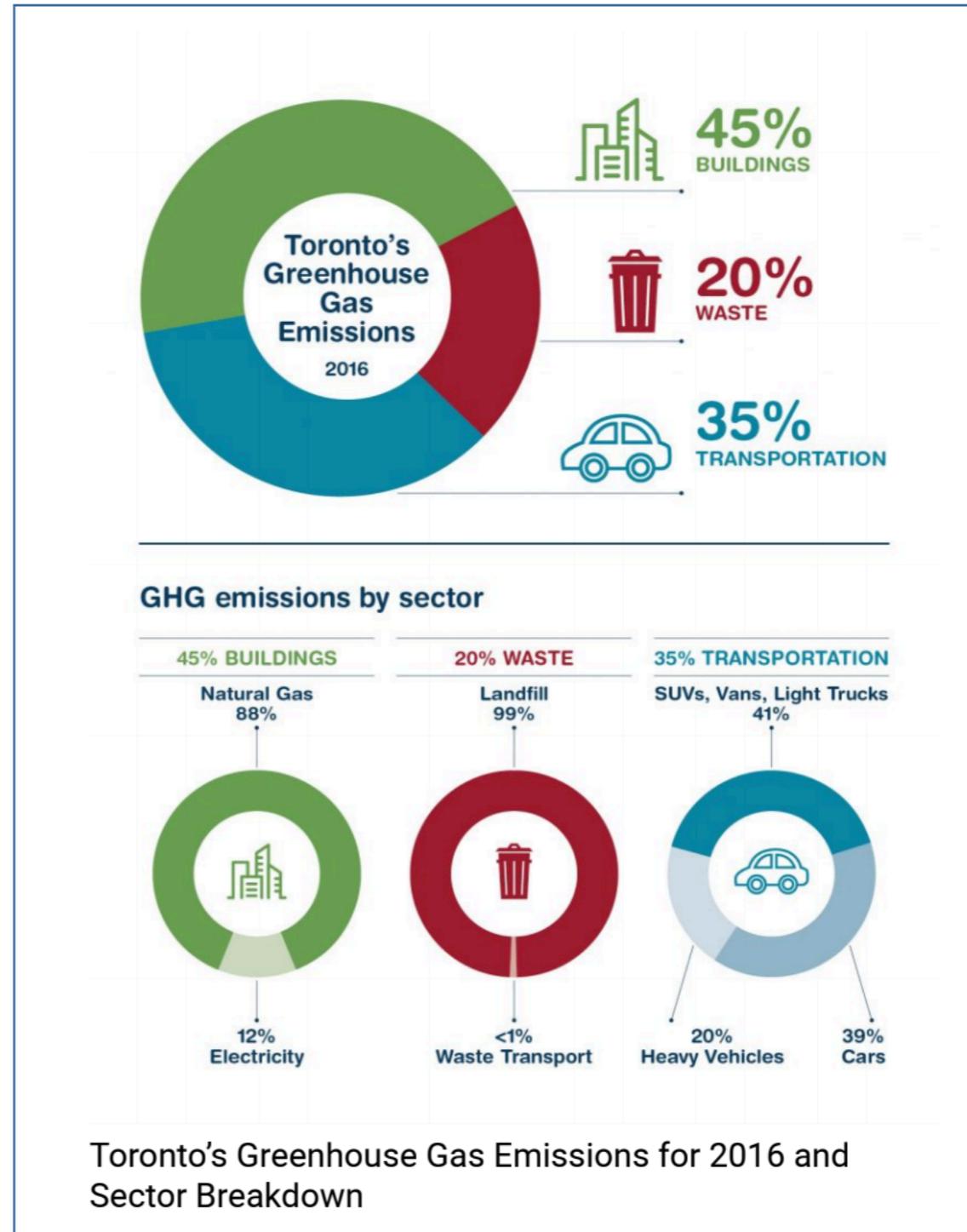
Highest Per Capita Emitters in 2014 (t CO2e)



**Image 2: Canada's Overall and Per Capita Emissions** - Source: Climate Watch. 2018. Washington, DC:

World Resources Institute. Available online at: <https://www.climatewatchdata.org> Note: Data Excludes Land Use Change and Forestry (LUCF)

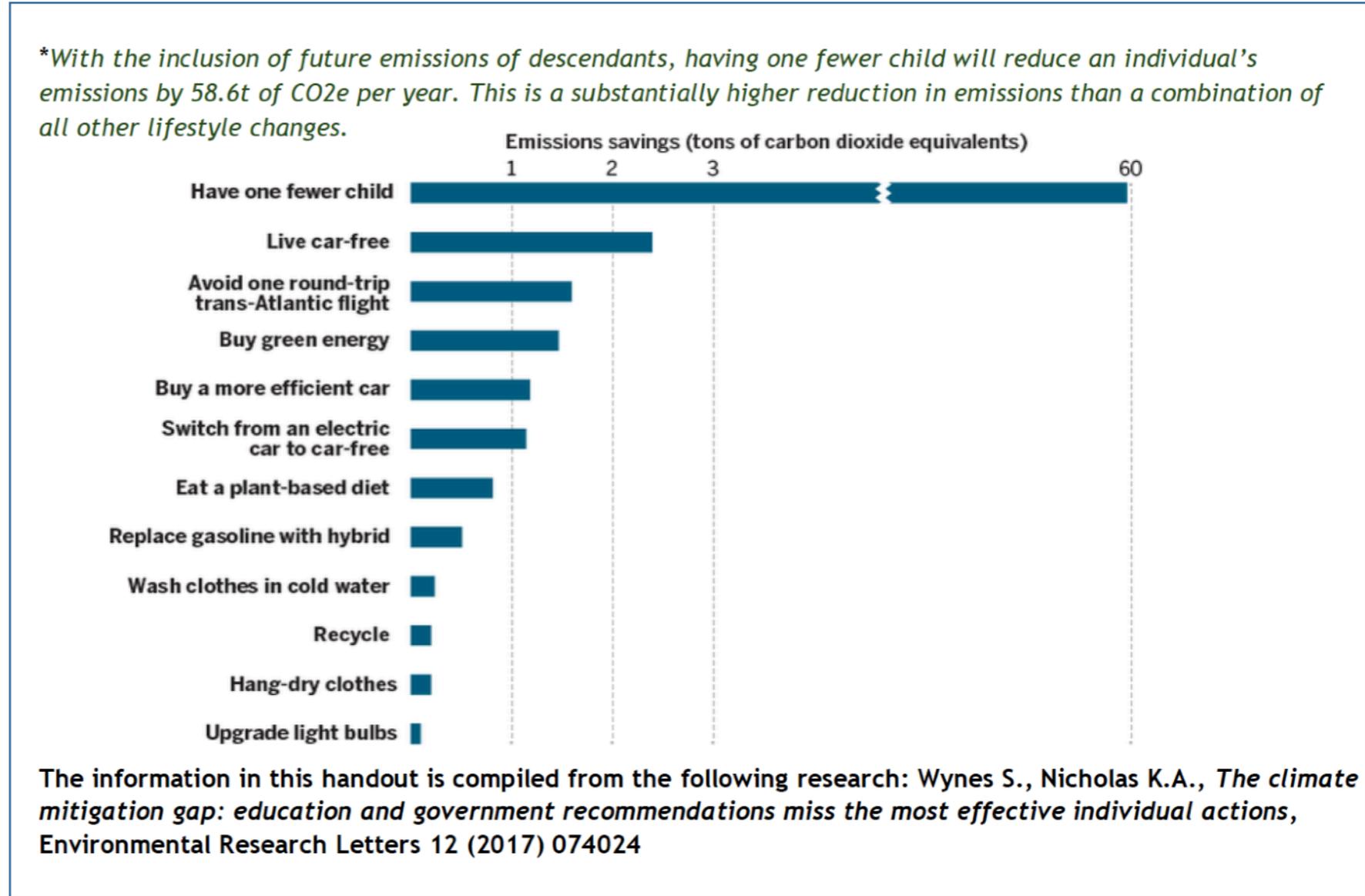
[Toronto's 2016 Greenhouse Gas Emissions Inventory](#), TransformTO - Toronto.ca



**Image 3: Local Emissions Sources - Areas for Action**

**Individual:**

- 1. One fewer child**
- 2. Car-free living**
- 3. Avoiding Flying**



<https://www.kairosCanada.org/earth-day-2019-carbon-footprint>

**Image 4: Individual Emissions Sources - Areas for Action**



*The average Ontarian causes more than twice as much carbon pollution as the global average*

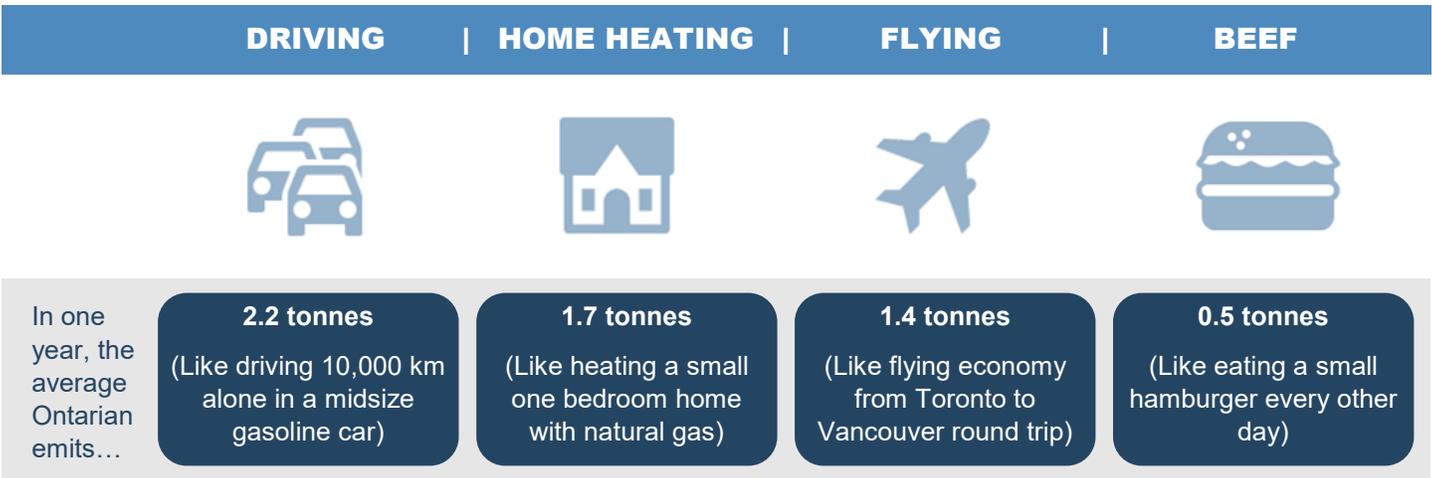
**Dianne Saxe**  
**Environmental Commissioner of Ontario**  
**March 2019**

## CLIMATE POLLUTION: REDUCING MY FOOTPRINT

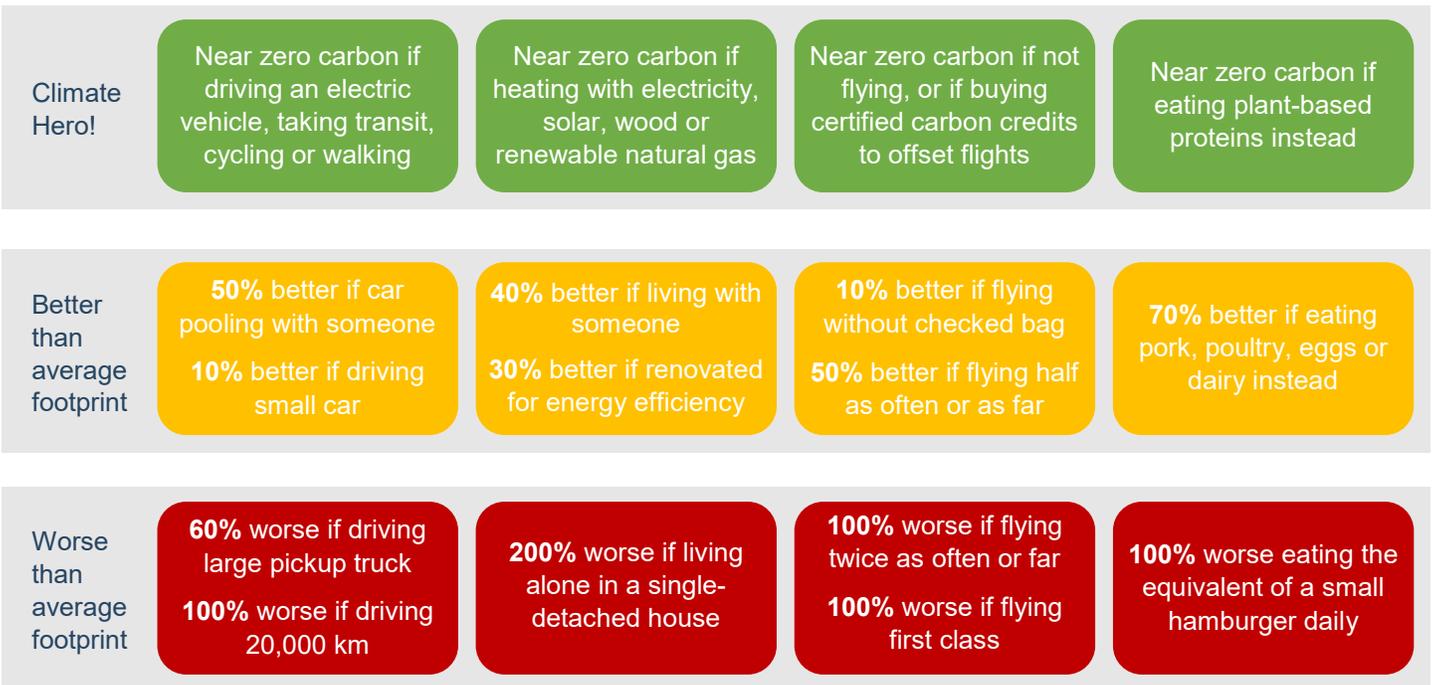
Ontarians have large carbon footprints. The average Ontarian personally causes about 11 tonnes of greenhouse gas emissions.\* More than half of the average Ontarian's carbon footprint comes from just four activities: driving, heating our homes, flying, and eating beef. For most people, the opportunities to reduce the most emissions are in those same four activities.

Individual actions are not enough to protect our global climate, but they are a great place to start.

\*carbon dioxide equivalents

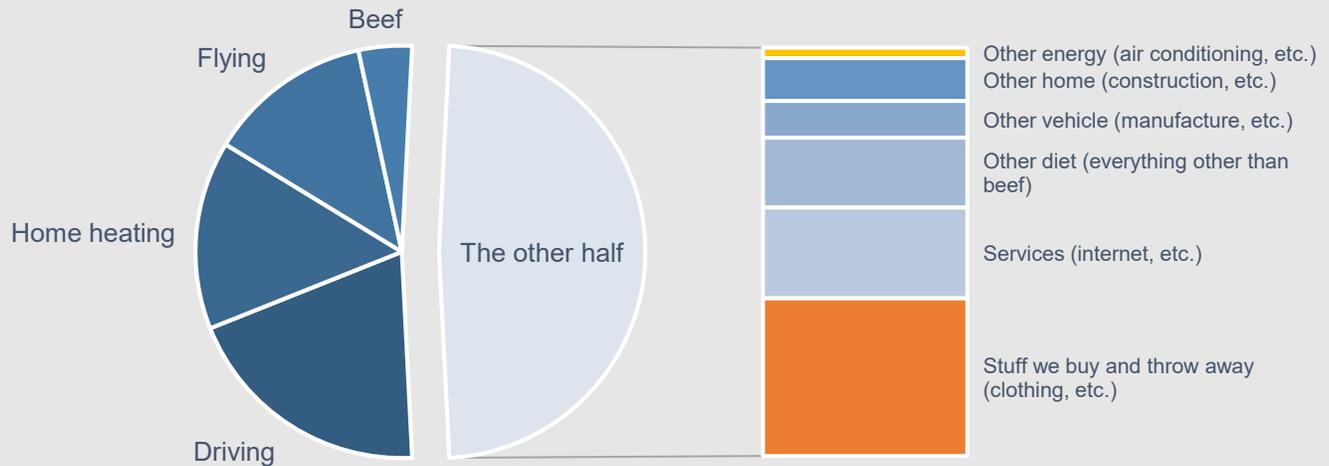


## HOW DO YOU COMPARE?



## WHAT ABOUT THE OTHER HALF?

### THE AVERAGE ONTARIAN'S CARBON FOOTPRINT



#### STUFF WE BUY AND THROW AWAY

The other half of the average Ontarian's personal carbon footprint is mostly from stuff and services we buy. Especially stuff. Many of us have too much of it. Buying fewer goods, making them last and throwing less away would really help. Recycling helps a little, but much less than we think.

#### OTHER ENERGY USE

Anything that burns fossil fuels is doing climate damage, including diesel generators, gasoline recreational vehicles, propane barbeques and natural gas power plants. Over 90% of Ontario's electricity is carbon free, but we often use natural gas to generate the extra electricity needed when demand is very high.



## THIS ISN'T THE WHOLE STORY



#### I'M NOT AVERAGE...

Everyone's life is unique and so is their carbon footprint. Whether you live in the city or the country, you can reduce some of your carbon footprint through individual actions. But other reductions depend on collective action and good government policy. See the backgrounder for ideas and work with your neighbours for opportunities.

#### SPEAK UP FOR COLLECTIVE ACTION

Climate change is everyone's problem. We all share the same planet, and we have to work together to solve this problem. That requires good government policies, like making polluters pay for the damage caused.

Individual action is a great place to start, but it would be a terrible place to stop. Will you speak up?



Download the backgrounder:  
[eco.on.ca/reports/reducing-my-footprint](http://eco.on.ca/reports/reducing-my-footprint)



Environmental  
Commissioner  
of Ontario



# REDUCING YOUR CARBON FOOTPRINT

A GUIDE TO REDUCING INDIVIDUAL CARBON EMISSIONS DAY-BY-DAY



## WHAT IS CARBON?

When we hear the word carbon in relation to climate change, we are talking about carbon dioxide (CO<sub>2</sub>), which is emitted when fossil fuels are burned, and carbon dioxide equivalents (CO<sub>2</sub>e) such as methane and nitrous oxide.

CO<sub>2</sub>e was developed so these other emissions could be measured along with CO<sub>2</sub>.

## WHY IS IT IMPORTANT TO REDUCE EMISSIONS?

To meet international emission reduction targets, Canadians need to reduce annual individual emissions from 13.5t (tonnes) to 2.1t of CO<sub>2</sub>e. This is the only way to prevent catastrophic warming by 2050.

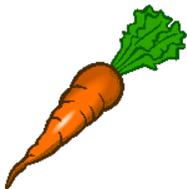
## WHAT ARE THE 3 MOST IMPACTFUL LIFESTYLE CHANGES TO REDUCE EMISSIONS?

### 1. EATING A PLANT-BASED DIET

By reducing consumption of all meat and most dairy, an individual can reduce their annual emissions by 0.8t CO<sub>2</sub>e per year.

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EAT VEGETARIAN OR VEGAN MEALS WHENEVER POSSIBLE. ESPECIALLY AVOID BEEF PRODUCTS.



### 2. LIVING CAR FREE

Having no car reduces annual emissions by 2.4t CO<sub>2</sub>e.

Switching to an electric car or a more efficient car provides substantial emissions relief, but simply driving at all contributes to infrastructure emissions. (Road maintenance & car production)

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BIKE, WALK, OR USE PUBLIC TRANSIT INSTEAD OF DRIVING.

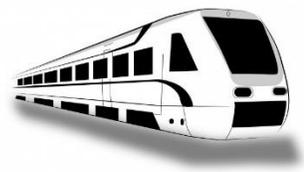


### 3. AVOIDING AIR TRAVEL

By avoiding a single round-trip trans-Atlantic flight, an individual reduces their annual emissions by 1.6t CO<sub>2</sub>e.

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VACATION CLOSER TO HOME AND USE ALTERNATE TRAVEL OPTIONS SUCH AS TRAINS.



## WHAT OTHER LIFESTYLE CHANGES CAN HAVE AN IMPACT?

High impact changes can reduce individual emissions while simultaneously influencing systemic change. It is more efficient to make a few high impact changes than to implement many low impact emissions reduction strategies, **BUT ANY CHANGE IS BETTER THAN NO CHANGE!**

### HIGH IMPACT CHANGES

- Have a smaller family\*
- Purchase green energy (including solar panels)

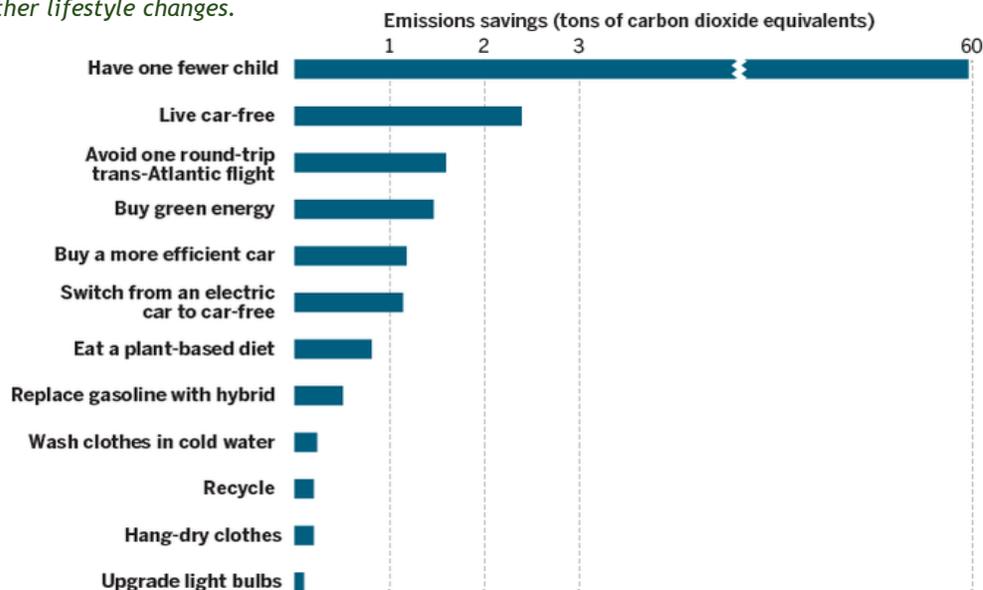
### MEDIUM IMPACT CHANGES

- Improve home efficiency
- Buy energy efficient products
- Conserve energy
- Reduce consumption
- Recycle
- Eat local

### LOW IMPACT CHANGES

- Conserve water
- Minimize waste
- Compost
- Plant a tree
- Purchase carbon offsets
- Reduce unnecessary travel
- Buy organic food

\*With the inclusion of future emissions of descendants, having one fewer child will reduce an individual's emissions by 58.6t of CO<sub>2</sub>e per year. This is a substantially higher reduction in emissions than a combination of all other lifestyle changes.



The information in this handout is compiled from the following research: Wynes S., Nicholas K.A., *The climate mitigation gap: education and government recommendations miss the most effective individual actions*, Environmental Research Letters 12 (2017) 074024

Individual

Industry/Business

Community

Government

# Climate Action at all Levels



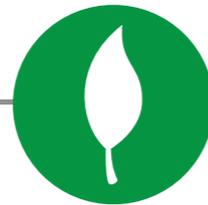
What climate related actions can we take on an individual level? eg. retrofits, investment choices.

How could individual actions tie in to our collective and government action?



What would need to change about how industry works, for us to address the climate emergency? eg. to a circular economy.

What do we need from our business community? eg. solutions for rural transportation.



Which changes are interconnected?  
Which ones will have the most impact?



How can our communities change to help us reduce our footprints and address the climate crisis? eg. safer cycling infrastructure

How can we work together? What do we need from local organizations? eg. tree stewardship.



What actions do we need on a government level, to reduce our collective footprints and address the climate emergency? eg. net-zero building codes.

What actions could create change on the scale and at the speed necessary? eg. end deforestation, ban fossil fuel exploration, electoral reform, tax reform.



## Political Action for the Climate Crisis

Governments are a huge part of the solution to climate change. Citizens of all outlooks need to be clear with our elected officials that the climate crisis needs to be addressed in a bold and decisive manner.

Canadians entrust our government with a vast amount of money and accord it great authority. In return, our government is obliged to see to the welfare of all Canadians, and to promote, through international diplomacy, the welfare of the people of the world. There is no greater issue of general welfare than the environment in which we live — it transcends all other issues as it is the house within which these other issues exist.

**Therefore, the most urgent action required is to make your demands regarding the climate emergency known.**

We've included some ideas from the *People's Climate Plan for Canada* below. Feel free to communicate points that you feel strongly about to your political incumbents and candidates.

Email, text or send a letter to your MP and tell them your concern and what you would like them to commit to doing.

Call your local MP constituency office and tell them of your concern and what you would like them to commit to doing.

Make an appointment and visit your MP and discuss in person your concern and what you would like them to commit to doing.

Use these strategies with all candidates in your riding for your upcoming federal election.

Use these strategies at all levels of government, municipal and provincial, as well as federal. All levels of government must work on the urgent changes needed to address the climate crisis.

During elections raise your concerns at all-candidates meetings and with candidates at your door.

MP Contacts: <https://www.ourcommons.ca/Parliamentarians/en/constituencies/FindMP>.

MPP Contacts: <https://voterinformationservice.elections.on.ca/en/election/search?mode=postalCode>

## IDEAS FROM PEOPLE'S CLIMATE PLAN FOR CANADA



**1) Make the climate emergency declaration meaningful. Set and commit to targets and actions that correspond to this declaration and have the best chance to keep warming below 1.5°C.**



- Reach net-zero emissions well before 2050. Climate Action Network suggests that Canada needs to double its 2030 targets and increase international climate financing to do its fair share.
- Elements like thawing permafrost, ocean acidification and growing reliance on largely uncertain carbon draw down techniques, make the need to get to net-zero even more urgent. Suggested net-zero targets

range between 2025-2040. Basically, we are in a climate emergency and need to move as rapidly as possible.

**2) Stop spending public money to subsidize fossil fuel energy sources and infrastructure immediately. Divest of any fossil fuel energy holdings. Align oil and gas industry plans with net-zero goals.**

- Commit to and invest in 100% renewable electricity by 2030.
- Ban fracking.
- Redirect fossil fuel subsidies to carbon free energy and helping people make the transition.
- Mandate an account of climate-related risk by financial companies (i.e. pensions, investors) as this will help shift funds away from destructive industry.
- Also, consider other emissions i.e. ban consumption of fluorinated gases, found in products like refrigerators, by 2026.
- Eliminate methane emissions from oil and gas industry by 2030.

**3) Significantly accelerate the transition to renewables and clean industry. Invest in renewable energy installations and companies, increase incentives to solar, wind, geothermal/heat pumps and energy saving building retrofits.**

- Use feed-in tariffs and installation cost tax rebates, they have been shown to be the most effective methods to boost renewable energy sources.
- Account for the social cost of carbon with a carbon fee and dividend system to fund green initiatives.
- Use a spectrum of tactics, like de-risked financing, redress from companies responsible for emissions (legal strategy) and corporate tax reform to fund clean industry and other climate-related initiatives.
- Have building codes require net-zero builds by 2030. All buildings retrofit to carbon neutral by 2030.

**4) Ensure Canada's long-term prosperity by aggressively creating training programs to help skilled workers in construction, manufacturing and transportation secure long-term employment in clean tech, rather than in CO2 emitting fossil-fuel dependent industries.**

- Support the call for Canada's Green New Deal, a massive job creation plan in green and low-carbon jobs focused on both climate-related action and a just transition. Promote local initiatives such as community-based energy systems and act to ensure that the most vulnerable are protected.
- Extend mandate of the Task Force on Just Transition to all fossil fuel dependent industries.

**5) Ensure green transportation choices are accessible and affordable for Canadians including reliable low-carbon public transportation, electric vehicles, electrical grid systems, and safe, active options like walking and cycling.**

- Focus on building compact, complete communities.
- Connect all areas of Canada with electric light rail and buses.
- Support hydrogen vehicle and other research i.e. on alternatives for lithium batteries and for aviation.
- Make public transit free, or move decidedly in this direction. Start with low income.
- Mandate that all new cars be electric 2030. All internal combustion engines replaced by electric by 2040.

**6) Conserve and develop wilderness and green spaces to protect and increase our most effective CO2 reduction sinks as well as address the biodiversity crisis.**

- Recent reports show that 30-70% of our natural spaces (land, freshwater & ocean) need to be conserved using high quality protection methods.
- Old growth forests must be conserved and well-managed, cut backs restored, species protection increased and habitats preserved including grasslands and wetlands.
- Lead in a global effort to restore carbon sinks.

Other important actions related to conserving natural spaces and carbon sinks:

- Encourage agricultural best practices i.e. maintaining carbon absorbing soils.
- Net-zero agriculture and land use by 2040 at latest.
- Mandate the right to a healthy environment (including safe air, clean water, healthy soil).

**7) Create a plan that is SMART - Specific, Measurable, Accountable, Relevant and Timebound - including ongoing meaningful public consultation i.e. a working group composed of scientists, citizens and city representatives.**

- Climate change should be the central lens for government decision-making, spending & regulating.
- Create a cross-party climate cabinet.
- Establish an independent, expert panel to assess progress and make recommendations.
- Legislate long-term targets. Legislate short-term targets (or carbon budgets) that fall within the current term of Parliament.
- Ramp up targets according to science. We must quickly reduce all types of emissions (and also plan to draw carbon out of the atmosphere).

**8) Enforce environmental protections for waste and toxin management.**

- Legally mandate and enforce the responsibility of companies for full product lifecycle. This includes any associated social and environmental costs i.e. clean-up.
- Ban single-use plastics.
- Create policies and incentives so that companies use sustainable, non-polluting products.
- Ban food waste going to landfill by 2025.
- Strengthen laws and bans for toxic substances and mandate safe alternatives on a rapid timetable. This includes bans on all neonicotinoid pesticides.

**9) In all undertakings, fully commit to and uphold the United Nations Declaration on the Rights of Indigenous People and the Protection of Aboriginal and Treaty Rights (section 35 Canadian Constitution).**

- Respect indigenous wisdom and traditional knowledge
- Uphold the right to Free Prior and Informed Consent.

**Selected Background References for People's Climate Plan**

Greenpeace UK Emergency Report.

Environmental Platform Expectations, Environmental Defence.

The Pact for a Green New Deal.

Call for Emergency Justice Plan.

Climate Action Network - Getting Real about Canada's Climate Plan.

## Personal Actions

The average Canadian footprint is about 11-15T/CO<sub>2</sub> per person and for a low-carbon future, needs to drop to about 2T/CO<sub>2</sub>.

### Ecological Footprint:

- Evaluate, make a plan to reduce emissions permanently & track your results
- Offset emissions by planting trees or contributing to conservation efforts

### Reduce Fossil Fuel Use:

#### Transportation:

1. Car pool or drive small car
2. Drive electric vehicle or hybrid
3. Take transit, cycle, walk, tele-Commute

#### Flying:

1. Buy certified carbon offset credits
2. Short plane trip or minimize flights (1/2 as often; 1/2 as far)
3. Don't fly

#### Home:

1. Lower thermostat, LED bulbs, use A/C only when required
2. Living with someone else or improving energy efficiency
3. Using renewable energy (eg. solar, heat pump, electric heat)

#### Divest:

1. Your own portfolio
2. Push for your pension to divest
3. Ask your bank to divest

#### Reduce Waste:

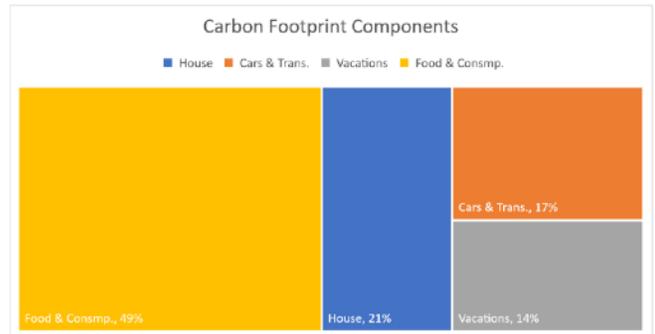
1. Recycle; compost; reduce plastics & packaging
2. Reuse, restore/repair
3. Buy less stuff

#### Change Food Habits:

1. Eat less meat (especially beef) & more meatless meals
2. Eat out less, opt for local/organic, grow your own food if possible
3. Eat plant-based diet (vegetarian/vegan)

### Practise Citizen Engagement:

- Talk to friends, families, co-workers, share solutions & encourage them to take action too.
- Sign petitions, write letters, demonstrate and participate in the growing non-violent civil disobedience movement to help speed the ecological transition on a local, business and government level.
- Join local groups like [ClimateFast](#), [Toronto350](#) or [Extinction Rebellion](#)! For a further list of climate groups see: <https://myclimatechange.home.blog/what-can-i-do-about-climate-change/> or <https://climatepledgecollective.org/2019/03/18/toronto-climate-action-review-yelp-for-activists/>
- Participate in public comment sessions on climate-related topics. Or, go in person as a deputant or inter-venor. e.g. Ontario's Environmental Registry, Natural Resources Canada, [toronto.ca](#).
- Submit op-eds & letters to editor, call talk-back lines & tweet in response to climate-related articles & news.
- Support and encourage candidates that make climate action a true priority, and make sure to vote!



Sample Canadian Individual Footprint  
14.4 tons CO<sub>2</sub>