


Food & Water Carbon-reducing actions

This list provides possible changes you could consider. We emphasize that it's essential to:

- understand why we lead such carbon-dependent lives;
- integrate change with your values;
- understand why change can be difficult;
- integrate change in your life, rather than adopting a few token behaviours.

Use the list to help you recognize your achievements and make a plan for each area of your carbon footprint.

Each item has a star rating or a  symbol against it. The more stars, the more CO₂ that action will save. With each additional star the CO₂ savings roughly double, so try to make sure you have some three, four or five star actions as well as lots of ones and twos. The star ratings for home energy relate to a whole house. Those for travel, food and consumption relate to an individual person.

 items are either:

- helpful steps that don't make a direct CO₂ saving themselves;
- actions with a very small CO₂ impact that are environmentally useful for other reasons.

It is difficult to generalize about how much CO₂ any one action saves. There are too many complex factors: how large your footprint was to start with, the details of your particular house, car and lifestyle and the interactions between the various actions you take.

The star ratings can only show you whether a particular action is likely to have a large or a small impact.

Food and water		I was doing this already	I've started doing this	I'm planning to do this in the future
101. Reduce meat consumption by 50%	***			
102. Reduce meat consumption by 75%	****			
103. Stop eating meat	*****			
104. Reduce cheese and butter consumption by 50%	**			
105. Stop eating cheese and butter	***			
106. Reduce milk and yoghurt consumption by 50%	*			
107. Stop drinking milk and yoghurt	**			
108. Cook vegetarian meals twice each week	*			
109. Cook vegetarian meals four times each week	**			
110. Eat mostly seasonal fruit and vegetables	*			
111. Eat only seasonal fruit and vegetables	**			
112. Join a local, organic, vegetable box scheme	*			
113. Grow some of my own vegetables, salads or fruit	*			
114. Buy air-freighted food only on special occasions	*			
115. Stop buying all air-freighted food	**			
116. Buy 75% of food locally or from Canada (preferably Ontario – see Foodland Guide)	**			
117. Buy all food locally or from Canada (preferably Ontario – see Foodland Guide))	***			
118. Eat frozen food only on special occasions/celebrations	*			
119. Give up all frozen food except that stored from the garden/allotment	**			
120. Give up all frozen food and ready meals and dispose of freezer	***			
121. Reduce amount of processed food by 50%	**			
122. Reduce amount of processed food by 75%	***			
123. Reduce amount of 'ready-meals' & 'fast food' by 50%	**			
124. Reject all 'ready meals' & 'fast food'	***			
125. Reject all aluminium cans	*			
126. Chop vegetables and meat into smaller pieces before cooking	*			
127. Reduce food waste by at least 50%	**			

128. Compost all food waste	*			
129. Add a water meter	★			
130. Give up drinking bottled water and bottled soft drinks	*			
131. Read water meter	★			
132. Reduce water use to 80 L per person per day	★			
133. Avoid purchases with high 'virtual' water content	*			
134. Install a rainwater barrel	★			
135. Food and water – your own actions				