Lighter Living & Sustainable Lifestyles

Teddie Geach
Program Manager – Lighter Living
one earth

Recycling Council of Alberta Conference – 20 Sept 2018

Lighter Living

one earth

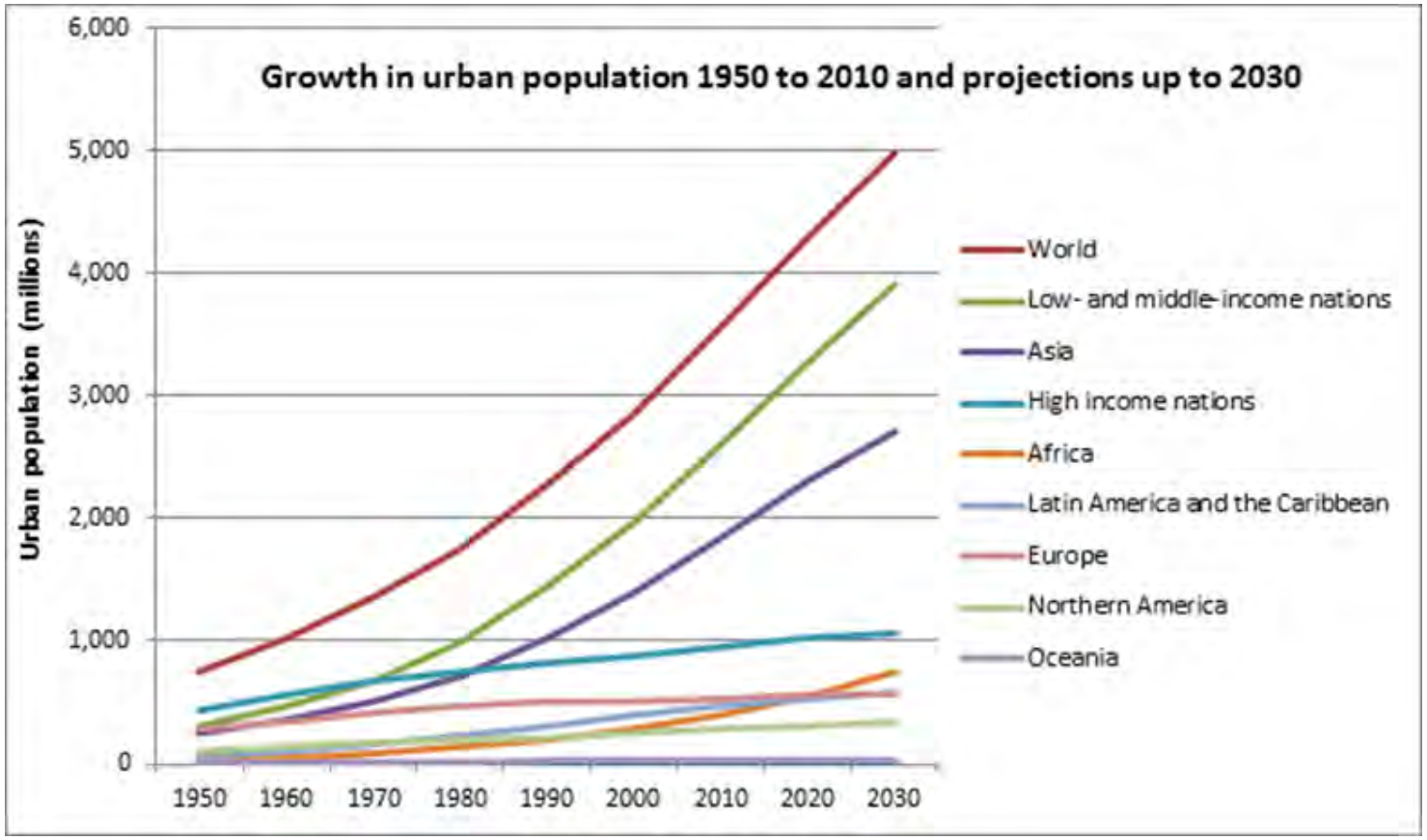
Vancity
Make Good Money.™

Ecological Footprint

- measures amount of land and sea required to support a population's needs
- At today's rate, we would need 3 Earth's worth of resources by 2050

Growing Population & Demand

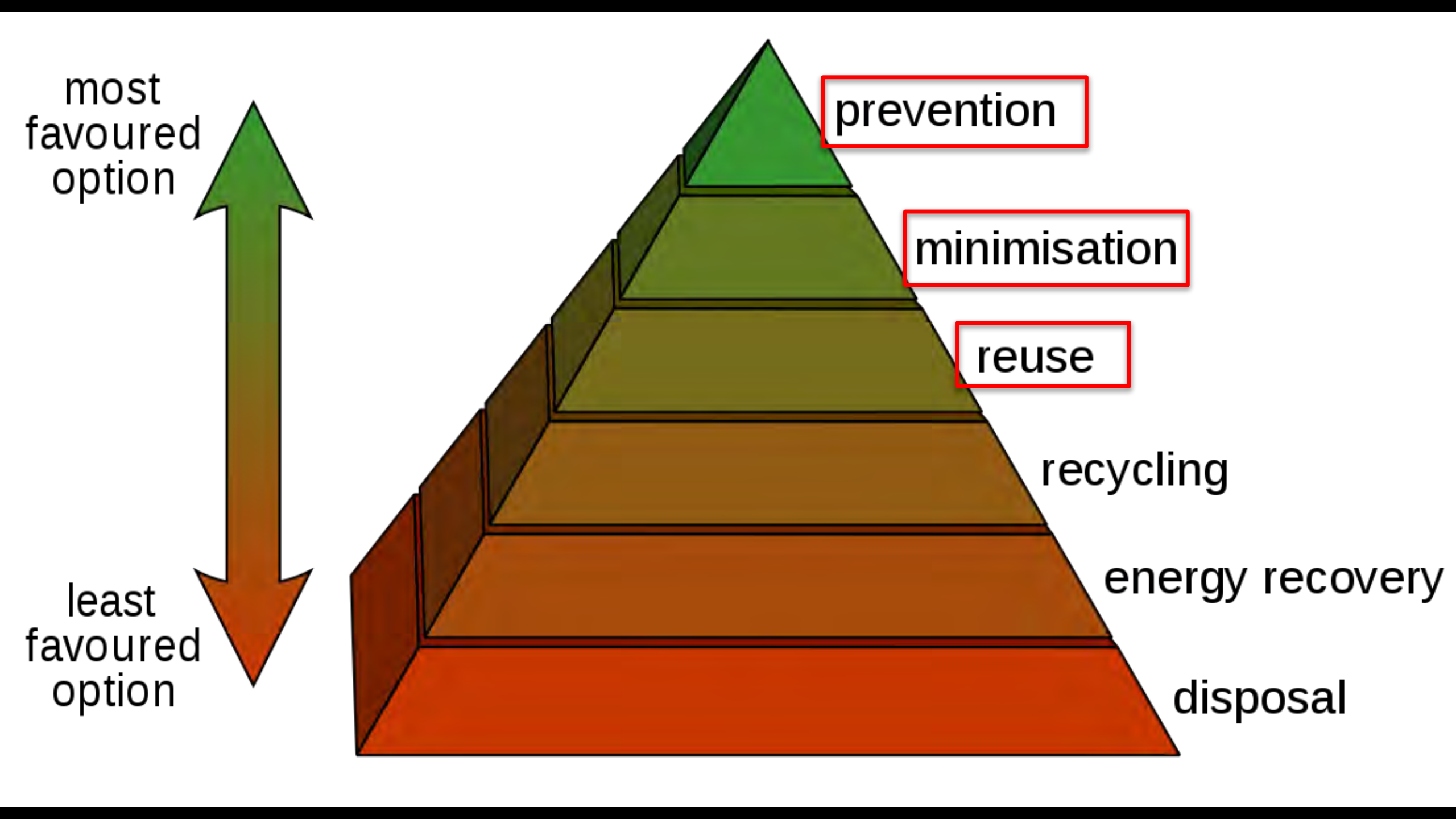
- 9.7 Billion people by 2050
- Middle class rapidly expanding
- Increased consumption of goods

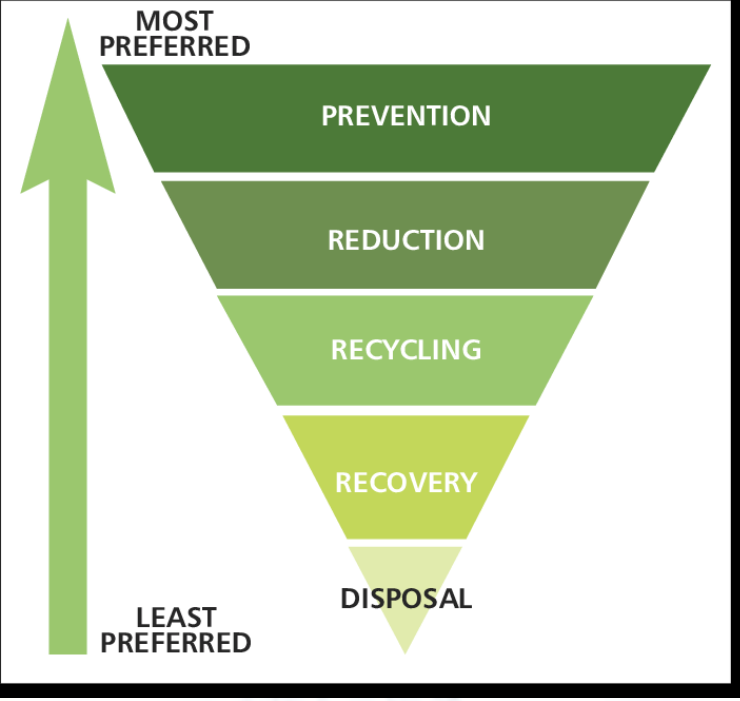


How do we live happy, healthy lives equitably within the natural limits of our Earth?

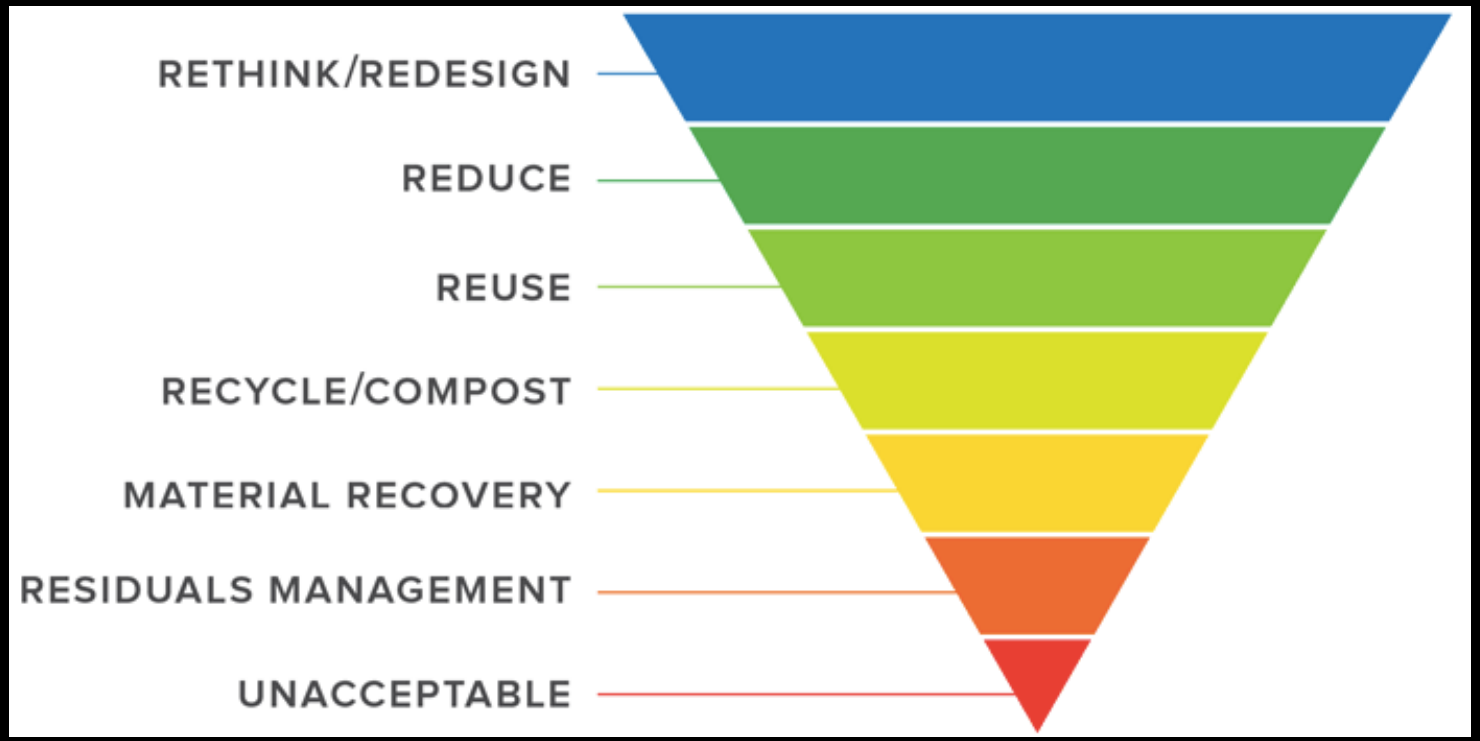
Lighter Living / Sustainable Lifestyles and

Waste Management


most favoured option
least favoured option
prevention
minimisation
reuse
recycling
energy recovery
disposal



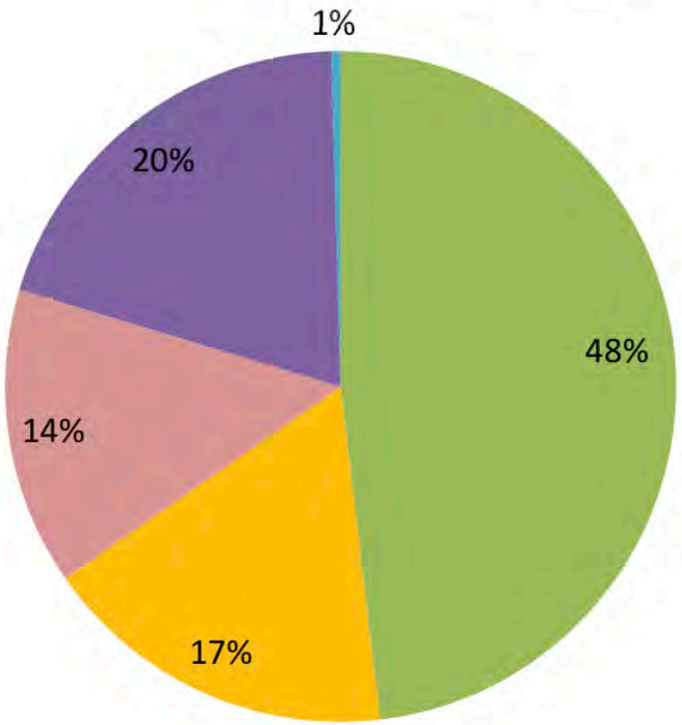
Prevention
Reduction
Avoidance
Rethink / redesign
Reduce
Reuse



1. Living light – high footprint actions
2. Shifting living patterns – habits and context
3. More of what matters – rethinking the good life

1. Living light – high footprint action

Ecological Footprint Results



- Food 1.38 gha/ca
- Buildings 0.49 gha/ca
- Consumables & Waste 0.41 gha/ca
- Transportation 0.57 gha/ca
- Water 0.01 gha/ca

Total gha/ca: 2.88

Total gha: 1,816,885

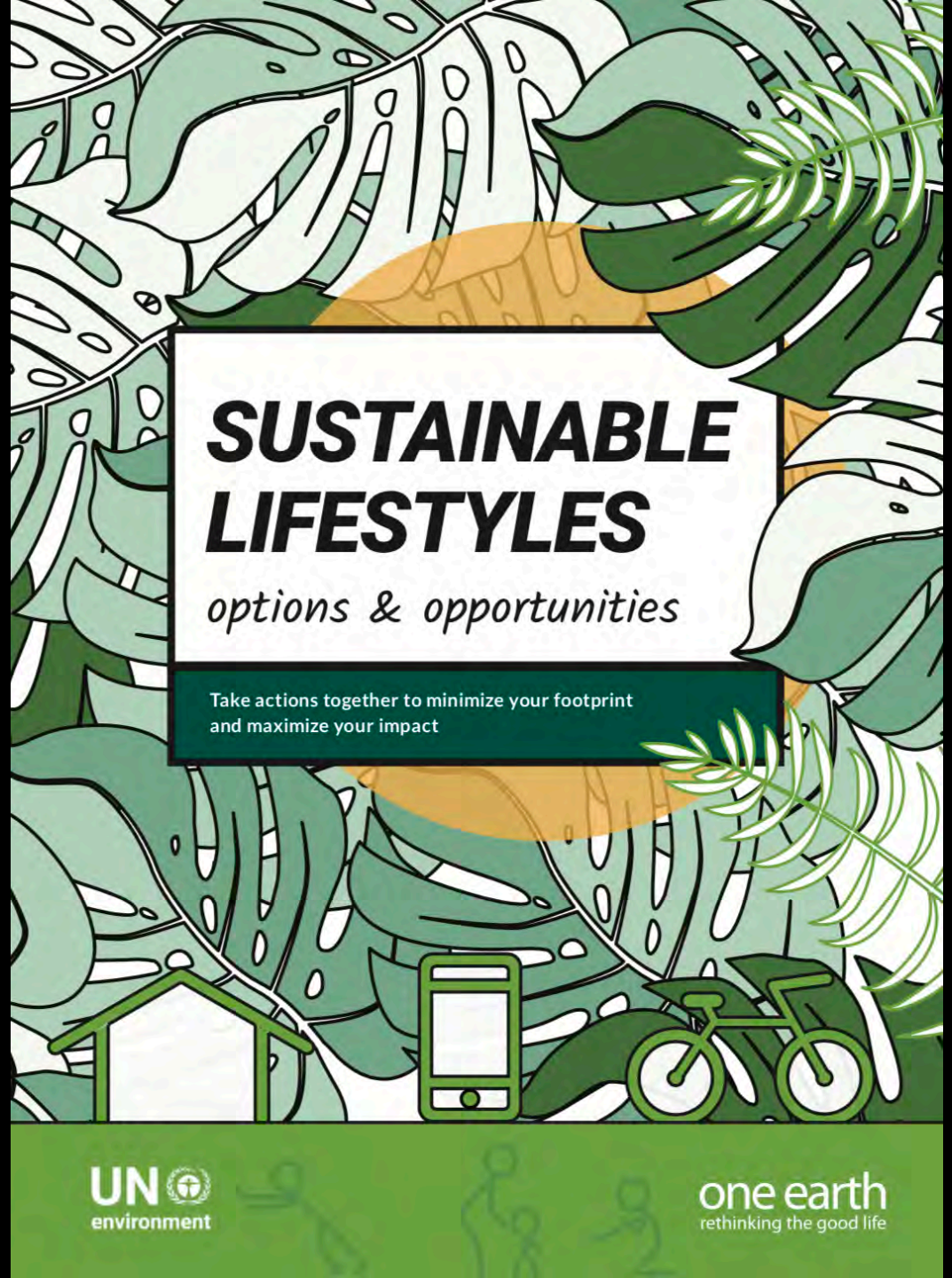
 # Planets Required

2.0

Vancouver's ecological footprint is equal to an area 170 times bigger than it's municipal boundary

POLICE
WALKING SCHOOL BUS
HERMOSA VIEW

CLINTON PARK THINGERY CO-OPERATIVE
Good Money
supports the growth and development of co-operatives in our communities.
Vancity


SUSTAINABLE LIFESTYLES
options & opportunities
Take actions together to minimize your footprint and maximize your impact
UN environment
one earth
rethinking the good life

STOP
DRIVING
START: WALKING! BIKING! USING PUBLIC TRANSPORT!

STOP
WASTING
FOOD

KEEP CALM
and
STOP SHOPPING
for stuff you don't want, don't need and won't use
Shop Less – Live More
www.shopyourwardrobe.com

Love Food, Hate
Waste, Save Money
Proud to
support
LOVE
FOOD
hate waste

CHICKEN
LOVERS
hate waste
LOVE
FOOD
hate waste

LAMB
LOVERS
hate waste
LOVE
FOOD
hate waste

BROCCOLI
LOVERS
hate waste
LOVE
FOOD

EGG
LOVERS
hate waste

FISH
LOVERS
hate waste

POTATO
LOVERS
hate waste

Reduce Wasted Food

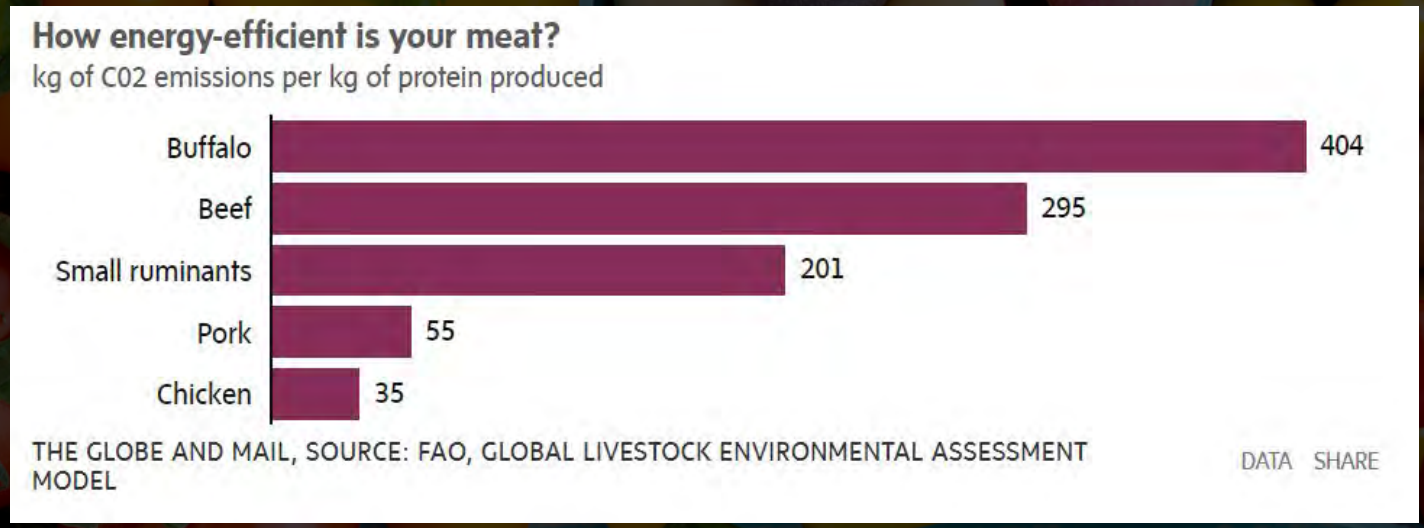
UK Campaign Achieved

- Cut avoidable food waste by 21%
- Saved UK consumers £13 Billion

Canadian Campaign

- Launched June 2018
- Resources on how to reduce wasted food

Shifting to Plant Based Diets



- Canadians 35 yrs and under are 3x more likely to be vegetarian/vegan than people 49 or older
- More than half of the people that identify as vegetarian or vegan are 35 yrs and under

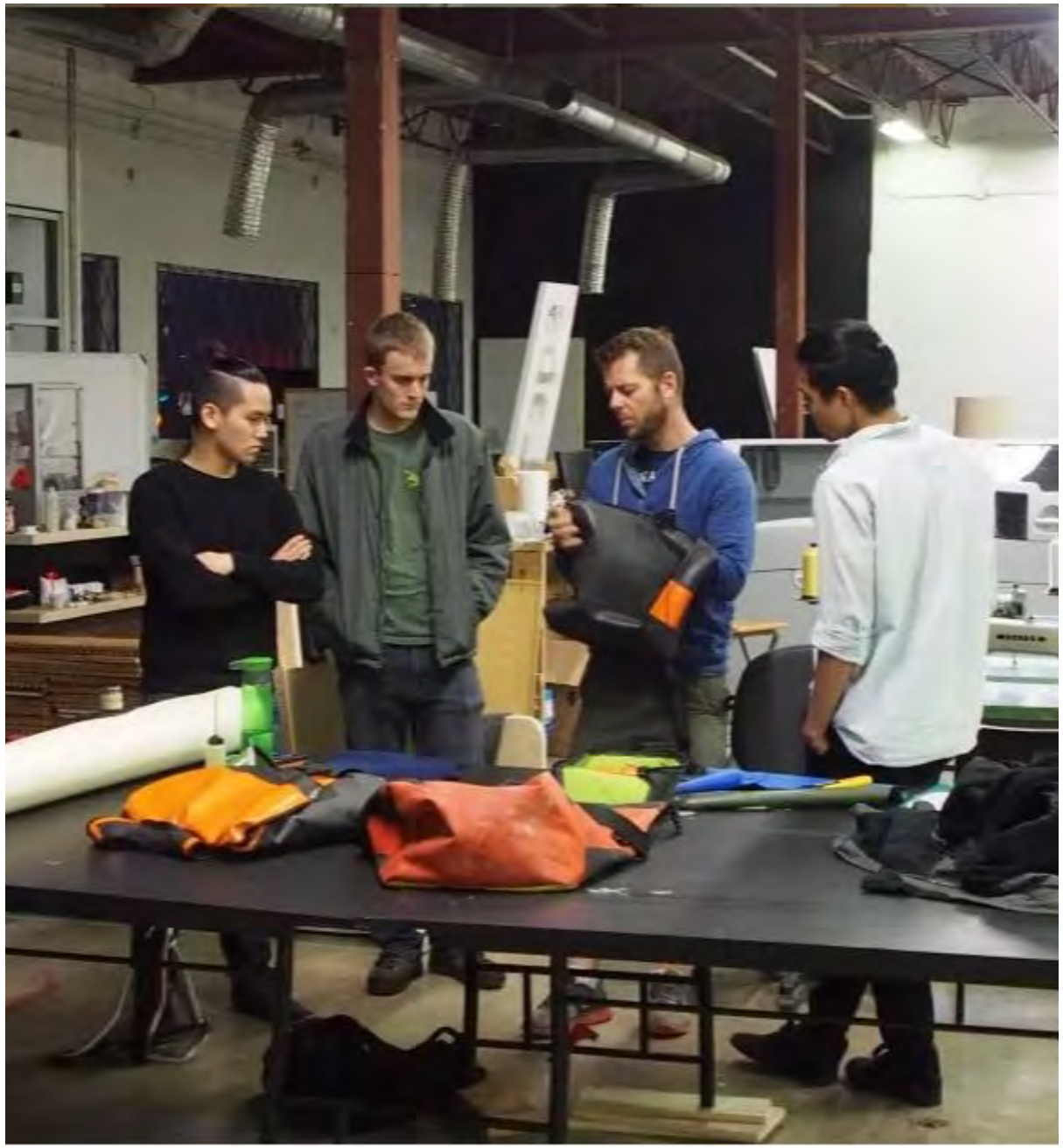
MEAT FREE MONDAY

Consumer Goods – reducing overall consumption

- 90% of footprint of goods is in the production of goods
- Need to prioritize reducing overall consumption over recycling
- Share, Reuse, Repair

Lending Libraries

Repair Cafés & Fix-It Clinics



2. Shifting living patterns – habits and context

"How do we live happy, healthy lives equitably within the natural limits of our Earth?"

Sustainable Lives are:

Diverse – not just one solution

Dynamic – Not static

Shaped by Context

Inadequate Insulation Levels
Inefficient Heating Systems
Duct Leakage
Improperly Vented Appliances

What is a Sustainable Lifestyle?

"A "sustainable lifestyle" is a **cluster of habits and patterns of behaviour** embedded in a society and facilitated by institutions, norms and infrastructures that frame individual choice, in order to minimize the use of natural resources and generation of wastes, while supporting fairness and prosperity for all."

- Akenji, L, H. Chen et al. (2016). A framework for shaping sustainable lifestyles: Determinants and Strategies. United Nations Environment Programme.

How do we shift **habits**?

life transition moments
and celebrations

Create memories, not garbage.

This season, celebrate with less waste.

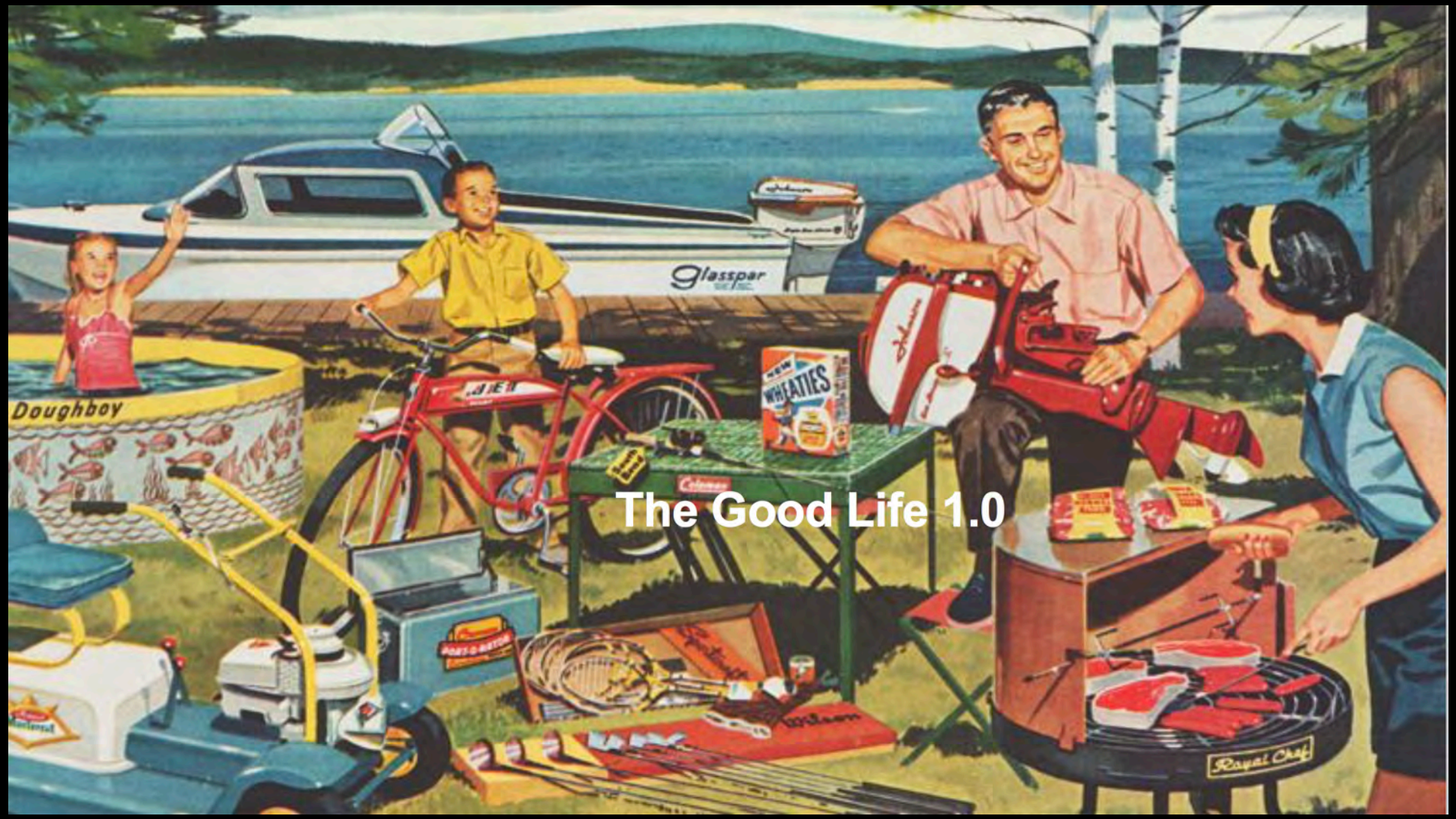
I'm helping someone less fortunate than me celebrate the holiday!

COMPOST
COMPOST

EARTHFEST

WIN
The Green Parent
Cultural PARENTING
Why Japanese babies sleep soundly and Mexican siblings don't fight
WILD EDIBLES
"This way of parenting is an art; we learn to hold the space and allow creative energy to take the lead"
HOW TO
THE ONLY CHILD
50 WAYS TO GET YOUR KIDS OUTDOORS
Plus
INSIDE

3. More of what matters – rethinking the good life



The Good Life 1.0

the center for a new american dream
more of what matters

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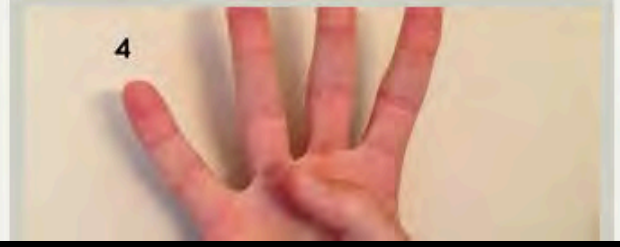
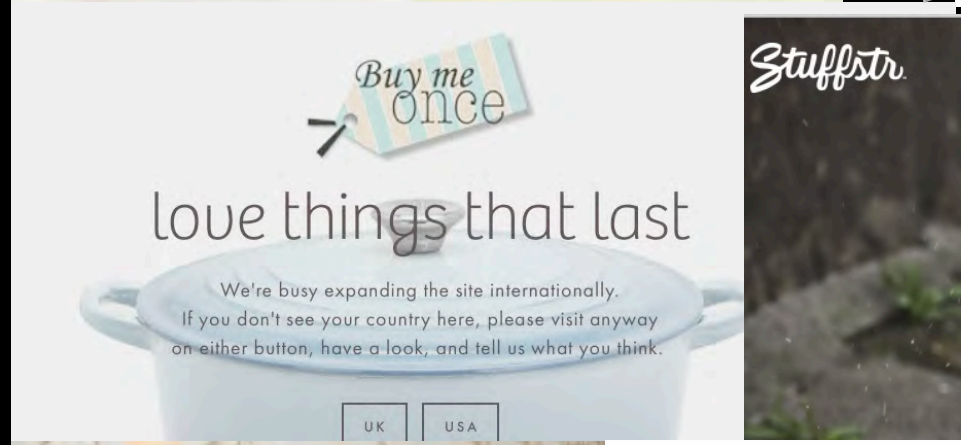


Search

Our Programs



Less stuff
=
more love

bemorewithless.com

imagining sustainable
living futures

one earth

New York
USA

Nairobi Vision • Henning Larsen Architects • 2013 • Nairobi, Kenya

A vision of Nairobi's future presenting a sustainable and holistic vision for the city and its environs. The vision evolved around six key themes: infrastructure; regional planning; architectural and urban planning; landscape planning; and governmental steering systems.
https://dreamcitieskenya.wordpress.com/2013/04/08/henning-larsen/

Thank you!

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