

9 years left. let's just take 1

2022

When the 2021 IPCC research came out, I became completely full of despair. It had felt like all of the hard work I had put in for 3 or so years into reducing waste, reducing our carbon footprint and reducing our use of water was a complete waste of time. During the 3 years, I had moved cities, gone part-time so that I could run workshops for schools about reducing carbon footprints. We had bought a house (we intentionally didn't build a new one) one with solar and enough insulation to stop us from needing to use air-con and enough yard space that I could grow some of my own vegetables. There were many sacrifices that we had made along the way, including income, living in a unit near a beach, and my job that I was quite enjoying. And in one report, I felt like none of that had been worth it. Trying to pull myself out of the complete depths of despair my brain decided that I should write something that would help people, in 1 year to be able to reduce their carbon footprint as much as possible. So hence, this Calendar Nine years left.. let's just take one. If we have till 2030 to make the changes needed to reduce the impacts of this crisis, surely we need to just take a year, roll up our sleeves, and get it done.

I am acutely aware of the role the policy and economics plays in this whole situation, and yes policy change is essential. But at some point, we need to work just as hard, make just as many sacrifices and take as many opportunities for change as possible.

For some, a year might be too long, or it might be too short, to make change. So if you start working on this and think 'I want to jump ahead' or 'I'm not quite ready, but I might be in a few weeks,' do as you need in your context. Some of the suggestions in this Calendar might be things that you already do in your home, and that is fantastic. You may look at other suggestions and think "there is no way I am going to be ready to do something like that" and that is fine, do what you can in your context and with the resources that you have.

In this Calendar, I am not giving you the answers, and I'm also not going to give you the science or the recipes or the best options. As I've already said, every context is different. The science is already available, you just have to research it. Millions of recipes and solutions are already on the internet. And the best option for you is something only you can decide. What I am giving you here in this Calendar is a road map to get you there.

I wish you all the best for the year, and would love to hear your progress... so I can climb out of my depths of despair.

Love from Alice.

Let us start by naming the new years resolution:

"my new years resolution is to do everything that I possibly can to help heal the environment and tread lightly on the earth"

Phew! There we go, now we have that out of the way.

Lets start with the hard bit. Changing our thinking.

I use a range of thinking frameworks to help me think about helping the environment.

The first is something that I use when interacting with every single object that I come into contact with. This is the framework:

**Where does it come from?
What is it being used for?
Where is it going?**

If I don't like my answer to any of these questions, I change it.

For example – I am not a fan of where most cosmetics come from or what they are made out of. I also don't feel the need to use make-up either. And I don't like that the waste goes to landfill. So to help me combat this, I use another framework

I started my journey to help the environment by going zero-waste.

I did this over 40 days and everything sort of snowballed from then onwards.

This thinking framework helps to consider what we can do 'instead' to help fix our answers to the questions above.

The options apply not just to waste, but to water, electricity and much more

**Can I....
Refuse?
Reduce?
Reuse?
Refill?
Rot?
Recycle?
Buy second hand?
Buy local?
Buy package free?
Buy in bulk?
Make something?
Grow something?**

The third thinking framework I use to help me to determine what my plan of attack is going to be when making change. It goes like this:

**What am I already doing?
What would I like to do?
What can I do?
What will I do?
How will I do it?**

This helps me to determine within my context, and with the resources that I have, what is possible for me to act on. And normally I surprise myself with what I can do.

To help you out this year to tread lightly on the planet, there are going to be a few blanket rules for the whole year.

1. Don't buy any new clothes.

The fashion industry is toxic, it contributes to poor working conditions for some of the worlds poorest people.

It is incredibly wasteful, not just in offcuts and other waste items, but also in the use of water, and the pollutants that end up in rivers. Where you can, mend. Where you can't buy sustainable and built to last.

And when you can't do that, buy without packaging.

2. Don't buy any new toys, homewares, or electronics.

Try going without if possible, then if needed, go for second hand.

If you can't buy sustainable, or without packaging.

3. Don't take an overseas holiday

(yes I know COVID has reduced this anyway, but we might be lucky).

Planes when up in the upper atmosphere pollute more than ones that fly lower to the ground. Planes in general pollute.

Cruise liners are the same.

Travel locally and support local business.

4. If there is an election find out about which party's have good climate policies and vote for them.

5. If you need to buy or build a new house or move, look for more sustainable options where possible.

From here on out in the Calendar, there will be specific instructions for each month on what to think about and act on.

January Goals



Reduce Transport Emissions

New year, new routines! There are lots of ways that we can reduce our emissions while travelling. It may not be every day, but maybe short trips to the shops can become nice walks together!

- Can you walk?
- Can you ride a bike?
- Can you catch public transport?
- Can you carpool?
- Is your car hybrid or electric?

 **Top Tip: Use a new search engine!**
Check out Ecosia!

Reduce Waste at Work and School

Food, stationary, books, electronics... We might need lots of new things to start off our year!

- Can you take a 'nude' lunch to school/work?
- Can you buy refillable stationary?
- Can you buy package free stationary?
- Can you buy ethical stationary?
- Can you buy stationary made of recycled materials?
- Can you go paperless?
- Can you buy second hand electronics?

January

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February Goals

Go Renewable

February is a great time to investigate your options for renewable energy!

- Do you have solar power?
- Can you get solar panels?
- Can you get 'Green Power' from your energy provider?



Reduce Emissions at Home

As well as having renewable energy, there are many other ways to reduce your footprint!

- Can you use fans or cool down without aircon
- Can you put the dishwasher on during the day to use the solar energy?
 - Can you get insulation for the home?
- Can you remember to turn off appliances and lights when not in use?
 - Can you get energy efficient appliances and lights?

Top Tip: Have a low carbon valentines day!

Check fair trade or package free chocolate, find local and native flowers, go for an adventure instead of buying a gift!

February

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March Goals

Try Vegetarian Meals

Changing a diet can be hard, but plant-based diets do have a much lower carbon foot-print than diets with high amounts of animal products.

Consider trying vegetarian meals a few times a week! Find some new recipes and pick a regular night each week to try them!



Top Tip: Get your recycling right!

Find out from your local council exactly what they can and can't recycle. Look at other local recycling options too for items such as batteries and soft plastics!

Start a compost or worm farm

Composting, worm farms or chickens can take our organic waste and turn it into soil, fertilizer and eggs!

There are many options, large and small to suit your needs.

March

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April Goals



Monitor what goes down the drain

Reduce water use

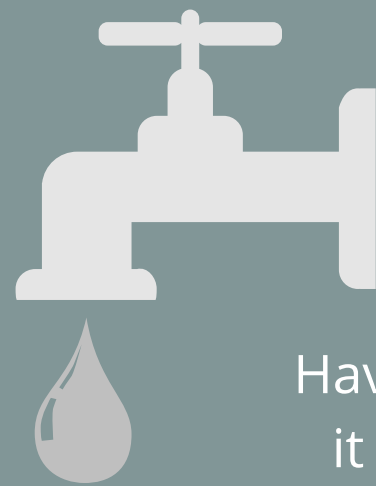
Thought about getting a water tank before? Now might be a great time! There are also heaps of other ways to reduce water use

- Can you take shorter showers?
- Can you do more full, but less loads of washing?
- Can you wait till the dishwasher is full before turning it on?
 - Can you take less baths?
- Can you use the rule "if its yellow let it mellow, if its brown flush it down?"
 - Can you use a half-flush?
- Can you turn off the tap while brushing your teeth?

We use a lot of chemicals every day, and some go down the drain polluting our oceans. Have a look at what chemicals and items you let go down the drain.

- Can you use more natural ways of cleaning?
- Can you get plant based clothing to reduce microplastics?
- Can you reduce wearing and washing synthetic clothing?

Top Tip: Find ways to recycle your water



Having a bucket in the shower might seem silly, but it is a great way to capture water to water plants with! It is also a good idea to recycle the water used for cooking!

April

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May Goals

Try MORE Vegetarian Meals

Or maybe even some vegan meals!
You could also try reducing eating meat to only 1 day a week!



Top Tip: Rug up!

Try blankets and jumpers as it starts to get cooler instead of using heaters or airconditioning.



Try a low-carbon Mother's day

This mother's day try finding mum a second-hand gift, or put on a special lunch for her! She might also like something that is made locally, or from a fair trade source!

May

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June Goals

Buy local

Markets, co-ops and privately owned stores are great places to buy local and meet locals!

Buying local foods and goods helps to reduce food mileage and supports the local economy.

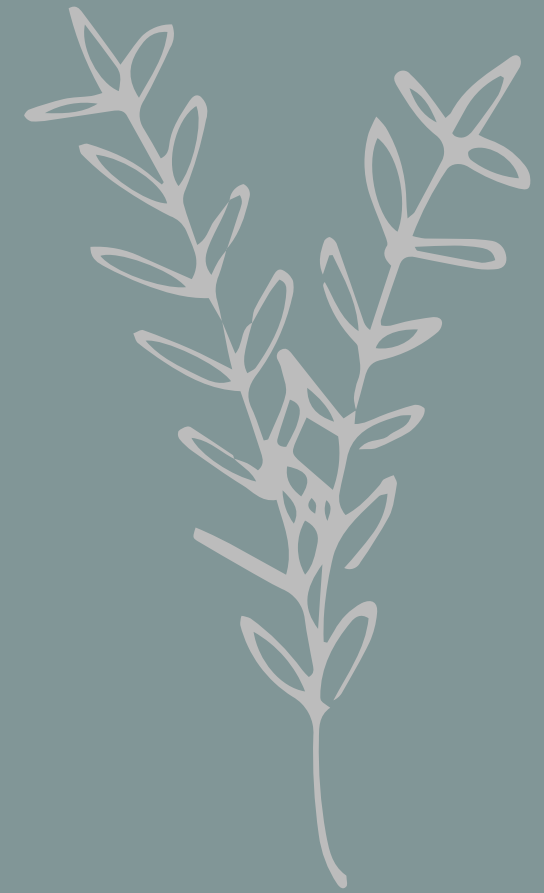


Top Tip: Find places to refill

Pasta, chocolate, washing powder, oatmeal, shampoo, bread... there are so many home items that can be refilled at some shops now!

Plant something

With spring only a few months away, it is a good time to start using that awesome soil and fertilizer from your compost or worm farm and get planting!



June

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Plastic Free July

Each year, plastic free July is a major initiative around the world! The goal is to take the month of July to reduce single use plastics and packaging. There are plenty of items around the home that you can find plastic free swaps, buy package free, or ditch altogether! Here are 31 examples (one for each day!)

1. Cue tips
2. Water bottles
3. Bread bags
4. Face and hand wipes
5. Fresh produce bags
6. Cutlery, plates, bowls and straws
7. Cosmetics
8. Takeaway containers
9. Fruit and vegetables
10. Dry goods
11. Food wraps
12. Sanitary items and nappies
13. New toys
14. New clothes
15. New homewares
16. New electronics
17. Coffee cups
18. Meat
19. Dairy
20. Toilet paper
21. Condiments
22. Spreads
23. Cooking oils
24. Vegetable stock
25. Soft drink
26. Snacks
27. Tools
28. Gardening equipment
29. Furniture
30. Greeting cards
31. Toothpaste and toothbrushes

July

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Divest in August

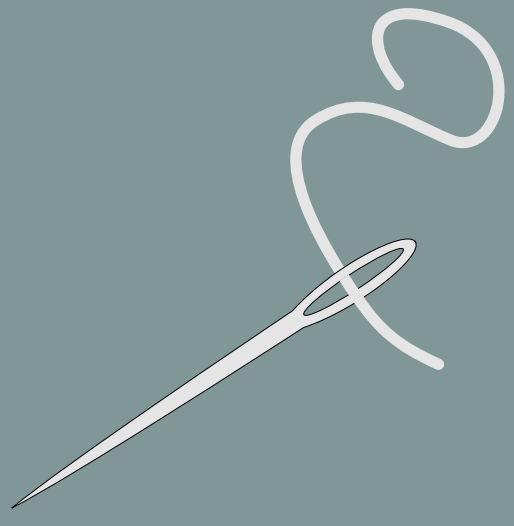
If you haven't done your tax yet.... now might be a good time. But as well as that, finding out whether your investments have a low carbon footprint is a good idea. Banks, insurance, superannuation, utilities, shareholdings, even Bitcoin - all of our investments send a message about what we value. But we do have a choice, and we can ask those who invest on our behalf to change. <https://www.marketforces.org.au/> is a great place to start to find out which banks, insurance companies and superannuation companies invest in fossil fuels, and which ones don't. Make sure before you make and changes, that you seek proper financial advice!



August

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Spring clean in September



Mending

Before you start throwing everything away, find ways to mend the items that need fixing!

Minimise



Marie Condo and the Minimalists are great at helping you to think about what you really need and what you can do without.

Don't forget to sell, donate or give away the goods you don't need anymore

Top Tip: Don't forget to have a low carbon Father's day!

Now that you have package free buying down pat, try for a plastic free father's day! Or a fair trade father's day! Or a meat-free father's day! Or just spend some quality time with dad doing something he enjoys!

September

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October Vegan Challenge!

Ok hear me out... Try going vegan just for a week. I mean... if you want to do the whole month, go for it! Don't let the calendar stop you!

Also try vegan candy for halloween! You would be suprised at what sweets are accidentally vegan!



October

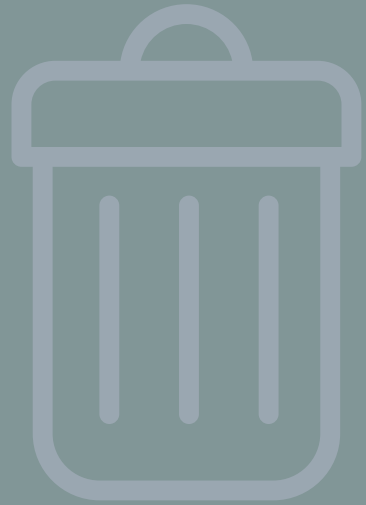
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November Goals

Clean up the Earth

Have you ever tried Plogging? - Picking up litter while jogging? it is a great past-time! Works well with a stroll too.

What about a day at the beach cleaning? Get some mates together, go for a swim and take some bags with you to fill!



Help a cause close to your heart

There are so many great organisations out in the world doing great work.

Now is a great time to give back! Donate to a cause!



Start baking, making and creating!

Soap, candles, relish, peanut butter, BBQ sauce, chocolate cookies, deoderant, make-up, furniture, curtains... there are so many great things that you can make at home! Why not give something a go!

November

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December Goals

Ditch the dryer

During your sunniest time of year, why not ditch the dryer all-together and hang your clothes dry!



Dealing with Christmas waste

Here are some tips for a low-waste Christmas

- Reuse old wrapping
- Wrap presents in cloth or clothes
- Ditch the bon bons
- Shop food package-free
- Bake what you can
- Compost as much as possible
- Eat all the leftovers

De-carbonise Christmas

Here are some tips for a low carbon Christmas

- Travel with less emissions
- Try some vegan options
- Buy local food and gifts
- Buy experiences
- Reduce the electronics
- Cool down with fans and avoid air-con



December

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