

THE 7 ACTION PACKAGES

Here's where you get to pick your action pack! In each of our seven packages, you find fun and inspiring actions you and your neighbours can take to advance lighter living here in British Columbia. The packages focus on actions that have the highest footprint impact, covering priority areas like how we eat, how we move around, how we live in our homes and the stuff we buy.

TIP!

START WITH WHATEVER PACKAGE SEEMS LIKE THE BEST FIT FOR YOUR COMMUNITY. ONCE YOU'VE FINISHED ONE, TAKE ON ANOTHER — OR COMMIT TO THE LIGHTER LIVING SUPER CHALLENGE!

We're here to guide you on your journey. Share your experiences and get in touch anytime at info@oneearthweb.org

The 7 action packages are:



1

BUILDING ON THE BLOCK PARTY

Have fun hosting your neighbours, with a lasting impact on everyone's lighter living practices.

2

GOOD STUFF

Extend the lives of everyday things and enjoy less waste, more sharing and more meaningful experiences.

3

BIG WINS

Support long-term choices that have the greatest impact in reducing our ecological and climate footprints.

4

NEXT-LEVEL FOOD

Fuel healthy eating practices that are better for the planet through plant-rich meals and less food waste.

5

LIFE CHANGES

Foster new habits and traditions during periods of big life transition, from moving to retiring to having kids.

6

CULTIVATING CONNECTION

Build a fairer, more inclusive community, inspired by both new and traditional living practices.

7

LIGHTER LIVING SUPER CHALLENGE

Be bold!

Commit to sustained, multi-year, lighter living action in your neighbourhood.

4

NEXT-LEVEL FOOD

Food is one of the most powerful ways to reduce footprints, and it brings us together.

There's a big opportunity for action that connects the dots across how we produce, transport and consume the delicious food we depend on.

Let's go to the next level on food!



Why “next-level” food?

When we talk about “next-level” food, we’re talking about going beyond the common things we do at home. You can influence behaviour in your neighbourhood through fun initiatives that transform people’s outlooks, habits and relationships with food – and with each other.

This includes efforts to reduce food waste, a major part of our footprints. There’s a lot of room for improvement: from the energy and resources used in food production, to packaging and plastic bags, to our own expectations about how perfect our food should look in the supermarket.

While not all of us need to suddenly go fully vegan or vegetarian or grow a productive home garden, there are positive steps each neighbourhood can take to reduce our food footprints.

DID YOU KNOW?

About a quarter of all residential garbage in BC consists of spoiled and uneaten food – the largest of all waste streams.

— RESIDENTIAL FOOD WASTE PREVENTION TOOLKIT, BC MINISTRY OF ENVIRONMENT



West End cooking workshop
(credit: Evergreen's Green Bloc)

LIGHTER LIVING OPPORTUNITY

You can take food action to the next level by:

- Promoting a shift to more plant-rich diets
- Setting up food rescue options for still-edible items
- Starting community gardens and composting
- Supporting local, organic farmers

How to take action

You may already be doing things in your daily life that model the change you want to see. Practicing these at home and starting a conversation with your neighbours is powerful. But remember, to have an even bigger impact, you'll want to engage others as well!

JUST YOU

- Shift to a plant-rich diet (and minimize meat and dairy)
- Prepare meal plans at home to prevent wasted food
- Compost or reuse food scraps
- Reduce use of processed foods
- Purchase from local farms
- Choose local, in-season vegetables and fruits

↪
Check off the things
you're already doing or
are inspired to do!

YOU & A FEW OTHERS

- Promote Meatless Monday challenges with your neighbours
- Measure how much food is being wasted to show the scope of the problem, and develop solutions with your neighbours
- Use apps like OLIO to make it easier to share rather than toss excess food
- Promote composting on your street
- Organize a zero waste potluck
- Organize joint bulk buying of food on your street
- Increase knowledge about food expiry dates and good storage practices

YOU & YOUR NEIGHBOURHOOD

- Plan events with plant-rich menus and smaller portion sizes
- Host a Love Food, Hate Waste neighbourhood challenge, with prizes
- Lobby local grocers, restaurants and hotels to supply and serve meat alternatives, and to deal with food waste
- Ask grocery store managers how they're dealing with food waste / expired goods
- Organize a sustainable "Big Lunch" to get the neighbourhood eating together
- Promote shared kitchen spaces where neighbours can swap recipes

USE THIS SPACE TO ADD
YOUR OWN IDEAS!

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.....

WHO CAN YOU TEAM UP WITH TO
MAKE A BIGGER IMPACT?

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.....
.....

DID YOU KNOW?



As much as 63% of the food
Canadians throw away could
have been eaten.

— LOVE FOOD, HATE WASTE

Key questions to ask

Add your thoughts →

- ❖ Do you know how much food your community wastes in an average week? How could you go about finding out?
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- ❖ Who tends to eat what? Are there opportunities to replace traditional meals high in red meat and dairy with other culturally appropriate alternatives? (e.g., at church, events or other community gatherings)
.....
- ❖ Is there food insecurity (or “food deserts”) in your neighbourhood? Are there ways the community can come together to support those in need? How can we connect growers with people in need?
.....
- ❖ Is organic food affordable in your neighbourhood? Are there ways to make it more accessible?
.....
- ❖ Are local farms and gardens connecting neighbours with homegrown food options (e.g., through markets), or does your community’s food mostly come from elsewhere?
.....
- ❖ Are there opportunities to come together around food to learn about one another’s culture, traditions and identities?
.....

Explore and get inspiration for your own journey

Share food through sites like [OLIO](#) and [Nextdoor](#) and learn about food waste through [Love Food, Hate Waste](#).

For package-free grocery shopping, check out [Nada](#), [PickEco Refills](#) in Chilliwack and Vancouver Island’s [Zero Waste Emporium](#), as well as zero waste grocery delivery services like [Jarr](#) and [Livlite](#).

To reduce food waste, social enterprises like [Luv the Grub](#) employ new immigrants and refugees to make chutneys and spreads from produce seconds. Organizations like [FoodMesh](#) and [Vancouver Food Runners](#) help connect excess local food with those in need.

Networked hubs like the [BC Food Hub Network](#) offer food producers and processors access to shared equipment and tech.

To support access to culturally appropriate groceries for those facing barriers, the [Chinatown Cares Grocery Delivery Service](#) was created during COVID-19 to deliver groceries to isolated, Chinese-speaking seniors.

Planet-friendly recipes abound: for example, the [EAT-Lancet Commission on Food, Planet and Health](#) shares [recipes](#) based on the science in its report [Healthy Diets from Sustainable Food Systems](#).

Community education, skills building and incubators such as [CRFAIR](#), [Haliburton Farms](#) and [Food Eco District](#) offer fresh ways to engage with vibrant sustainable food communities.

Start volunteering, e.g., [Fraser Valley Gleaners Society](#), a faith-based organization reducing food waste by working with volunteers, collecting produce and processing it for distribution to developing countries.



Vancouver Island residents turn their front yards into food gardens amid COVID-19. (credit: CBC)

SPOTLIGHT

Il Centro

For many, food is a cultural practice. This is evident at Vancouver's Italian Cultural Centre, Il Centro. A priority for Il Centro is to connect the local community with Italian food traditions, local food systems and sustainability. As a result, they offer a number of workshops and events to engage people with food in both new and old ways.

Among the events Il Centro has organized are the "Head to Tail" dinners, where the entire animal is consumed (even the less popular cuts and parts). These dinners highlight how the less popular parts of an animal can still be used rather than thrown away while simultaneously creating an opportunity to engage in Italian culture. On the plant-based side of things, Il Centro hosted a number of vegan cheesemaking workshops for the community, showcasing how cultural practices can be held even through less traditional means.

The Italian Cultural Centre also boasts a rich food landscape at their community garden, Il Giardino, in Beaconsfield Park. The garden includes an orchard of fruit trees, an apiary housing Italian honey bees managed by the local nonprofit Hives for Humanity, and a community oven — Il Forno — not far from the garden beds. Historically, community ovens acted as gathering spots for communities in Italy. Workshops at the garden include information on what plants work in this climate and what plants are beneficial to the bees, as well as how to make bread and pizza using the oven.

Food often acts as an enticing invitation into culture at Il Centro, and they serve it up in a way that engages their community in lighter living at the same time.

www.italianculturalcentre.ca



In 2019, the Italian Cultural Centre engaged 900 people in a variety of workshops, including vegan cheesemaking and raising Italian honeybees.

Community members gather for an al fresco feast at Il Centro's East Van Long Table Dinner (credit: Il Centro - Italian Cultural Centre of Vancouver)