

LIVE SIMPLY



That
others
might
simply
live

**Commit to a LiveSimply
journey:
In our Parish and in our homes**

“The pace of consumption, waste and environmental change has so stretched the planet’s capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world.”
Pope Francis - Laudato Si', paragraph 161

65 LiveSimply ideas

Food:

1. Eat low on the food chain. This means eating mostly fruits, veggies, grains, and beans. **Livestock**—meat and dairy—is responsible for 14.5 percent of manmade global greenhouse gas emissions (this is more than all transport- car, rail, air and shipping combined), mainly from feed production and processing and the methane (25 times more potent than CO2 at trapping heat in the atmosphere over 100 years) that beef and sheep belch out.

<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>.

80 to 85 % of all soya grown is fed to livestock and 50 to 60 % of all grains grown are fed to livestock (mostly in factory farms). Animal agriculture is the biggest driver of deforestation, biodiversity loss, species extinction, ground water and river pollution and ocean dead zones.

<https://ourworldindata.org/environmental-impacts-of-food>. Wild mammalian biomass is now only 4% of total. Humans make up 34% but mammalian livestock is now 62% of the total – almost all existing in factory farms. 71% of birds are farmed; only 29% are wild. <https://ourworldindata.org/wild-mammals-birds-biomass>.

Every day that you forgo meat and dairy, you can reduce your carbon footprint by 8 pounds—that's 2,920 pounds a year. Consider starting by abstaining from meat and dairy on Fridays. When choosing your meals, consider your health, mother earth and the animals involved.

2. Choose organic and local foods that are in season. Transporting food from far away, whether by truck, ship, rail or plane, uses fossil fuels for fuel and for cooling to keep foods in transit from spoiling.
3. Buy foodstuffs in bulk when possible, using your own reusable container.
4. Grow your own fruits and vegetables if you have space in your garden or join a community allotment scheme.
5. Reduce your food waste by planning meals ahead of time, freezing the excess and reusing leftovers.
6. Compost your food waste if possible.

Clothing:

7. Don't buy fast fashion. Trendy, cheap items that go out of style quickly get dumped in landfills where they produce methane as they decompose. Most fast fashion comes from China and Bangladesh, shipping requires the use of fossil fuels. Instead, buy quality clothing that will last.
8. Buy vintage, recycled, or pre-loved clothing.
9. Can you pledge to not buy new clothes for a year and make do with those we have?
10. Give clothes you do not really need, rarely wear or are unwanted to charity.

11. Wash your clothing in cold water. The enzymes in cold water detergent are designed to clean better in cold water. Doing two loads of laundry weekly in cold water instead of hot or warm water can save up to 500 pounds of carbon dioxide each year.
12. Choose natural fibres over synthetic. Natural fibres do not shed microplastics in the wash.

Shopping:

13. Buy less stuff! And buy used or recycled items whenever possible.
14. Bring your own reusable bag when you shop.
15. Try to avoid items with excess packaging.
16. Shop local and support small businesses.
17. Buy seasonal produce
18. Look for the FairTrade logo when shopping
19. Invest in a reusable water bottle and coffee cup.
20. Adjust Amazon settings to opt for less packaging and combine delivery orders.
21. If you're in the market for a new computer, opt for a laptop instead of a desktop. Laptops require less energy to charge and operate than desktops.
22. Don't automatically update your mobile phone for the latest model if your existing phone still functions well.
23. Recycle electrical goods where possible. Manufacturing phones and laptops uses lots of minerals and metals mined from the

earth, often harming the environment and communities living near mines.

24. If shopping for appliances, lighting, office equipment or electronics, look for **Energy Star products**, which are certified to be more energy efficient.
25. Use Freecycle or Freegle

Home and Garden:

26. Switch to LED light bulbs. Though LEDs cost more, they use a quarter of the energy and last up to 25 times longer.
27. Switch lights off when you leave the room and unplug your electronic devices when they are not in use.
28. Invest in a solar charger for phones and laptops.
29. Turn your water heater down to 120 f/49 c. This can save about 550 pounds of CO2 a year.
30. Installing a low-flow showerhead to reduce hot water use can save 350 pounds of CO2. Taking shorter showers helps, too.
31. Sign up to get your electricity from clean energy through your local utility or a certified renewable energy provider. energyhelpline.com can help you find a certified green energy provider.
32. Lower settings on the fridge and freezer - 35-38F for fridge and 0 for freezer.
33. Use environmentally friendly cleaning products in the home and find brands that use less or no plastic in packaging.

34. Buy recycled loo paper, paper and envelopes
35. Use paperless methods of contact where possible i.e. text, email etc.
36. Print double sided when necessary to use a printer
37. Stop using disposable cups, cutlery and napkins at social events.
38. Recycle as much as possible. Rinse out containers.
39. Avoid using the tumble dryer where possible
40. Turn water off while brushing teeth.
41. Take shorter showers and less baths
42. Don't pour excess water down the drain - save it for watering plants.
43. Install a rain water butt in the garden to collect rain water for watering plants.
44. Plant fruit producing trees if you have space
45. Opt for natural forms of weed control

Transport:

46. Drive less. Walk, take public transportation, carpool, rideshare or bike to your destination when possible.
47. If you must drive, avoid unnecessary braking and acceleration. Some studies found that aggressive driving can result in 40 percent more fuel consumption than consistent, calm driving.
48. Don't leave the engine running idle.

49. Take care of your car. Keeping your tires properly inflated can increase your fuel efficiency by three percent; and ensuring that your car is properly maintained can increase it by four percent.
50. When doing errands, try to combine them to reduce your driving.
51. Remove any extra weight from the car.
52. Keep car air conditioning on low.
53. Use less air conditioning while you drive, even when the weather is hot.
54. If you're shopping for a new car, consider purchasing a hybrid or electric vehicle.
55. Avoid flying if possible; on shorter trips, driving may emit fewer greenhouse gases. If you have to fly try to fly nonstop since landings and takeoffs use more fuel and produce more emissions.
56. Go economy class. Business class is responsible for almost three times as many emissions as economy because in economy, the flight's carbon emissions are shared among more passengers; first class can result in nine times more carbon emissions than economy.
57. If you can't avoid flying, offset the carbon emissions of your travel.

Carbon offsets:

58. A carbon offset is an amount of money you can pay for a project that reduces greenhouse gases somewhere else. If you offset one ton of carbon, the offset will help capture or destroy one ton of greenhouse gases that would otherwise have been released into the atmosphere. Offsets also promote sustainable development and increase the use of renewable energy.

You can purchase carbon offsets to compensate for any or all of your other carbon emissions as well.

The money you pay goes towards climate protection projects. Various organisations sponsor these projects. For example, **Myclimate** funds the purchase of energy efficient cookstoves in Rwanda, installing solar power in the Dominican Republic, and replacing old heating systems with energy efficient heat pumps in Switzerland. **Cotap** sustainably plants trees in India, Malawi, Mozambique, Uganda and Nicaragua to absorb CO₂; you can sign up for monthly offsets here. **Terrapass** funds U.S. projects utilising animal waste from farms, installing wind power, and capturing landfill gas to generate electricity. It also offers a monthly subscription for offsets.

Solidarity:

59. Organise CAFOD family fast days at Lent and Harvest. Fasting and giving alms are traditions almost as old as our faith itself. Organising a family fast day lunch and collection in your parish is a way of raising funds to support people in communities around the world to lift themselves out of poverty.
60. Support local foodbanks. The number of people in our local communities struggling to meet the cost of living is growing by the year.
61. Welcome people who are refugees and migrants. More people than ever are being forced from their homes as the climate emergency makes areas of the world inhospitable and leads to shortages of basic resources.
62. Calling for change for our common home and our global family. Raising our voices to call for action is crucial way of showing support for action to tackle the climate emergency. Could you arrange to support CAFOD campaigns in your parish by organising parish petition signing or letter writing opportunities?

And could you invite people to marches taking place locally or nationally to demand leaders act.

63. Lobby your MP to find out what initiatives they are taking on climate change.
64. Switch to an ethical bank. Some of the money we might be fortunate enough to have in savings, investments or pensions could be in funds that are backing fossil fuel projects. Move to ethical bank accounts, pension schemes or green investment schemes.
65. Give sustainable gifts. Giving gifts is a lovely way to mark birthdays and special moments such as baptisms, First Holy Communion, Confirmations and weddings. Could the parish look to plant a tree for these important occasions, or give gifts with real meaning, such as [CAFOD World Gifts](#)?

Sources

LiveSimply Cafod.org.uk

Go Green parade.com

State of the Planet news.climate.Columbia.edu

Carbon offset carbonfootprint.com