

PHOTO: MIKE BIDEN

Kelowna, BC
August 2021

THE CLIMATE CRISIS IS HERE

MILLIONS OF CANADIANS ARE TAKING ACTION

HERE'S HOW YOU CAN HELP



Merritt, BC
November 2021

PHOTO: BIG-POWER FILMS

The average Canadian produces 14,200 kg of CO₂e* per year
Here's how you can be part of the solution

WHAT CAN I DO?	WHY IS IT IMPORTANT?	BENEFITS	CO ₂ e* SAVINGS
Hold a meeting to make a climate action plan	Talking with your family, household or friends is often the first step in being part of the climate solution. Together, you can build a sense of commitment and support each other, especially if you have climate anxiety.		
Switch from oil or gas to an electric heat pump to heat your home	Heating produces 16% of Nanaimo's CO ₂ e,* almost all of which comes from oil and gas heating	Up to \$11,000 in rebates. Save money with lower heat bills. AC cooling in summer.	3900 kg per year
Reduce beef The average Canadian eats 25 kg of beef each year	Beef produces 41% of all livestock CO ₂ e* (6% of global CO ₂ e*)	Save money (meat is expensive). Discover tasty vegetarian recipes.	100 kg per kg of beef
Reduce dairy The average Canadian drinks 64 liters of milk and eats 13 kg of cheese each year	Dairy from cows produces 20% of all livestock CO ₂ e* (3% of global CO ₂ e*)	More than 50% of British Columbians are lactose intolerant. Discover tasty milk substitutes.	3 kg per liter of milk 24 kg per kg of cheese
Reduce pork and chicken The average Canadian eats 23 kg of pork and 39 kg of chicken each year	Chickens and pigs produce 8% and 9% of all livestock CO ₂ e* (1.2% and 1.5% of global CO ₂ e*)	Save money (meat is expensive). Discover tasty vegetarian recipes.	12 kg per kg of pork 10 kg per kg of chicken
Buy less new clothing , especially fast fashion items	Clothing produces 10% of global CO ₂ e* and 20% of global wastewater	Wearing clothing 9 months longer can reduce its CO ₂ e* by 30%	30 kg per pair of jeans 5 kg per polyester shirt 2 kg per cotton shirt

***CO₂e (carbon dioxide equivalent)** is the standard unit for measuring carbon footprints. It accounts for all warming gases causing climate change. Carbon dioxide (CO₂) is the most common warming gas, but there are many others. Methane, for example, causes 84 times more warming than CO₂.

Take the CLIMATE PLEDGE today

WHAT CAN I DO?	WHY IS IT IMPORTANT?	BENEFITS	CO ₂ e* SAVINGS
Reduce your use of a gas or diesel vehicle	56% of Nanaimo's CO ₂ e* emissions come from personal vehicles	Save money. Improve Nanaimo's air quality. Bike or walk to exercise.	200 kg per 1000 km for a midsize car 300 kg per 1000 km for a larger vehicle
Switch to an electric vehicle		Up to \$9,000 in rebates. Save money on gas and maintenance. Improve Nanaimo's air quality.	2600 kg per year for a midsize car 3900 kg per year for a larger vehicle
Take fewer flights	Flying is often the #1 source of CO ₂ e* for people who fly frequently	Save money. Explore Vancouver Island and BC.	100 kg per 1000 km
Make your money climate-friendly	The five major Canadian banks are some of the biggest investors in oil and gas globally, financing almost \$1 trillion dollars since 2016. Switching to a local credit union and divesting from oil and gas can create pressure for huge climate savings.		
Send a letter to your MP or MLA to take urgent climate action	Our elected leaders hear from industry and business all the time, but it is we who elect them. MPs and MLAs say that receiving a letter influences the way they think. Make your voice heard today.		
Vote for politicians who commit to take urgent climate action	Our individual choices matter, as does electing leaders who prioritize climate action. We need leaders who take the climate crisis seriously. Voting for a climate champion can make a big difference.		
Join a climate action organization	Joining a climate group will magnify your efforts beyond your household. Consider joining us as a Climate Connector or signing up for the West Coast Climate Action Network's weekly newsletter.		

www.NanaimoClimatePledge.ca

**Every action we take
as individuals, households and communities
impacts the severity of the climate crisis
now and for future generations.**

The **Nanaimo Climate Pledge** is a project
of the Nanaimo Climate Action Hub.
Our goal is to empower households
to lower their personal greenhouse gas emissions and
to learn what best motivates our community to take action.
It is essential that we collect accurate data on what works and why.
If we prove success locally, we intend to launch the project across BC.

Go to our website to:

- Take the Climate Pledge
- See our full list of great prizes
- Learn more about each action you can take
- Sign up to become a Climate Connector
- Discover the facts about climate myths
- Find links to available rebates
- Review our data sources
- Download this brochure

TAKE THE PLEDGE TODAY
www.NanaimoClimatePledge.ca

Grand Prizes generously donated by:



Camas

**THRIFTY
FOODS**



Everyone who takes the Pledge will be entered into a draw for many great prizes.

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