

December Climate Changemaker Tips: Reduce Consumption

Friday, December 1: Reduce Consumption

We live in a consumption economy. Many of us could benefit from reflecting on how much we have, what more we really need, and what products and companies we support. One resource is <https://www.ethicalconsumer.org> with “All the information and inspiration you need to revolutionize the way you spend, save and live.” Perhaps we could start mining this website with “Why shop ethically.”

This season of giving, consider gifts of your time and energy. You can also give experiences such as gift cards to entertainment venues, restaurants, or for special days together.

Friday, December 8: Reduce Consumption

We live in a consumption economy. We can reduce our carbon footprint by becoming an ethical consumer. We might continue to explore the Ethical Consumer website with 10 steps to shop ethically: <https://www.ethicalconsumer.org/how-to-shop-ethically>

Friday, December 15: Reduce Consumption

We live in a consumption economy. This season of giving consumes an amazing amount of gift wrapping. Consider making/purchasing reusable gift bags or decorating newspaper and then recycle after use.

Friday, December 22: Reduce Consumption

We live in a consumption economy. For those items we do consume it is important to minimize waste:

- Reduce food waste. 40% of the food produced in the U.S. is wasted and one-third of the waste delivered to Lincoln’s landfill is organic waste.
<https://www.epa.gov/recycle/reducing-wasted-food-home>
- Learn about local opportunities to reduce, reuse, recycle and compost at <https://www.lincoln.ne.gov/City/Departments/LTU/Utilities/Solid-Waste-Management/Recycling>

Friday, December 29: Looking Forward

This is the weekend for looking forward to the New Year. Perhaps we can each make further commitments to protect our planet and those most vulnerable to the effects of climate change. Continue to educate yourselves about the climate crisis and ask yourself: What precisely will I do to address this issue in the days ahead? How will I begin to apply the changes I plan to make? Most importantly, regularly engage in conversation about the challenges we face, connecting with others from a place of shared values, and make sure our elected officials, local, state and federal, know that this issue is important to you.

Sunday December Climate Changemaker Tips

December 3: Reduce consumption: Consider gifts of experiences rather than things

December 10: Reduce consumption: Explore the topic of ethical consumption

December 17: Reduce consumption: Minimize gift wrapping this season

December 22: Minimize waste

December 31: Decide what more you can do to address the climate crisis