

My One-Tonne Challenge Action Plan

An Action Plan for Young People and their Families

How could you make changes in your home to reduce your greenhouse gases (GHGs) by one tonne? This table tells you how you can reduce GHGs. Go through the table and see what actions you and your family can take to reduce GHGs.



Yukon Conservation Society

Explains what you can do, why the action helps, and how many kg of GHGs each person will reduce in one year by taking that action.



Put a ✓ next to the actions you will take, describe how you will do it and how many GHGs you will save.

For every family member or friend that you convince to take the action, put another ✓ then write down who they are, what they plan to do and the total GHGs they will save.

Record the Kg of GHGs you will reduce by adding up the numbers you listed in column 3. When you reach the bottom of the list, add up the total Kg you will reduce, and see if you've made it to 1,000kg - one tonne! If not, go through the plan again and see if there's somewhere else you could make a change. Remember, even if you can't get up to one tonne, every bit helps

ACTIONS you (and others) can take	Kg of GHG emissions reduced (per year)	YES, We will do it!	Kg of GHGs reduced (per year)
<p>Drive less. Driving is responsible for almost half of the average Canadian's personal GHGs. For every 4 km you don't drive, your family reduces 1 kg of GHGs.</p>	<p>If you drive less (by walking, biking, bussing, and carpooling with your friends), you can reduce GHGs by 125 kg per person.</p>	<p>✓ I'm going to bike to school whenever the weather is good. 125 kg! ✓✓ I'm going to get my Mom and Dad to carpool or walk to work and make less trips to the store. (125 kg + 125 kg = 250 kg!)</p>	<p>375 kg</p>







TRANSPORTATION ACTIONS you (and others) can take	Kg of GHG emissions reduced (per year)	YES, we will do it!	Kg of GHGs reduced (per year)
Drive less. Driving is responsible for almost half of the average Canadian's personal GHGs. For every 4 km you don't drive, your family reduces 1 kg of GHGs.	If you drive less (by walking, biking, bussing, carpooling and combining errands), you can reduce GHGs by 125 kg per person.		
Don't idle your car engine. Idling is a big problem in the North – spewing out piles of GHGs. Many people think idling is good for car engines, but it isn't. According to car makers, it's best for your engine to idle for no more than 30 seconds on winter days before driving slowly away. Try keeping warm with a blanket instead of warming your car.	If you reduce your idling by 10 minutes per day, you reduce 60 kg per person. 		
Slow down. When you slow down, you save gas. If you slow down on the highway by 1 km per hour, you save 1% in gas costs. (If you slow down by 5 km per hour, you save 5% in gas costs.) You also reduce your GHG emissions.	If you can get your family to slow down on the highway, you can reduce GHGs by 40 kg per person.		
Switch to ethanol-blend gasoline. Some gas stations sell ethanol-blend gas. This gas replaces some of the gasoline with ethanol – a type of alcohol made from grain. Using ethanol-blend gas helps to reduce GHGs. If all gasoline in Canada was blended with ethanol, we could reduce our GHGs by 5 million tonnes per year.	If your family switches to ethanol-blend gas, you can reduce GHGs by 50 kg per person. 		
Check your car; check your tires. If your car isn't running properly, and if your tires are squishy, you will use a lot more gas.	If you can get your family to check the tires every month and tune up the car, you can reduce GHGs by 100 kg per person.		
Cut back on air travel. Just ten hours of air travel can produce one tonne of greenhouse gas emissions per person!	If you cut back by one long airplane ride (e.g. Whitehorse to Vancouver: 5 hours return), you can reduce your GHGs by 500 kg per person!		

Total kg of GHGs reduced for Transportation:



In 2000, Canadians generated over 31 million tonnes of waste – over 1 tonne per person! 23 million tonnes were sent for disposal – imagine 21 football fields piled 1 km high with garbage!



CONSUMPTION & WASTE ACTIONS you (and others) can take	Kg of GHG emissions reduced <i>(per year)</i>	YES, we will do it!	Kg of GHGs reduced <i>(per year)</i>
<p>Cut down on “stuff”. Every time you buy an item, fossil fuels are used to make it, package it, and drive it to the store. After you use an item, it often goes to the dump and produces more GHGs when it rots.</p>	<p>If you decide to buy only things you really need, you can reduce your GHGs by 50 kg per person, per year.</p>	<p>___ eg., I'm going to cut back on new clothes and toys. 50 kg! ___ eg., I'm going to persuade my sister to do it too! 50 kg!</p>	<p>eg., 100 kg</p>
<p>Re-use and recycle. When you recycle, you save energy. It takes less energy to make things from recycled materials (like recycled paper) than to make things from raw materials (like trees). Studies show that over half of our garbage could be either recycled or composted.</p>	<p>If you can reduce your garbage by one-quarter (eg. put out 3 garbage bags instead of 4), you reduce your GHGs by 125 kg per person.</p> 		
<p>Compost your veggie scraps and other organics. When you don't compost, your organic waste goes into the landfill, rots and creates methane – one of the main GHGs. <i>Ways to compost:</i> City Collection, backyard and worm composting</p>	<p>If you compost, you can reduce your GHGs by 40 kg per person.</p> 		
<p>Recycle your grass clippings. If you put grass clippings in the garbage, it also goes into the landfill and rots, which creates methane. A better idea: keep grass clippings on your lawn. As the clippings break down, they give nutrients and moisture to your lawn.</p>	<p>If you keep grass out of your garbage, you can reduce your GHGs by 30 kg per person.</p> 		
<p>Buy local food. A lot of the food you eat comes from far away. In fact, the average food item travels 2000 km to arrive at your table. All that driving uses a lot of energy!</p>	<p>If you buy foods grown close to your home, you can reduce your GHGs by 50 kg per person.</p> 		

Total kg of GHGs reduced for Consumption & Waste:

Stop whining little bro!
Put on a sweater if you
are cold!



Home Heating:
When you heat your home, you
create GHGs. And the problem is
– we waste a lot of heat!

HOME HEATING ACTIONS you (and others) can take	Kg of GHG emissions reduced (per year)	YES, we will do it!	Kg of GHGs reduced (per year)
<p>Check weather-stripping around doors & windows and caulk up cracks. Air leakage can waste almost half the heat in your house! Weather-stripping and caulking will stop warm air from escaping – and save money, too.</p>	<p>If your family uses caulking and weather-stripping, you can reduce your GHGs by 65 kg/yr per person.</p>	<p>___ eg., My parents agree to weather-strip and caulk our home. There are 3 people in our family (3 x 65 kg = 195 kg)</p>	<p>eg., 195 kg</p>
<p>Lower the temperature at night and when no one is home. At night, it's usually more comfortable to have the temperature cooler, and it doesn't make sense to heat the house when no one is home.</p>	<p>If you lower the thermostat when you aren't at home, or overnight, you reduce your GHGs by 200 kg/yr per person. <i>(Note: This is based on an average of different types of heating.)</i></p>		
<p>Upgrade your insulation. The more insulation in your attic, walls and basement, the less energy you need for heating.</p>	<p>Putting more efficient insulation into basement and above-ground walls and in the attic can reduce heat loss by about 250 kg per person.</p>		

Total kg of GHGs reduced for Home Heating:

Water heating accounts for a lot of the greenhouse gas emissions produced by an average Canadian home. Time to cut down!



HOT WATER ACTIONS you (and others) can take	Kg of GHG emissions reduced (per year)	YES, we will do it!	Kg of GHGs reduced (per year)
<p>Install low-flow showerheads. One-third of your family's water heating bill probably goes to pay for showers. With low-flow showerheads, you can have a great shower using only half the amount of water. Low-flow showerheads are cheap and easy to install!</p>	<p>If you install low-flow showerheads, you can reduce 75 kg of GHGs per person.</p>	<p>— eg., My parents agree to install low-flow showerheads. (75 kg x 4 people in my family = 300 kg!)</p>	<p>eg., 300 kg</p>
<p>Shorten those showers. 5 minutes is plenty to get clean, and a shower takes much less water than a bath.</p>	<p>If you take short showers instead of baths, you can reduce 35 kg of GHGs per person.</p>		
<p>Use cold water to wash your clothes. About 1/4 of all the hot water you use in your household is used to wash clothes. And clothes can get just as clean in cold water, especially using a cold-water detergent.</p>	<p>If you wash your clothes with cold water instead of hot water, you can reduce your GHGs by 150 kg per person.</p>		
<p>Fill up the dishwasher before you run it. Use the energy-saving setting to dry the dishes. Tip: Scraping off the dishes instead of rinsing saves hot water, too.</p>	<p>If you only run full loads in your dishwasher, and use the air-dry cycle, you can reduce your GHGs by 90 kg/yr per person.</p>		

Total kgs of GHGs reduced for Hot Water:



HOME LIGHTING & APPLIANCES ACTIONS you (and others) can take	Kg of GHG emissions reduced (per year)	YES, we will do it!	Kg of GHGs reduced (per year)
Turn off the lights when you're not using them. In Whitehorse we generate electricity by hydro, diesel and wind. During high demand we use diesel, which increases GHG emissions.	By turning off the lights when not needed, you can reduce your GHGs by 20 kg per person.		
Replace your light bulbs with fluorescent or halogen bulbs. Compact fluorescent and halogen bulbs use much less electricity than standard light bulbs, and last a lot longer.	If you replace 5 of your 60 W bulbs with 13 W compact fluorescent bulbs, you reduce your GHGs by 30 kg per person.		
Turn off TV, computer and equipment when not in use. A computer that runs 24 hours a day uses up to \$120 worth of electricity each year.	If you shut off lights and equipment when not in use, you reduce your GHG emissions by 20 kg per person.		
Get rid of the second fridge. Do you really need that second refrigerator? It could be responsible for one-tenth or more of your home's electricity bill.	If you get rid of your older, second fridge, you can reduce your GHG emissions by 75 kg .		
Limit use of gas lawn mowers and snow blowers. Gas-powered mowers cause a lot of pollution.	If you use a push-power instead of a gas-power to mow the lawn, you can reduce your GHG emissions by 10 kg per person.		

Total kgs of GHGs reduced for Home Lighting & Appliances:

Bonus Points – write a letter.

Write a letter to a political representative or to the editor of your paper, suggesting actions to reduce GHG emissions. Writing letters is one way to influence a lot of people. Give yourself a credit of **100 kg**.



_____ kg

How many GHGs could you reduce from your life?*

Add the totals at the bottom of each page of your action plan (plus your bonus points, if you wrote a letter!) to find out your Total GHG Emission Savings.

If you haven't reached 1000 Kg – one tonne – go back over your lists and see if you can add a few more actions!

You can meet the One-Tonne Challenge!

TOTAL GHG EMISSION SAVINGS: _____ kg

* These numbers are estimated averages. The calculations are not exact, but will give you an idea of what actions you can take, and how much difference each action will make.

Main Data Sources: NRCan, Pembina Institute

If you'd like to get a more exact, computer-calculated estimate of your GHGs and how you can reduce them, go to one of these computer calculators:

- **Take the One-Tonne Challenge:** www.climatechange.gc.ca/onetonne
- **One Less Tonne:** www.onelesstonne.ca
- **City of Whitehorse:** www.city.whitehorse.yk.ca (click on "One - Tonne Challenge" logo)



My One-Tonne Challenge Action Plan:

Cutting Down My GHGs

From the table you've completed, select the actions that you and your family and friends will take to reduce your GHG emissions.

Write each action down on this page and then stick it on your fridge to remind you of what you will do.



My family, friends and I are reducing our greenhouse gases by One tonne!



eg. I will turn off the TV and computer when not in use 20 kg Kg of GHG reduced (per year):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

TOTAL GHG EMISSION SAVINGS:

Signed: _____ Date: _____