



Climate Conversations

Reduce

St Mark's Creation Care Ministry

February 2023



Agenda

- Land Acknowledgement and Opening Prayer - Kathy
- A Framework to Reduce
- Discussion
- How to Reduce
- Sharing and Q&A
- Closing Prayer - Carolyn

Global Overproduction

- Fashion: The fashion industry produces 100-150 billion items/yr and the average American has >100 items
- Transport: Americans drive 14,263 miles/yr, & own 267 million cars
- Food: 70 billion animals/yr raised for people to eat use 1/3 of land, 1/3 of grain and 15% of global fresh water
- Manufacturing: Producing goods from raw materials causes 25% of GHG
- 58 tons of greenhouse gasses in 2022



We Buy and Use Too Much

- Each person in the US wastes almost 100 pounds of food every year
- Americans throw away about 81 pounds of clothes every year, 60% not recyclable
- Americans buy 17 million cars and dispose of 12 million cars
 - SUVs are the 2nd-largest cause of the global emissions increase, more than shipping and aviation
- US CO2 emissions are 14.6 tons/person/ yr, more than 2x world average
- Household goods and services cause 60% of global greenhouse gas emissions



Reduce, Reuse, Recycle – “Reduce”

- Reduce includes changing the way we travel, the electricity we use, the food we eat and the things we buy to use and waste less
- The best way to reduce waste is not to produce or buy items in the first place
- Reduce also means cutting back on the amount we waste and the trash we generate



“Reduce” is Beneficial

- Lowers carbon emissions
- Saves landfill space by keeping useful materials out
- Stops the problem at the source
- Less waste to clean up
- Prevents pollution, protects the environment, and preserves natural resources
- Frees up finances to buy sustainable, eco-friendly products
- Saves money



Source: Seattle Arboretum

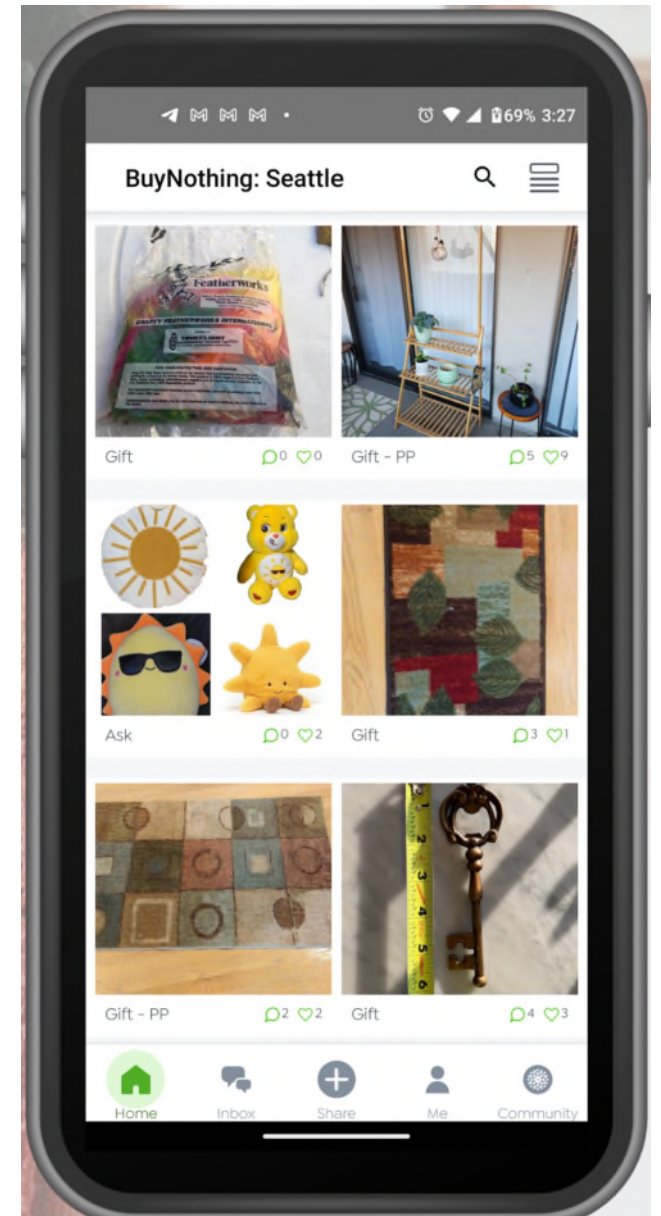
Scripture

- 1 Timothy 6: If we have enough food and clothing, let us be content
- Luke 12: Life is more than food, and your body more than clothing
- Psalm 39 6: We heap up wealth, not knowing who will spend it. And so, Lord, where do I put my hope? My only hope is in you.



Principles

- Think before you shop
- Ask if you really need and love it
- Buy less stuff
- Buy high quality
- Shop local
- “No” and “refuse” are important
- Be efficient – driving and devices
- Learn
- A moral and collective responsibility



8 Key Actions to Reduce*

- Lower heat, heat pump, LED lights, energy-efficient appliances launder in cold water, hang to dry
- Walk, bike or take public transport
- Travel less
- Eat more vegetables
- Reduce food waste
- Buy fewer things
- Switch to renewable energy
- Replace gasoline car with an EV

Action	CO2 Saved/Yr
Heat pump	1984 pounds
Live car-free	2 tons
One less long flight	2 tons
Vegetarian	1,100 pounds
Reduce food waste	660 pounds
1 pound of clothing	17 pounds
Renewable energy	1.5 tons
EV	2 tons

* Source: [United Nations](#)

Reflections from St Mark's

- Carolyn
- Kathy
- Marjorie
- Ruth



Discussion & Breakout Session

Questions:

- Are there situations where you buy or accumulate too much?
- What actions have you taken to “reduce”?
- What practices have you used to make reducing easier, or possible?



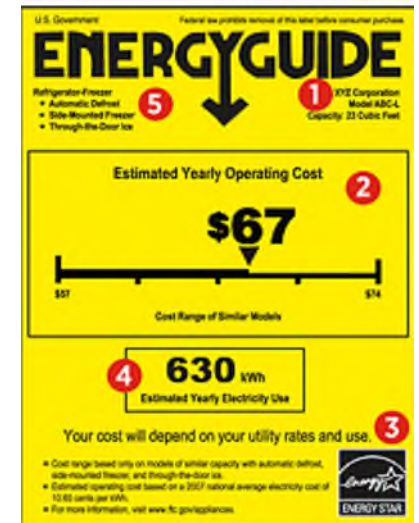
Live Differently

- Live simply
- Go digital and reduce paper
- Take public transport & reduce driving
- Take a shorter shower
- Reduce electricity usage at home
 - LED lightbulbs
 - Turn off the lights
- Reduce the temperature in winter
- Reduce laundry temperature
- Reduce your driving speed
 - Accelerate more slowly



Buy Differently

- Buy fewer gadgets and clothes
- Keep your car longer
 - And your phone, and...
- Replace old and inefficient appliances
- Buy pre-loved, renewed and used
- Buy products with less packaging
- Pack your lunch in a lunchbox



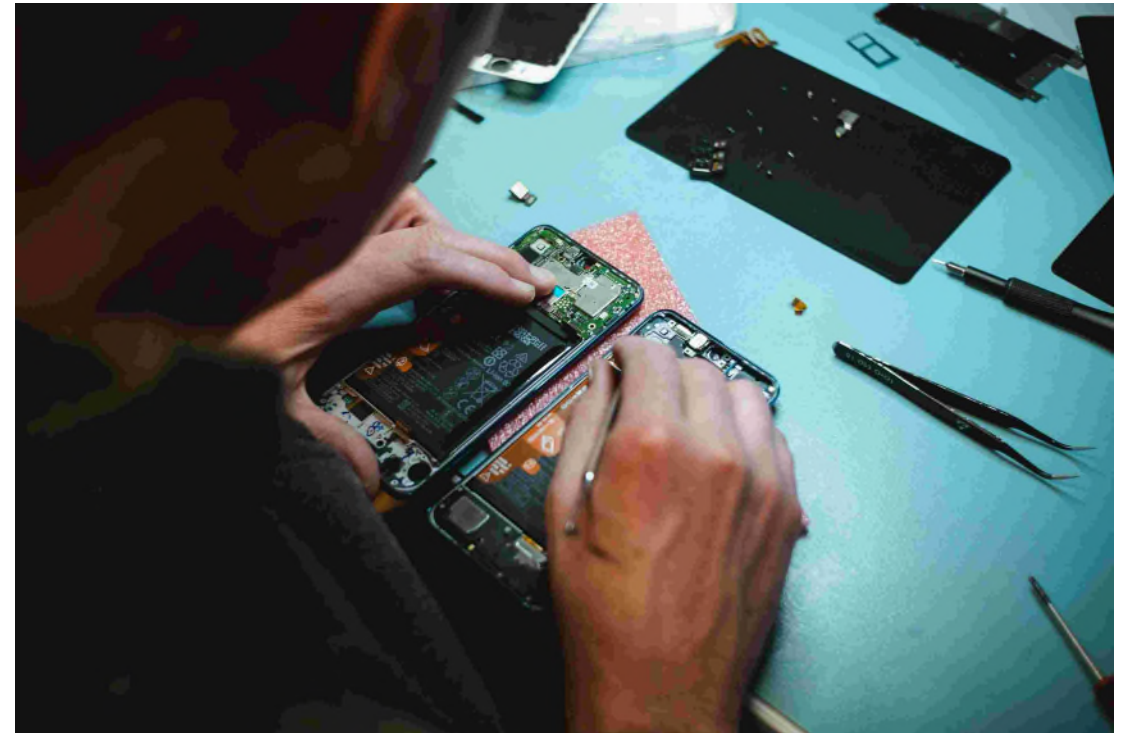
Avoid to Reduce

- Avoid single use plastics such as straws and polystyrene containers
- Bring your own mug
- Say “no” to bottled water
- Avoid long distance travel
 - Have fun without flying
- Reduce water & electricity for laundry
 - Wash full loads
 - Use a drying rack
- Share or rent a home



Reduce by Reusing

- Fill reusable bottles at home instead of buying plastic bottles of water
- Repair items you have instead of buying new items
 - Repair clothes or furniture or your bike or devices
- Reduce purchases by upcycling items you no longer want to make new products or materials



Reduce Food Waste

- Make a weekly meal plan and shopping list
 - Stick to the list as much as possible
 - Avoid impulse buying
- Store food safely and eat leftovers
- Freeze food
- Watch for 'use by' and best' by' dates



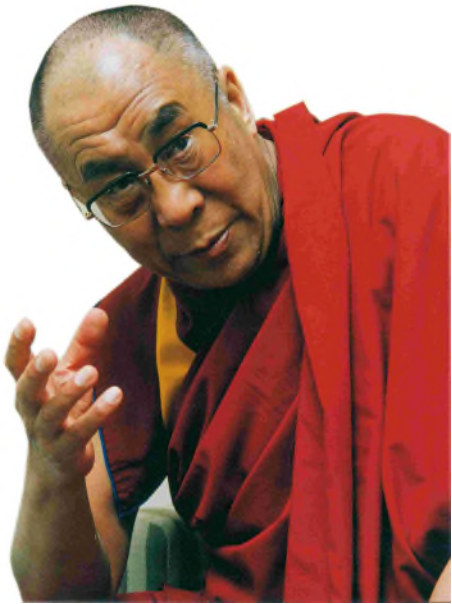
Sharing, Discussion and Q&A

Questions

- What have you done to “reduce” that has had the biggest impact?
- What else would you like to do to reduce?



Make a Difference



“Anyone who thinks that they are too small to make a difference has never tried to fall asleep with a mosquito in the room” – Dalai Lama

“I believe that one person can make a difference” – Greta Thunberg



Closing Prayer

- Closing prayer

