

The Parish of St. Mary York

Faith in Action

Building hope for tomorrow in the face of climate change

The Frugal Environmentalist

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As I write this, inflation is having a big impact on all of us! And combating the climate crisis sounds expensive: get solar panels, buy an electric car, insulate your house, etc.

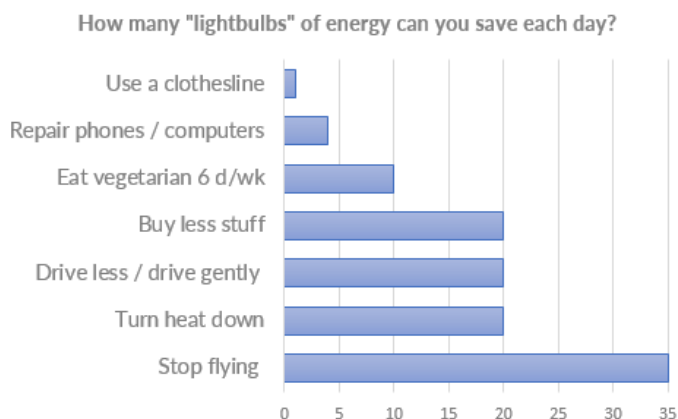
But you can help the planet and save money at the same time!

Here are some frugal actions you can take to help your wallet and the planet! They are listed in order of potential benefit to the environment – from smallest to largest:

- Wash your laundry in cold water and dry on the line.
- Keep computers and cell phones as long as possible; don't replace them early.
- Eat vegetarian meals six days a week.
- Buy less stuff; avoid packaging.
- Bike, walk, and take the bus instead of driving.
- When you drive, drive slower, drive gently, carpool.
- Put a sweater on and turn your heat down by 4°C; do the same at work.
- Stop flying

Simply switching to vegetarian meals 6 days a week can have the same impact as installing solar panels!

Of course, the exact impact of your actions depends on what your habits were before. The “stop flying” example used here assumes you were previously taking one short return trip per year (such as Fredericton to Toronto). If you stopped taking a long trip each year (such as Fredericton to Paris) the energy savings created by stopping those flights would be more than ten times greater!



Which of these actions could you adopt?

Help your wallet and the climate by challenging yourself to make one of these actions a habit.

Then tell your friends and family how much money and energy you save!