

Squamish Climate Action Checklist



#ClimateActionSquamish

Be a Climate Action Champion

If we don't take climate change seriously, it will have major effects on our quality of life in Squamish, and for people around the world. We need your help with reducing our community greenhouse gas (GHG) emissions. Join your neighbours and do your part.

Small actions can make a big impact. Here are some simple steps you can take to reduce your carbon footprint.





Transportation/Travel

Reduce travel in your vehicle (even if it is electric).

Drive an electric vehicle.

Car share instead of owning a vehicle.

Take vacations closer to home and reduce flights.

Do not idle your vehicle.

Drive more efficiently.



Buildings

Replace your natural gas furnace with an electric heat pump.

Retrofit your home for energy efficiency.

Purchase efficient appliances.

Install a low flow shower head.

Change light bulbs to LEDs.

Wash clothes in cold water, hang clothes to dry.

Program your thermostat (17° C [night/away], 21° C [day]).

Turn off computers and unplug outlets when not used.

Install renewable energy to power your home.



Waste

Reduce the amount of waste that you produce.

Support reuse of materials that are still in good condition.

Make sure that you compost and recycle all possible materials.



Food

Eat less meat and dairy products.

Grow food on your property or in a community garden.

Buy local food when possible.



Other

Ensure your investment portfolio is climate-friendly (talk to a financial advisor).

Join an environmental club, or attend an event.

Talk to friends and family about climate action.

Write a letter to your Provincial or Federal government representative.



Co-benefits of climate action

There are plenty of additional benefits that come with reducing your greenhouse gas emissions. In this booklet, we've outlined actions in key areas, like transportation, waste and buildings, as well as the co-benefits to show the broader impact your actions can have.



Save money



Health benefits



**Social and
community benefits**



Grants available



**Air pollution and
environmental benefits**



**Additional embodied
carbon reductions**

Transportation



Transportation in cars accounts for over half of our community emissions in Squamish (52%). Help tackle this challenge by shifting beyond the car and choosing low-carbon transportation options.

Action		GHG Impact	Co-benefits	<input checked="" type="checkbox"/>
Reduce travel in your vehicle (even if it is electric):	Bike or walk around town.	Med (sometimes) - High (daily)	\$ A C H	<input type="checkbox"/>
	Take public transportation.	Med (sometimes) - High (daily)	\$ A C	<input type="checkbox"/>
	Carpool when possible.	Low (sometimes) - Medium (daily)	\$ A C	<input type="checkbox"/>
Drive an electric vehicle.		High	G A	<input type="checkbox"/>
Car share instead of owning a vehicle.		Medium	\$ A C E	<input type="checkbox"/>
Take vacations closer to home and reduce flights.		High (if you avoid flights)	\$ A C	<input type="checkbox"/>
Do not idle your vehicle.		Some	\$ A	<input type="checkbox"/>
Drive more efficiently.	Check tire pressure.	Some	\$ A	<input type="checkbox"/>
	Service your vehicle.	Some	\$ A	<input type="checkbox"/>
	Drive slower, accelerate gradually.	Some	\$ A	<input type="checkbox"/>

Waste



In Squamish, landfill waste accounts for 20% of our community emissions. The District of Squamish is working to lower that by capturing methane from our landfill, but there are many things we can do in our daily lives to dispose of our waste correctly, and reduce our waste overall. Refer to our [What Goes Where Guide](#) and use the [Waste Wizard](#) look-up tool to put materials where they belong.

Action		GHG Impact	Co-benefits	<input checked="" type="checkbox"/>
Reduce the amount of waste that you produce.	Use reusable items (shopping bags, mug, etc.).	Some	\$ A E	<input type="checkbox"/>
	Minimize food waste.	Some	\$ A E	<input type="checkbox"/>
	Buy second hand, buy less.	Some	\$ A C E	<input type="checkbox"/>
Support reuse of materials that are still in good condition.	Donate materials such as clothing, books, furniture and more to designated locations.	Some	\$ A C E	<input type="checkbox"/>
Make sure that you compost and recycle all possible materials.	Put food scraps and food soiled paper in your organics bin. Remember to keep biodegradable and compostable plastic out.	Medium	\$ A	<input type="checkbox"/>
	Put recyclable containers, paper and cardboard in your recycling bin(s).	Some	\$ A	<input type="checkbox"/>
	Use the recycle depot(s) for materials that aren't collected curbside (glass, plastic bags, foam packaging, etc).	Some	\$ A	<input type="checkbox"/>

Buildings



Emissions from our buildings account for 29% of Squamish total greenhouse gas emissions, largely because many buildings rely on natural gas as a primary fuel source. Making our homes and workplaces more energy efficient will help us reduce emissions.

Action	GHG Impact	Co-benefits	✓	
Replace your natural gas furnace with an electric heat pump.	High	G H	<input type="checkbox"/>	
Retrofit your home for increased energy efficiency.	Improve your insulation (walls, basement and/or roof).	High	G H \$	<input type="checkbox"/>
	Improve your building envelope air tightness.	Medium	G H \$	<input type="checkbox"/>
	Upgrade to a high efficiency furnace.	Medium	G \$	<input type="checkbox"/>
	Install energy efficient windows.	High	G H \$	<input type="checkbox"/>
Purchase efficient appliances.	Medium	G \$	<input type="checkbox"/>	
Install a low flow shower head.	Some	\$ A	<input type="checkbox"/>	
Change light bulbs to LEDs.	Some	\$	<input type="checkbox"/>	
Wash clothes in cold water, hang clothes to dry.	Some	\$ A	<input type="checkbox"/>	
Program your thermostat (17° C [night/away], 21° C [day]).	Some	\$	<input type="checkbox"/>	
Turn off computers and unplug outlets when not used.	Some	\$	<input type="checkbox"/>	
Install renewable energy to power your home.	Some	G	<input type="checkbox"/>	

Food



Did you know that the food you eat contributes to your individual greenhouse gas emissions? This is because food production has a carbon footprint. Some foods (meats and dairy in particular) have a larger footprint than others. According to research from the [World Resources Institute](#) beef, lamb, and goat have the highest GHGs per gram of protein, while foods like wheat, beans, and corn have the lowest. (For example: beef produces about seven times more emissions than chicken per gram of protein, and over 21 times more emissions than beans, lentils or chickpeas). Eating a plant-based diet or reducing your meat consumption is a great way to reduce your GHG emissions.

Action	GHG Impact	Co-benefits	<input checked="" type="checkbox"/>
Eat less meat and dairy products.	Some (one day a week, no meat). High (rarely meat).	\$ A H E	<input type="checkbox"/>
Grow some food on your property or in a community garden.	Some	\$ C A E H	<input type="checkbox"/>
Buy local food when possible.	Some	C A E	<input type="checkbox"/>

Spread the word

The more people we can inspire, the more successful we will be. Help us grow this movement to protect our community by sharing your climate action goals with your friends, family and colleagues.



Speak Up

Join the conversation and share your climate action journey by using the hashtag **#ClimateActionSquamish**



Share Knowledge

Help people understand what's at stake for Squamish if we don't take urgent action. Share our climate change resources with your community.



Empower Others

Inspire others to take action now. Download climate action tips from our website to share with your social media channels.



Take the Pledge

Pledge to reduce your individual greenhouse gas emissions and help build a low-carbon future: squamish.ca/pledge