

TEACH YOUR PARENTS!

IPCC
(UN CLIMATE PANEL)
Special report 1.5° C

1

Can we replace one meal a week with a vegetarian diet?

If you avoid eating beef once a week for a year, you will reduce with 50 kilograms of greenhouse gas emissions. Red meat is the food that affects the environment the most. So skip the red meat if you really want to make a difference!. In one year, you save at least 1,000 SEK by making pasta sauce with beans instead of with minced meat.



2

Why are you throwing your food away? I can eat it tomorrow for lunch!

Buy as much as you can eat. Today we throw food for 4500 SEK per person each year. Best before date should be respected, but be aware that it is a recommendation but if the food looks good and smells fresh, it is good to eat. If you reduce the amount of food thrown away by 10%, you reduce your greenhouse gas emissions by 45 kilos per year.



These are five easy lessons you should teach your parents at home to help reduce global warming. Considering teenagers do not have the same impact on the climate change as adults.

You shower for a really long time.. You can at least turn off the shower in between.

Turn off the shower when you're shampooing and soaping yourself. If you shower 2 minutes shorter than usual, you reduce your greenhouse gas emissions by 35 kilos per year.

3



Luleå Gymnasieby
Maja Johansson and Ellen Flymalm
NA/SA year 2

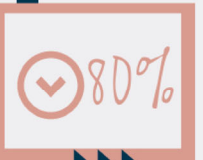


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4

Should any of your parents choose low energy lamps before light bulbs? If not, get them to change!

If you replace 10 light bulbs to 10 low-energy lamps, you reduce your greenhouse gas emissions by 30 kilos per year. If you switch from light bulbs to low-energy lamps, you can reduce energy consumption and greenhouse gas emissions by 80%. It also saves over SEK 450 for each lamp.



5

Can we go to the second hand instead of H&M?

If you shop every tenth garment on second hand, you reduce your greenhouse gas emissions by 30 kilos per year. Even the wallet gets satisfied.



Source;



Greta Thunberg



This is what the Swedish 16 year old climate-activist is saying:

“You say you love your children above all else, and yet you are stealing their future in front of their very eyes. We have run out of excuses and we are running out of time. We have come here to let you know that change is coming, whether you like it or not. The real power belongs to the people.”

“If children can get headlines all over the world just by not going to school, to protest about climate change, then imagine what we could all do together if we really wanted to”.