SUSTAINABILITY BOOKLET

SERIES 6

WALKING THE TALK ON SUSTAINABILITY

WRI INDONESIA

WALKING THE TALK ON SUSTAINABILITY

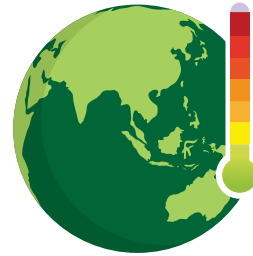
Yep, it's more than avoiding single-use plastic!

DO YOU KNOW THAT

97%

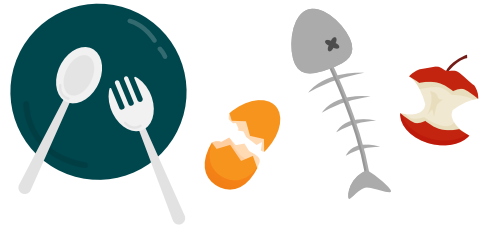
of top climate scientists agree that man-made pollution is warming our climate?

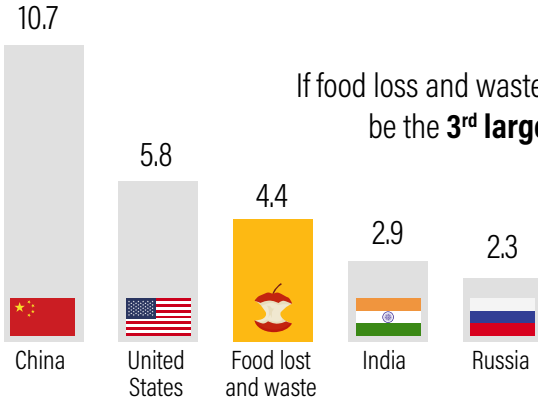
So, how can we change that?



FIRST, WATCH WHAT AND HOW WE EAT

Each of us has control to reduce greenhouse gas emissions and fight climate crisis! That is why we need to change the way we do things.

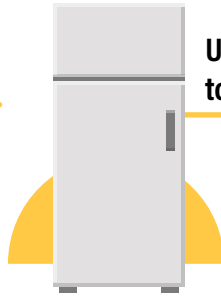




If food loss and waste were its own country, it would be the **3rd largest greenhouse gas emitter.**[i]

So, to reduce food waste, we can..

Plan and buy only what we need



Use our freezer to store food

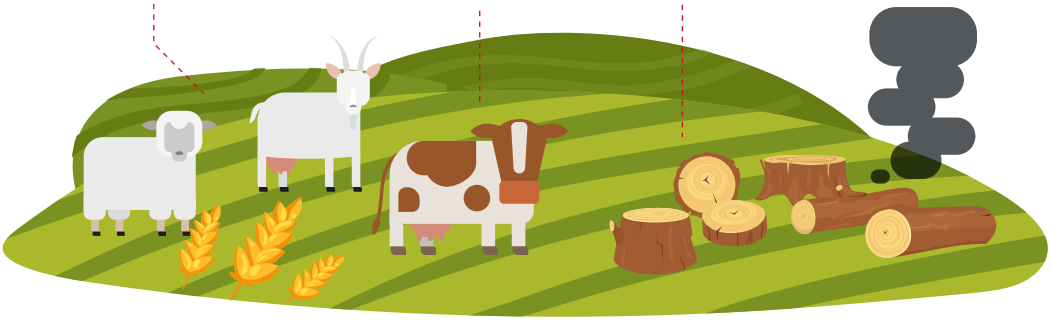
Be creative with leftovers

Some food requires a lot more resources such as land and water to produce, such as beef, lamb and goat.

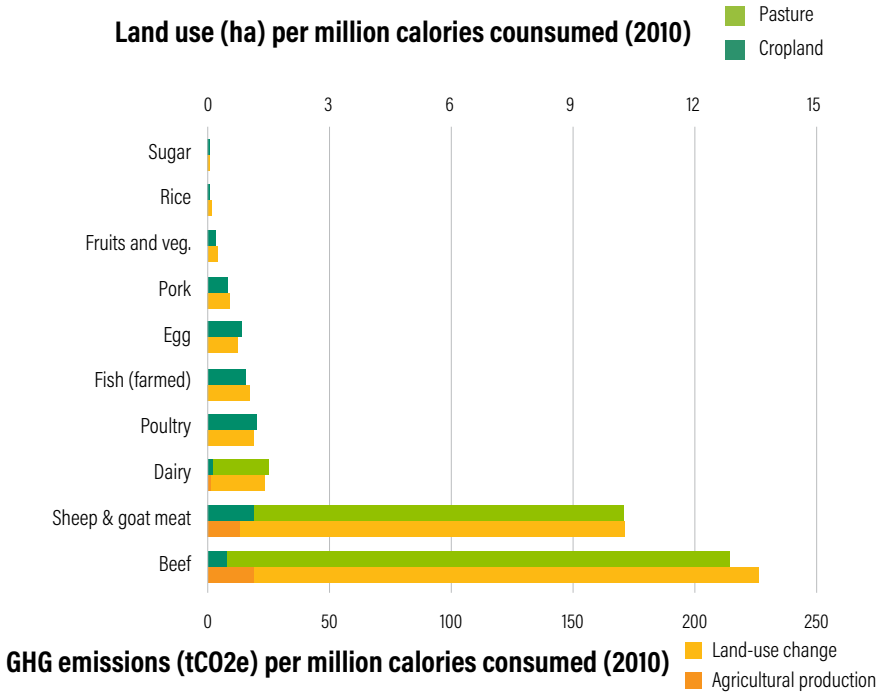
For instance, these animal-based food need wider land area to grow,

hence higher chance of deforestation

which leads to more emission.



SO, IF WE CAN REDUCE THE CONSUMPTION OF SUCH HIGH RESOURCES FOOD, WE CAN REDUCE EMISSION AS WELL.

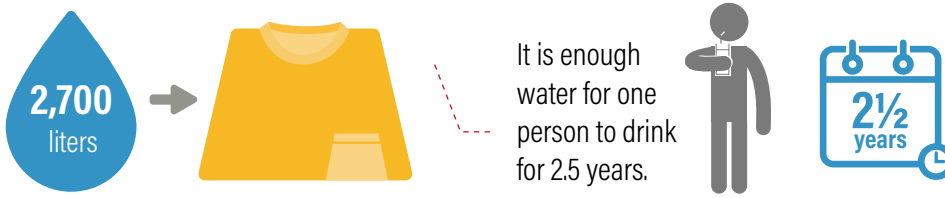


Source: GlobAgri-WRR model. World Resource Institute

SECOND, SHOP CLOTHES, BAGS, AND SHOES ONLY WHEN WE NEED THEM – AND REUSE!

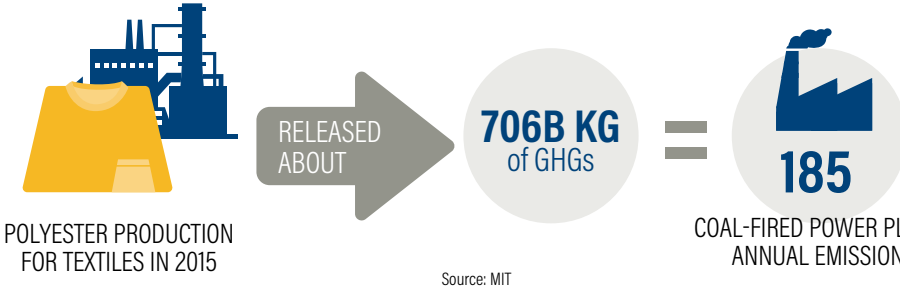
Clothes, bags, and shoes production requires high resources, such as water and land to grow the crops, such as cottton. In the making, they also produce emissions.

One cotton t-shirt, for instance, requires 2,700 liters of water to produce.



Source: National Geographic

Aside from water, production of clothes, bags and shoes also releases emissions from shipping the materials and the production process in the textile industry. Polyester, for instance, —the material we use for bags, shoes, jeans, and other daily products— produces emissions equal to 185 coal-fired power plants in 2015.



Source: MIT

Yet, despite the high resources and emission, people bought 60% more clothing in 2014 compared to 2000. And they keep each cloth only half as long.

Source: McKinsey & Company

Therefore, the number of clothing waste has also increased.

1 GARBAGE TRUCK of clothes are burned or landfilled every **SECOND**

2,625 kilograms of clothing

Enough to fill **1.5 EMPIRE STATE BUILDINGS** every **DAY**

Enough to fill **SYDNEY HARBOR** every **YEAR**

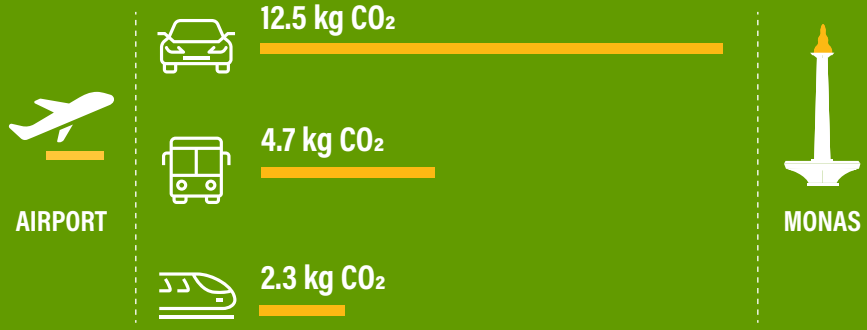
82,782,000 tons of clothing

Source: Ellen MacArthur Foundation

THIRD, BE WISER WHEN DECIDING TO MAKE TRIPS

Only go when you really need it, especially for long-distance trips. The amount of emissions from each mode of transportations are different. Your transportation choice could harm or help the environment.

A TRIP FROM SOEKARNO-HATTA AIRPORT TO MONAS FOR ONE PERSON [ii]



Always take public transport if available, and remember to choose **walking or cycling for short-distance trips** as it produces **zero emission!**

While we need to reduce and avoid emissions altogether, there are emissions that we simply cannot avoid, especially when it comes to mobility. We could reduce our impact on environment by doing carbon offset.

WHAT IS CARBON SEQUESTRATION?

For every amount of carbon emission we release, we absorb that emission by paying for tree planting, restoring and conserving the forests and peatland, and producing clean energy.

We can start by planting or adopting trees for our personal emissions. Plant and adopt trees every birthday, holiday, and other occasions!

JKT ⇋ SIN

Return flight from Jakarta to Singapore produces about **221.3 KG CO_2** per person

=

You can "absorb" your flight emission by **planting two mango trees** and **keep them for at least 6 years.**

Some trees are better than others at absorbing carbon.
Here's some options you can easily find everywhere in Indonesia:

Amount of carbon emission that could be absorbed by 1 mature tree [iii]

MANGO

445 kg CO2/year

56,743

RAMBUTAN

75 kg CO2/year

9,565

SOURSOP

255 kg CO2/year

32,521

Emissions released from charging certain number of smartphones for 2 hours each [iv]

Let's start small and scale it up!

Now that you have read this booklet, it's time to check your knowledge!
Bingo, give a check mark on the actions that you have done to mitigate the risk of climate change!

Take more public transport	Eat less red meat	Switch to LED lamps	Conference call instead of meeting in person
Install solar panel	Fly economy	Buy local products	Use bicycle to commute
Use less plastic	Ask the government to switch to renewable energy	Reduce the purchase of fast fashion product	Finish what you eat (Not wasting food)
Plant or adopt trees	Take less hot shower	Eat more fruit and vegetables	Use tote bag as a shopping bag consis-tently

Find Your Resolution, it's not too late to start now, look up three words that you should reduce and three words you should increase.

MORE

S	S	Q	L	A	E	I	R	H	Q	C	V	N
W	H	S	O	M	J	A	S	O	A	G	D	U
U	J	T	X	A	T	X	N	O	E	O	F	E
U	T	D	I	K	Z	H	F	P	O	K	B	A
L	O	C	A	L	P	R	O	D	U	C	T	S
Q	V	E	G	E	T	A	B	L	E	E	E	G
Y	Y	L	F	I	T	J	B	D	X	E	C	L
U	M	Y	U	T	N	U	X	Z	R	Q	L	T
B	Q	R	X	A	X	Q	O	T	A	H	P	Y
Q	F	N	M	B	K	I	T	S	O	U	F	W
X	G	P	O	M	B	D	Q	H	N	O	Y	D
N	F	G	P	Y	X	U	E	P	G	Y	K	Y
J	B	J	M	L	P	C	K	I	D	V	R	P

LESS

U	A	I	T	T	G	H	U	P	E	N	E	F
S	D	R	K	C	K	X	M	Z	I	N	U	V
U	M	T	V	Z	Z	E	L	B	I	V	O	G
I	F	V	E	H	G	W	T	S	K	E	R	Y
Z	F	O	S	S	I	L	F	U	E	L	V	P
F	A	S	T	F	A	S	H	I	O	N	K	A
K	P	N	P	I	P	J	A	F	Z	R	O	V
F	A	Z	L	I	M	K	W	W	R	A	W	G
U	K	M	A	S	Q	E	V	I	V	S	O	B
N	N	I	S	V	J	I	A	U	T	F	Q	X
G	I	D	T	I	C	D	G	T	O	E	I	H
D	P	A	I	V	G	J	Z	N	S	D	F	J
R	O	G	C	I	B	R	D	P	R	T	D	A

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REFERENCES

[i] Source: World Resources Institute & UNEP (2015)

[ii] Source: 'Build Back Better': Memerangi Pandemi dan Emisi Pribadi Secara Bersamaan on https://wri-indonesia.org/id/blog/build-back-better-melawan-pandemi-dan-emisi-pribadi-secara-bersamaan

[iii] Source: IPB

[iv] Source: "Greenhouse Gas Equivalencies Calculator" on epa.gov

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