

# ClimateSmart Communities

## Take the Low Carbon Diet



Climate change is the single biggest environmental threat facing the world today. In Queensland, climate change is expected to have many impacts, including warmer temperatures, rising sea levels, drier rainfall patterns and more intense storms and tropical cyclones.

Many of the everyday actions we undertake are contributing to the global climate change problem, and the greenhouse gas emissions from the average Queensland lifestyle are amongst the highest in the world.

We all have a part to play in addressing climate change and in taking individual responsibility for reducing our carbon footprints.

### What is the Low Carbon Diet

The Low Carbon Diet is a program that provides information and resources to help Queenslanders to reduce their greenhouse gas emissions and contribute to the global climate change solution.

At the heart of the Low Carbon Diet is the challenge for households to reduce their carbon emissions by 2000 kilos a year.

Based on David Gershon's *Low Carbon Diet* manual, the 30-day program is divided into three sections to make it easy for everyone to reduce their greenhouse gas emissions:

1. Reduce your household greenhouse gas emissions by making simple changes to your everyday actions – this could include running the dishwasher one less time a week and using cold water to wash the clothes. These are habits established over the course of your life that you rarely think about but that are easy to change once you know how.
2. Look at the energy efficiency of your household appliances—taking action here will have a long-term impact and save you money.
3. Finally, and most importantly, encourage and help others to also live climate smart. Learn how to share the knowledge you have learned about climate change and help others become part of the solution.

### Why take the Low Carbon Diet?

The Queensland Government is serious about responding to climate change and has committed to playing its part in achieving the national target of 60 per cent reduction in greenhouse gas emissions by 2050.

Already it is working to reduce the state's greenhouse gas emissions by introducing programs designed to engage Queenslanders and secure low carbon behavioural change—ClimateSmart Living, EnergyWise, TravelSmart, Smart Housing and Solar Schools.

But government can't do it alone. Businesses, industry and individuals all have a role to play in the climate change challenge by implementing changes in work and everyday practices that help reduce our emissions levels. The Low Carbon Diet can show you how!

The Queensland Government is calling on all Queensland sporting groups, community organisations, local governments and schools to start taking action now. Once you've worked out how to reduce your greenhouse gas emissions, the challenge is to share that

knowledge with others to help them make climate smart lifestyle changes.

Individual action is great, but encouraging others to action will multiply the effect and will really make a positive impact on minimising Queensland's greenhouse gas emissions.

The Queensland Government's goal is to get as many Queenslanders as possible to examine their day-to-day lifestyles and find ways to reduce their greenhouse gas emissions in the home.

**The goal is to have at least 500 000 Queenslanders take the Low Carbon Diet by 2010.**

Work together with your neighbours, community or group to calculate how many greenhouse gas emissions you produce in your households and create an action plan to reduce it. Imagine communities across the state engaged in this project, household by household, group by group, reducing their carbon footprints—now imagine yourself as part of that!

### What assistance is available to help communities take the Low Carbon Diet?

Groups will be eligible to apply for grants between \$2000-\$10 000 to introduce the Low Carbon Diet or similar greenhouse gas emission reduction initiatives into their communities.

Facilitator training will be offered via the ClimateSmart website and facilitators will be given additional audiovisual tools such as a CD containing a step-by-step guide to the Low Carbon Diet, the *Low Carbon Diet* manual and other ClimateSmart resources.

You will also be encouraged to share your achievements on the ClimateSmart website. Once you've taken the Low Carbon Diet and have reduced your household greenhouse gas emissions, we want you to tell us how you did it so we can share your knowledge and experience with other Queenslanders.

Prizes will be up for grabs for the best greenhouse gas savings, including eco-friendly cars, solar power panels and energy-efficient appliances.

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by 2010. If this goal is achieved, the greenhouse gas reductions could be as much as 1 million tonnes each year.

### Register your interest

The Low Carbon Diet program will roll out across Queensland this year.

If you are serious about wanting to address the impacts of climate change in Queensland, now is the time to take action and the Low Carbon Diet can show you how.

To register your interest, visit the ClimateSmart website: [www.climatesmart.qld.gov.au](http://www.climatesmart.qld.gov.au)

