

What Can I Do?

We can all take actions to protect coral reefs from home, can you commit to one or two of the actions below?

Eat a Plant Rich Diet



Eating less meat, even intermittently, leads to reduced greenhouse gas emissions



beef 1 kg= 59.6 kg CO₂eq peas 1 kg= 0.9 kg CO₂eq

BENEFITS: Healthier for you and the planet ^{1*}

Divert Food Waste



Finding ways to reduce food waste is one of the most impactful household actions we can take to reduce emissions



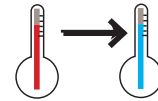
Food waste is roughly 8 % of global emissions

BENEFITS: Save money and the environment ^{2*}

Modify Energy Use



Reduce indoor heating and cooling to lower your carbon emissions



Every 1°C cooler = 10% more energy use

BENEFITS: Save money and save energy ^{3*}

Use Other Transport



Cars are responsible for roughly half of Australia's transport emissions. Use shared or active transport.



~75% less CO₂

BENEFITS: Increase fitness and reduce traffic pollution ^{4*}

Act for Change



Engaging with a community-led climate advocacy group will achieve a bigger impact

Our biggest climate change protest took place in 2019 in 185 countries with millions of people



BENEFITS: Improve personal capacity and social awareness ^{5*}

Protect Nature



Getting involved in citizen science increases nature connectedness and helps restore habitats



Restoring wildlands and improving farmlands will achieve 30% of global carbon capture targets

BENEFITS: Improve personal and environmental health ^{6*}

Share Knowledge



An impactful and simple action: talking to others or sharing this factsheet about climate change!



77% of Australians are concerned about the impacts of climate change on the Reef, less than 5% know what to do

BENEFITS: Increase social awareness ^{7*}

Together we can all help to mitigate climate change and protect coral reefs for the future!