



Ecological Footprints And Handprints

Are you familiar with the terms "ecological footprint and handprint"? How can these terms assist us in addressing climate change?

The **carbon footprint** indicates the effect that a person, company, or activity has on the environment. For example, it includes the amount of natural resources one uses and the amount of harmful gases they produce.

The **handprint**, on the other hand, represents the positive impact that we can have on the natural world.

Our goal is to *lower our footprint* while *raising our handprint*.

Over the past few weeks, I have shared small ways in which we can lower our footprint by addressing the cleaners we use in our homes. Individual actions such as using less plastic, driving less, and eating less meat are laudable; however, putting pressure on government and industry to confront ecological crises is the most powerful action one can take. So while we are dutifully lightening our personal carbon footprint, let's also increase our handprint by participating in letter-writing campaigns and marches -- and joining groups that are focused on creating positive change at a national level.

In Canada, for example, our federal government must stop subsidising fossil fuel companies! Public pressure in a pre-election environment can be incredibly powerful.

This will be my last contribution to the Green Tips as I am preparing to go overseas to teach. Barb Kroon will be taking over.

Wishing you a safe, green summer.

~ Judith Gordon