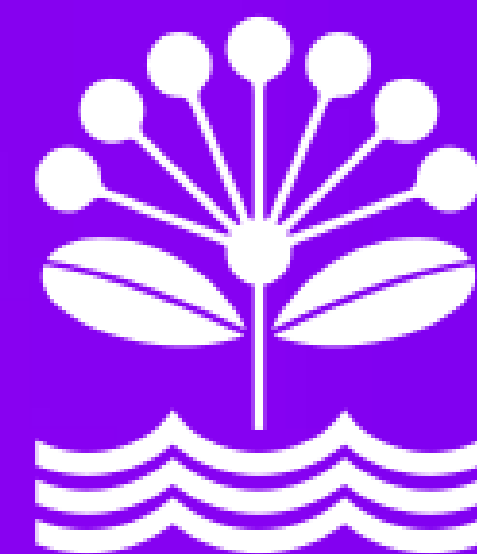


***FUTURE FIT***.NZ

***FOR COMMUNITY***

**Auckland  
Council**

Te Kaunihera o Tāmaki Makaurau





## JULY AND AUGUST

Winter is here! July and August months follow the theme **GROW**.

Brave the cold and get outside! Have fun and get your hands dirty; green up your, or a friend's, backyard; visit a local or regional park – all great for the soul, your wellbeing and improving the local environment. Plants help hold dust to clean the air as well as capture and hold carbon from the atmosphere, releasing oxygen as they do.

Winter is a prime time to plant New Zealand native trees and shrubs that help improve local biodiversity. It encourages more native birds and insect species to thrive and supports important pollinators for food crops. There are a host of local community planting days and pest management projects scheduled during winter, or you can find and support a local plant nursery.

Look at our [Tiaki Tāmaki Makaurau website](#) for an opportunity near you, it's a great way to enjoy the crisp air as well as integrate and support the local community environment!

So, head outdoors, take a seat and read on for more ideas!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- Support your local plant nursery and on-grow or plant out their trees.
- Have a weeding party in your local park (could also collect any litter) with good low carbon food to celebrate at the end of the clean up!
- Check out the [Pest Free 2050 projects](#) and look for funding or projects that support your neighbourhood initiatives for growing natives and removing pests.
- As a group adopt a few trees (on berms or in parks) and ensure they stay watered and pruned throughout their carbon enriching lives.
- Plant windbreaks at schools, including fruit trees, to create food, pollination forests and sheltered places to play.
- Form a garden group and spend an hour or two a week at each other's houses to maintain the garden, keeping them weed free and pollinator plant rich.
- Plan a regular walk with a group of people to explore new areas of bush – together learn some of the names and Rongoā (traditional Māori medicine) uses of the native plants and identify native birds.
- Start a 'seed library' and share seedlings among the group.
- Start composting organic matter and support soil biology – if no space to compost check out [Sharewaste](#) for others to do this!
- Make every week Conservation Week and try some of [these activities](#).
- Remove pest plants and animals from your local area to improve biodiversity and protect our native's ability to soak up CO2. [Predator Free NZ](#) has advice and information about traps.

## FUTUREFIT ACTIONS

WHICH ACTIONS WILL THE GROUP TAKE?



Plant, and care for a native tree on your property as a celebration – birthday, memoir for a loved one, significant events or union. [Check out here](#) how to create a native garden



Join a community planting day. Find out what's happening near you on [Tiaki Tāmaki Makaurau](#)



Offset emissions from flights or other activities through a credible provider

## WORKSHOP ACTIVITY IDEA

To start the conversation, you could try an ice breaker activity that gets people thinking about local plants and their role in the local ecosystem – check out [some local tips](#) on how to plant for your local environment and contribute to biodiversity with your group.



## SEPTEMBER & OCTOBER

### Talk

Let's get inspired in the months of September and October with the theme of **TALK**.

A great way to make a difference that is often overlooked is to share your sustainability journey - to encourage others. Tell your friends and family what you're doing, how you've overcome challenges and talk about the benefits you've discovered.

This theme doesn't directly relate to a FutureFit action at the moment, however it is a great time to start a conversation around climate change or run an event that activates other themes i.e. hold a low carbon event or start a sustainability week.

So, gather your whānau and friends, grab a cuppa and read on for more ideas!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- Form a **FutureFit** team and compete to see who can be the biggest loser – of carbon. Take part in all the challenges available – walking, biking, etc. and join a local climate action march.
- Find a local hero or inspirational speaker to talk about what they do, why they do it and what impact they make – small or large!
- Host a community movie screening supplemented by low waste/carbon food items like popcorn in wax wraps or fruit and drinks in reusable containers.
- Rally and host a party for a particular submission, have ideas of what to include and templates for attendees to complete and send off – as always some delicious kai, music and someone knowledgeable to facilitate it are helpful.
- Ensure all events walk the talk and use the [Low Carbon Event Guide](#).
- Host a civic dinner and converse over shared kai.
- Get recognised by nominating yourself, or others, for an award.
- Make submissions to your local MP, local board, council or government to affect climate action through policy.
- Join and [support a community garden](#); tell others what you are doing and why!
- Join a local community action group and see what can be done to support low carbon actions at schools, churches and community centres e.g. with recycling systems, zero waste events, solar panels, sharing systems, setting up micro-grids, etc.

## OTHER ACTION IDEAS

WHICH ACTIONS WILL THE GROUP TAKE?

- Encourage a friend to find out their carbon footprint and set up a team on FutureFit
- Share one way you're taking climate action on social media
- Look into changing your Kiwisaver provider to one that invests in low carbon initiatives. Check out how on [Mindful Money](#)
- Join a workshop or local event to learn something new
- Find out what your local council is doing to support climate action, e.g. check out the Auckland Climate Plan
- Write a letter to your local MP or Local Board and ask them to take on and support more climate action initiatives

## WORKSHOP ACTIVITY IDEA

Ask attendees to select a colour then form groups with those with the same colour to discuss the response to a question. This creates a conversation about what people are already doing to be climate active and live low carbon!

- Red – when did you last eat a vegetarian meal? – share a recipe
- Blue – where can you holiday within an hour of the city? – share local staycation spots
- Green – what did you last plant?
- Yellow – how do you save money on your power bills?
- Orange – have you ever talked to anyone about climate change and what was the reaction?
- Purple - what did you last buy second hand?



## NOVEMBER & DECEMBER

It's nearing that festive season, in November and December we look at how we can make better choices when we **SHOP**. Reducing consumption and saving money from buying clutter will be better for you and the environment. The best way to do this is to pause for a moment before walking to the shops, and ask whether you really need to buy it. Could an existing item fit the purpose, be repaired, be borrowed, or is it available second hand? If it's for someone special how about gifting an experience?

When planning to buy something new consider where came from, what it's made of, how long it lasts and where it will end up once it is no longer needed... the full lifecycle! Certain tools, for example, are used only occasionally – check out the [Auckland Library of Tools](#) or local hire shop. You and your friends can join the growing movement of [Repair Cafés](#) (or host a party of your own!) to have broken or torn items fixed and their lives extended. Or join a local [Toy Library](#) to keep the little ones entertained!

Not new but 'new to you' – there are lots of places to buy pre-loved items while also supporting a charity stores like the [Mercy Hospice](#), [Salvation Army](#), [SPCA](#) and [Red Cross](#). For designer clothing brands check out the [Recycled Boutique](#) or [Tatty's](#), or browse through the endless items on [Trade Me](#). Rally your group and host 'Swap parties' which are fun, free and can be extended from clothes to home goods, books to festive decorations. So, grab your favourite drink in a reusable cup and read on for ideas to get started!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- Hold a low carbon Christmas (or anytime) Market! Join up with other [local makers](#), community groups or eco stores to add impact. Stallholders can bring upcycled/home-made (or grown) items and keep the profit, or donate to a local charity group.
- Invite friends and whānau to give gifts that are either upcycled, hand-made (or grown) or second hand. Some ideas can be found at [Eco-friendly gift ideas](#). Or step it up, instead of presents, money could be donated to a charity of their choice, or get a list of gifts that your local emergency housing group or Woman's Refuge might need for setting up a home. Spark ideas by sharing your communities creative gift-giving.
- Host a "Mistakes Party" where all the things bought in error or unwanted gifts can be gathered and offered to those who might want them either for koha or free!
- Set up a 'lunchbox library' in a shared kitchen stocked with reusable containers, bags and cups. People can borrow them during the day and return afterwards if they forget to bring their own.
- Start a conversation using your social platforms like Facebook, where members of your group are encouraged to share their story as well as tips and tricks for shopping lightly.
- Create a theme for your groups Christmas party where instead of buying something new, clothes and accessories have to be second hand, borrowed, upcycled or something they already own.
- Host a clothes or technology 'swap event' in where people bring in items they no longer need or want, and swap them for something 'new'.

## FUTUREFIT ACTIONS

WHICH ACTIONS WILL THE GROUP TAKE?



Instead of new, choose to buy second hand clothing instore and online



Don't take your drinks away! Drink them in the cafe, or use a reusable cup



Choose to buy second hand electronic goods instead of new

## WORKSHOP ACTIVITY IDEA

Get people thinking about the link between what they buy and the natural resources they are made from, and for a bit of fun, attached is a game you can play - match the product cards with the resource it came from. Or, do a variation with a shopping list – match the food to the animal or crop it came from.



## JANUARY & FEBRUARY

There's lots of bustling about in January and February so let's see how we can **MOVE**.

Personal cars, large trucks and planes are the highest emitters of carbon emissions in New Zealand! If you can commit to using your petrol or diesel car just one day less each week you will make a huge difference to the amount of traffic on the roads, plus reduce demand for fuel, lower the amount of emissions in the atmosphere and save on running costs. When planning a journey, it's worth considering what mode of transport you could choose – is it close and safe enough to walk/cycle there or use public transport?

Could you share the ride and split the cost by carpooling? Or maybe plan your trip to cover off a number of errands in the same go? Encouraging the use of or, setting up walking school buses/bike trains, carpooling, switching to public transport, and planning car journeys to be super-efficient, like doing chores en route for example, can make a big difference in reducing your carbon footprint.

Local bike hubs or **bike libraries**, loan vehicles like **City Hop**, **shared e-bikes** and **e-scooters** all provide great alternative travel choices.

So, sit back on the bus, hook into the internet and read on for more ideas!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- Start a walking or cycling group in your area – take reusable cups for drinks and a picnic to have en route!
- Form a team and take part in the Auckland Bike and/or Walk Challenges.
- Turn a carpark space into something fun on World Car Free Day i.e. a pop up library space or picnic spot.
- Encourage active travel to improve fitness, well being, a time to chat or be mindful, save money and have a community chart that shows how many people do this to reduce CO2 emissions!
- Create safe to ride/walk routes or have a hikoi (walk) around your neighbourhood – use chalk to mark out routes and fun places to go!
- Showcase local places to visit by foot, bike, public transport or carpool like water features, parks or forests.
- Start a conversation using your social platforms like Facebook, where members of your group are encouraged to share their story as well as tips and tricks for inventive ways to reduce car and air travel.
- Buy less to reduce the need for trucks on the roads.

## FUTUREFIT ACTIONS

WHICH ACTIONS WILL THE GROUP TAKE?



Use community networks or Neighbourly to set up a local carpool group for work, sports or social activities



Skype or phone instead of driving to work or personal meetings - once per week



Work from home instead of driving to work - once per week



Use public transport instead of driving for a whole day



Walk instead of driving for a whole day – once per week



Cycle instead of driving for a whole day – once per week



Switch your car for a smaller petrol or diesel vehicle, hybrid vehicle, electric vehicle, or motorbike



Replace your international trip with a trip inside New Zealand



Eat

## MARCH & APRIL

If there is one thing everyone shares a love for, it's food! So, for the month of March and April let's explore the climate action theme **EAT**.

Selecting food that is local and seasonal is a sure way of ensuring you get the best flavours and price as well as supporting local growers and reducing environmental impact! Around \$500/year is spent on food that never gets eaten and goes to waste! Scraps and peelings may be composted but food that is wasted from the farm to the fridge has the biggest impact on greenhouse gases that affect climate change. So it is important that all food produced is utilised and this comes down to careful planning, shopping and storage!

Locally produced (or home grown) food will have been transported a shorter distance to get to the plate, may have less packaging and if in season will taste better and be cheaper! Choosing to eat more vegetables and fruits instead of meat or dairy products contributes to what is referred to as a "climatarian diet" i.e. one that supports reduced food miles and less methane created in production through to disposal

So, while enjoying a delicious low carbon snack, read on for more ideas!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- If you're hosting a civic dinner, cater it with locally sourced, plant based foods. Or using food in unusual ways e.g. [weeds to eat](#), or see [Love Food Hate Waste](#) for more ideas.
- Learn to grow herbs and microgreens to keep them fresh and available.
- Find or start a community garden.
- Support your local markets and growers, or form a co-operative to share the cost of wholesale food items and reduce packaging!
- [Contact Compost Collective](#) for advice about composting and reducing food waste or host a workshop or party!
- Host a climate friendly dinner using recipes from Love Food Hate Waste.
- [Join Sharewaste](#) if you have nowhere to compost food scraps or would like extra scraps for your compost!
- Form a team and take part in a climate friendly cook off. Who can produce the best meal from food that would otherwise go to waste!
- Support or [create a Pātaka Kai](#) or community fridge project.
- Run a stall at a local event to make pies or smoothies from commonly wasted food items like bread and bananas – check out some ["How To"](#) ideas.
- Showcase local places to visit by foot, bike, bus or carpool with great food options for the climatarian diet – low waste, low meat and low transport!
- Start a conversation using your social platforms like Facebook, where members of your group are encouraged to share their story as well as tips and tricks for inventive ways to reduce food waste and where to get great local and seasonal supplies.

## FUTUREFIT ACTIONS

WHICH ACTIONS WILL THE GROUP TAKE?



Have a meat free day



Go Dairy free for a whole day



Trade red meat for a chicken or pork



Make a meal plan and only buy what you need



Start composting your food and garden waste



## MAY & JUNE

As we enter May and June it's time to prepare for the winter months ahead, so we look at the theme **POWER**.

After food, our biggest home expense tends to be on power and water. Both are essential but costs can be reduced with a few quick fixes like – when your old lightbulbs die replace them with LED bulbs, turning appliances off at the wall, reducing the temperature setting of your hot water, or simply by taking a shorter shower! There are playlists which have 4-minute songs to help you time your showers. While most of New Zealand's electricity is renewable (i.e. hydro or geothermal) we aren't at 100% just yet. So, it is still important to reduce the amount of power and hot water being used at home - you can check your power source through organisations like [Ecotricity!](#) A house that has insulation and good ventilation will ensure your home is warm, dry and energy efficient.

So, wrap up warm, get comfortable and read on for ideas to get started!

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## COMMUNITY ACTIVATION IDEAS

WHAT CAN YOU DO TOGETHER TO HAVE FUN AND ACHIEVE YOUR FUTUREFIT GOAL?

- Audit your home energy use and see how to reduce it - share the information with a friend or neighbour.
- Host a [Eco-Design Advice party](#) – invite your local advisor to come and provide advice on reducing power use and ensuring a home is warm and dry.
- In Auckland, [borrow the Home Energy Audit Toolkit](#) (HEAT Kit) from your local library and run your own energy audit party!
- Have a sewing bee to design and make draft excluders or rugs from fabric scraps, or pimp up some curtains to make them warmer/longer/more efficient.
- Find or start a curtain or carpet library for sharing good quality exchanges.

## FUTUREFIT ACTIONS

WHICH ACTIONS WILL THE GROUP TAKE?



Change all your showerheads to low-flow or install a low flow washer



Take shorter showers - keep it under 4 minutes



Install a hot water cylinder wrap



Install a solar hot water system



Install a heat pump hot water system



Switch to washing your clothes in cold water



Skip using the clothes dryer and use a clothesline outside - once per week



Install or upgrade your home insulation - ceiling, floor and walls



Install lined curtains, close off gaps



Install draft excluders around doors and windows



Change your lightbulbs to LEDs



Install solar power panels to power your home