



Don't Panic, It's Organic: An Über Moms Guide to Environmental Awareness

# Environmental Awareness Key Terms

**Birth striking:** "Birth-strikers are those who decide against having children for the sake of the environment. ... By choosing to push one or two fewer consumers into the world, birth-strikers seek to mitigate their personal impact on the environment" (From [Birth-strikers: A Pregnant Feminist's Take on Why We Should Support Them](#))

**Carbon footprint:** "A carbon footprint is the total amount of greenhouse gas emissions that come from the production, use, and end-of-life of a product or service. It includes carbon dioxide — the gas most commonly emitted by humans — and others, including methane, nitrous oxide, and fluorinated gases, which trap heat in the atmosphere, causing global warming. Usually, the bulk of an individual's carbon footprint will come from transportation, housing, and food." (From The New York Times, [How to Reduce Your Carbon Footprint - A Year of Living Better Guides](#)).

Here are a few tools to help you calculate yours:

- [Carbon Footprint Calculator](#)
- [What Is A Carbon Credit Card And How Would It Work?](#)
- [Climate Action](#) establishes and builds partnerships between business, government, and public bodies to accelerate international sustainable development and advance the 'green economy.'

**Circular economy:** "Looking beyond the current take-make-waste extractive industrial model, a circular economy aims to redefine growth, focusing on positive society-wide benefits. It entails gradually decoupling economic activity from the consumption of finite resources and designing waste out of the system. Underpinned by a transition to renewable energy sources, the circular model builds economic, natural, and social capital. It is based on three principles: Design out waste and pollution, keep products and materials in use, Regenerate natural systems" (From Ellen Macarthur Foundation, [What is a Circular Economy?](#))

**Climate emergency:** "Most Climate Emergency Declarations call for zero carbon by 2030. As individual municipalities cannot achieve zero carbon without other cities and levels of government joining the effort, some have chosen to simply commit to local action compatible with IPCC recommendations for keeping warming under 1.5°C. We encourage members that declare to aim for as much ambition as possible and, at the least, make climate a priority in every future local level decision." (From Climate Alliance: [Climate emergency](#))

**Environmental justice:** "Environmental justice is the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income, with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies. This goal will be achieved when everyone enjoys: the same degree of protection from environmental and health hazards, and equal access to the decision-making process to have a healthy environment in which to live, learn, and work."(From the US Environmental Protection Agency: [U.S. EPA, Office of Environmental Justice](#))

**Natural capital:** "the world's stocks of natural assets which include geology, soil, air, water and all living things. It is from this natural capital that humans derive a wide range of services, often called ecosystem services, which make human life possible." (From Natural Capital Forum, [What is natural capital?](#))

## Television, Film & Talks

[Seaspiracy - Netflix](#)

[David Attenborough A Life on our Planet](#)

[Christmas Lectures](#)

## Literature

[All We Can Save: Truth, Courage, and Solutions for the Climate Crisis by Ayana Elizabeth Johnson](#)

[A New Kind of Climate Leadership](#)

## Books for Kids

[25 Children's Books That Teach Kids To Care About The Environment](#)

[Top Children's Books on the Environment - Best Of](#)

[Best Environmental Education Books for Kids Gifts 2017 | The Strategist](#)

## Podcasts

How to avoid feeling defeated, through climate psychology. Tina Muir interviews Margaret Klein Salamon: [The Running for Real Podcast: Dr. Margaret Klein Salamon: Our Planet's Fate Is Not Yet Sealed; But, It's Getting Pretty Close on Apple Podcasts](#)

Hot Take, feminist race-forward intersectional coverage of newsmedia: [Hot Take: Newsletter | Podcast](#)

Mothers of Invention, with former Irish president Mary Robinson and comedian writer Maeve Higgins and producer Thimali Kodikara: [Mothers of Invention Podcast](#)

[Top 15 Environmental Podcasts of 2020](#)

[NPR's Environment Podcast](#)

[Best Environment Podcasts \(2021\)](#)

[How We Can Prevent Climate Change by Spending Two Percent More on Everything](#)

# Activities

## [Count Us In: Protect What You Love](#)

How can I encourage my family to be environmentally aware?

Take your family with you when you recycle. Young kids especially love to feel like they are helping, and older kids might be incentivized by collecting the “Pfand” deposits.

Make it normal to bike, walk, or run to and from home or school. If your children are younger, cycle with them or run alongside them, and if they are old enough they can go alone and feel more independent. Once you establish a routine of alternative transportation, it will become normal to have a patch or spare tube, rain gear, helmets, or a change of clothes on hand.

Do Meat Mondays as a variation on Meatless Mondays to further reduce your meat consumption. Experiment with various meat substitutes as the market is expanding and there are many new variations on burgers, fish, ground beef, chicken, etc.

Reduce plastic packaging by bringing your own Tupperware (reusable travel containers) to restaurants when you order take-out. If you go to a restaurant regularly, you can take their containers back to them for reuse (Deli Tadka in the Riem Arkaden accepts them, for example). If it's not possible to have the restaurant staff take your container into the kitchen for filling, ask them what they are doing to reduce waste and where they source their containers (recycled plastic, compostable material, or something else) and at least bring your own bag and utensils.

# Activism

## How can I help change policy?

The Bavarian Save the Bees campaign [Volksbegehren für Artenvielfalt](#)

## Where can I write my local representative?

Find your local representative [here](#)

## How do I recycle in Germany?

[Guide to separating trash in Germany | All media content](#)

Managing and reducing household waste in Munich

[AWM Information in English](#)

## Don't go at it alone!

Here are various groups actively shaping climate actions

- Fridays for Future Demonstrations Global: [Fridays For Future is an international climate movement active in most countries and our website offers information on who we are and what you can do](#)
- Fridays for Future Munich: [Fridays for Future München](#)
- 350-dot-org, limit greenhouse gas emissions by preventing the construction of new coal power plants: [350.org](#)
- 500 Women Scientists, Women climate scientists as agents of change: [Agents of Change: Our Role as 500 Women Scientists in Addressing Climate Change](#)
- Nature and Biodiversity Conservation Union, NABU Germany: [Nature and Biodiversity Conservation Union - Home](#)
- World Wildlife Fund, WWF: [WWF conserves our planet, habitats, & species like the Panda & Tiger](#)
- Greenpeace's climate emergency campaign: [Climate Emergency](#)
- Women climate change leaders: [Meet 15 Women Leading the Fight Against Climate Change](#)

# Speaking with your young, tweenie, and teenage children about Environmental Awareness

- UN International Children's Emergency Fund (UNICEF): [Environment and climate change](#)
- National Aeronautics and Space Administration, NASA: [What Is Climate Change?](#)
- Natural Resources Defense Council, NRDC: [Your Guide to Talking With Kids of All Ages About Climate Change](#)
- Allowing them to explore the topic and knowing they can talk to you about it: [C-ROADS Climate interactive tool](#)



# Local Events, Groups, and News in Munich

Munich City Council declares Climate Emergency: [Munich joins growing ranks of German cities declaring climate emergency](#)

Munich [Recup](#) program

Restaurants with reusable to-go food containers: [Münchens beste Restaurants für Essen zum Mitnehmen während Corona - ohne Plastikmüll!](#)

[Eco living Munich](#) Facebook group

Free lectures at "Public Climate School" Munich by [Students for Future München](#)