

**Appendix 4.1.** Kimberley Nicholas: 4 choices matter most for the climate [02:10]

Video: <https://tinyurl.com/s9pp5n66>



My own take on the 4 choices we identified that make the biggest difference for the climate: living car free, eating a plant-based diet, avoiding flying, and planning smaller families. 2 minute video from Lund University.

Click the QR code, or the URL to Kimberley's video

Use the following questions to help you make notes about Kimberley's choices and your own to share with a group. Compare your notes with others and if necessary, improve your notes. You will use your notes to tell others about Kimberley's 4 choices that matter most.

Who is Kimberley?

One of the researchers whose research showed which actions reduce an individual's carbon footprint the most.

What are the four choices that matter the most for the climate?

1. Eat a plant-based diet
2. Avoid air travel
3. Live car free
4. Have smaller families

What are Kimberley's choices ...

1. regarding flying?

a) How much does a round trip from the US to London cost in CO <sub>2</sub> s?	1.6 tonnes per trip
b) What does that equate to in eating meat?	2 years
c) How has she changed her behaviour vis-à-vis flying?	She doesn't fly in Europe, nearly eliminated flying for work.

2. regarding cars

a) How much does driving a car for one year cost in CO <sub>2</sub> s?	2.4 tonnes per annum
b) What does that equate to in eating meat?	3 years
c) How has she changed her behaviour vis-à-vis cars?	She had 2 cars in California. Now walks or cycles or takes public transport. (she can because it's good).

3. regarding eating meat

a) How much does eating meat for one year cost in CO <sub>2</sub> s?	0.8 tonnes per capita, per annum
b) What does that equate to in recycling?	4 years of comprehensive recycling
c) How has she changed her behaviour vis-à-vis eating meat?	Half her food is fruit & veg, but still eats eggs and cheese, so not completely plant-based.
d) Why does being a vegetarian not save as much as eating a plant-based diet?	Because they eat dairy, and dairy means cows, & cows are a major contributor to GHGs.

#### 4. regarding having kids

a) How much does one child for one year cost in CO <sub>2</sub> s?	58.6 tonnes per child per year
b) What does that equate to in driving a car?	24 years of driving
c) What does she say about having children?	Having children is the biggest choice for the climate. It's important for people to know this because having kids is a very personal decision.
d) How has she changed her behaviour vis-à-vis having children?	She doesn't have kids. She and her fiancé are thinking about it now.

What is your current and future behaviour vis-à-vis these 4 choices? Do you fly? Will you in the future? etc.



Write your summary and opinions (in note form).

Kimberly is one of the researchers.

Their research showed which actions reduce an individual's carbon footprint the most.

The big 4 are: eat plant-based diet, avoid air travel, live car free, and have one fewer child.

The video is Kimberly comparing the big 4 with other, smaller actions, and talking about her choices.

Flying      One round trip = 2 years of eating meat.

She doesn't fly in Europe, nearly eliminated flying for work.

Cars      One year's driving = 3 years of eating meat.

She had 2 cars in California.

Now she walks or cycles or takes public transport (BUT she can because it's good).

Meat      = 4 years of comprehensive recycling

Half her food is fruit & veg, but still eats eggs and cheese (so not completely plant-based).

dairy = cows = GHGs

Kids      = 4 years of driving

Having children is the biggest choice for the climate BUT having kids is a very personal decision.

She doesn't have kids. She and her fiancé are thinking about it now.

Opinions about Kimberly, about students own reaction to information and their choices

? She is realistic – not completely not flying, not completely plant-based diet, uses public transport, and will probably have at least one child – but maybe not 2 or 3.

? If, however, warming of the planet is to be kept below 2 °C, the first 3 might be enough to keep her below the 2.1 by 2050, but having children won't.