

## Feb 10<sup>th</sup> 2026 Ely Climate Group

<https://elyminnesota.com/elyclimate/>

<https://www.youtube.com/@B2Jones> or search for “Ely Climate Group” on YouTube

### **Books:**

“The Climate Action Handbook” by Heidi Roop (2026)

“Things You Can Do” by Eduardo Garcia and Sara Meadows (2022)

“How Bad are Bananas” by Mike Berners Lee (2011)

“Saving Us: A Climate Scientist’s Case for Hope and Healing in a Divided World” Katharine Hayhoe

“No One Is Too Small to Make a Difference” Greta Thunberg

### **Videos:**

“Embracing Your Climate Action Journey” 60 mins YouTube search for Heidi Roop

“What the News Won’t Tell You about Climate Change” 12 mins YouTube Hannah Ritchie, WOW

### **Carbon Calculators:**

From the US EPA. This calculator asks for miles driven and mpg of vehicle, kWh for home heat, or propane/oil use. It does not account for food, consumer goods, flights .....

<https://www.epa.gov/ghgemissions/carbon-footprint-calculator>

<https://coolclimate.berkeley.edu/calculator> This tool is more comprehensive and will ask questions you will need to research

### **Misc other sources:**

One fewer child: **58.6 tons** saved per year. Living car-free: **2.4 tons** saved per year.

Avoiding one transatlantic flight: **1.6 tons** saved per year.

Plant-based diet: **0.8 tons** saved per year.

Average CO2 per person per year USA approx 15 tons, EU approx 6 tons

### **Data resources, visualization and analysis:**

<https://ourworldindata.org/co2-emissions-metrics>

<https://csas.earth.columbia.edu/about/people/james-e-hansen>

<https://showyourstripes.info/>

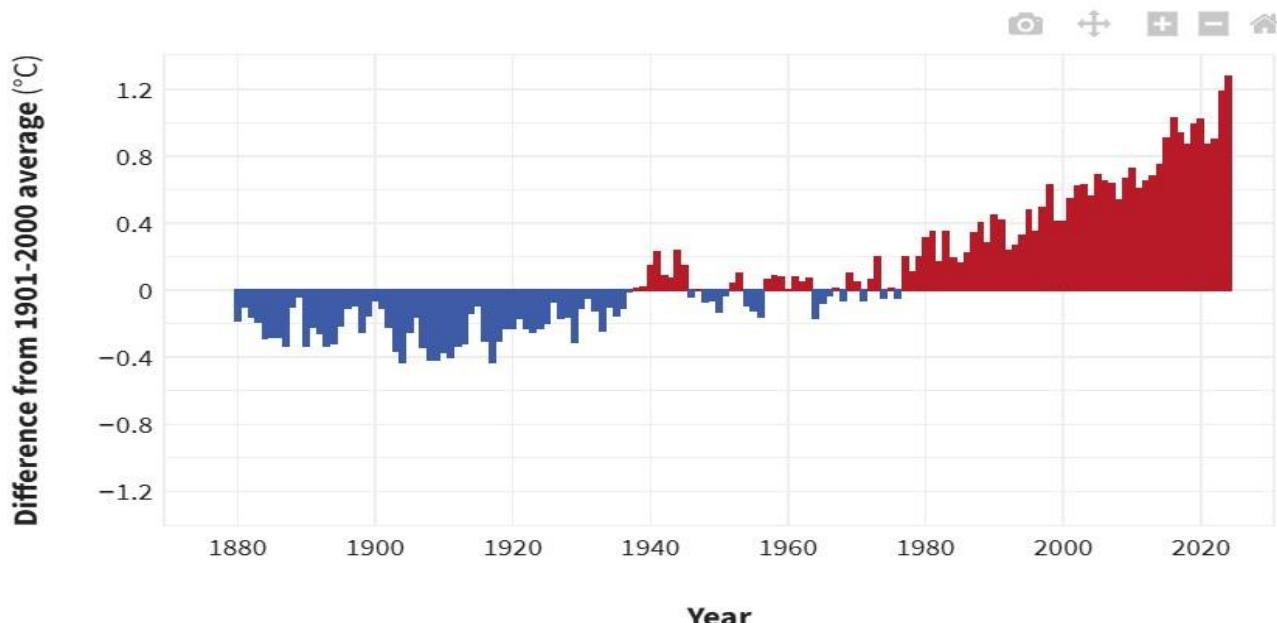
<https://ourworldindata.org/>

### **TOP TEN CO2 Emitting Companies and % of global CO2**

**(Carbon Majors Database) <https://carbonmajors.org/Entities>**

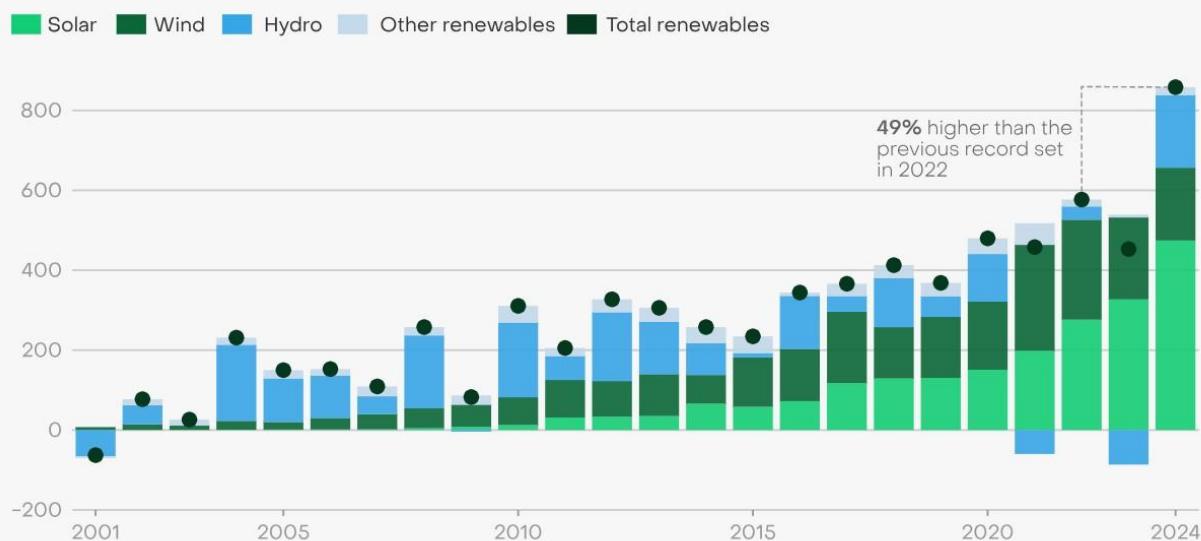
Saudi Aramco 4.4%, Coal India 3.9%, CHN Energy (China) 3.9%, National Iranian Oil Co 3.1%, Gazprom (Russia) 2.8%, Jinneng Group (China) 2.6%, Rosneft 1.8%, CNPC 1.7%, China 1.7%, China Coal 1.7%

## GLOBAL AVERAGE SURFACE TEMPERATURE



Global renewables growth in 2024 was 49% higher than the previous record

Annual change in electricity generation (TWh)



Source: Yearly electricity data, Ember  
 'Other renewables' includes bioenergy, geothermal, tide and wave energy

EMBER

**FIGHT CLIMATE CHANGE** (George Washington University)

<https://onlinepublichealth.gwu.edu/how-to-reduce-climate-change/>

## **HOW TO CREATE AN ENERGY EFFICIENT HOME**

- *INSULATE WALLS AND ATTICS*
- *INSTALL HIGH-EFFICIENCY WINDOWS*
- *INSULATE YOUR WINDOWS*
- *USE A PROGRAMMABLE THERMOSTAT*
- *TAKE SHORTER, COOLER SHOWERS*
- *DON'T USE HOT WATER TO WASH CLOTHES*
- *SKIP THE CLOTHES DRYER*
- *OPT FOR RENEWABLE ENERGY RESOURCES*
- *BUY EPA-CERTIFIED APPLIANCES*
- *AVOID THE "VAMPIRE LOAD"*
- *CHOOSE BIODEGRADABLE CLEANING PRODUCTS*
- *USE BAMBOO FLOORING*
- *TRANSITION TEXTILES IN YOUR HOME*
- *UPGRADE TO A LOW-FLUSH TOILET*
- *SWAP OUT YOUR SHOWERHEAD*

## **HOW TO ADOPT SUSTAINABLE EATING HABITS**

- *EAT AND DRINK LOCALLY*
- *SAVE REUSABLE CONTAINERS*
- *PLANT A GARDEN*
- *RIGHT-SIZE YOUR FOOD PURCHASES*
- *DINE AT RESTAURANTS THAT USE SEASONAL INGREDIENTS*
- *EAT LESS MEAT*
- *COMPOST FOOD SCRAPS*
- *ADOPT ECO-FRIENDLY TAKEOUT PRACTICES*
- *PRESERVE YOUR FOOD*

## **HOW TO PRACTICE SUSTAINABLE SHOPPING**

- *BUNDLE ONLINE PURCHASES*
- *REUSE AND BUY USED*
- *BE A SMART RECYCLER*
- *RESEARCH COMPANIES' SUSTAINABILITY PRACTICES*
- *CONSIDER HOW OFTEN YOU'LL WEAR NEW CLOTHES*
- *RENT CLOTHES INSTEAD OF BUYING*
- *AVOID BRACKET SHOPPING*
- *LEARN TO REPAIR CLOTHES*

## **PRIORITIZE ECO-FRIENDLY TRANSPORTATION & TRAVEL**

- *INVEST IN A HYBRID VEHICLE OR EV*
- *RETHINK YOUR COMMUTE, USE PUBLIC TRANSPORTATION*
- *WALK, BIKE, CARPOOL, COMBINE TRIPS, FLY LESS*
- *CHOOSE SUSTAINABLE DESTINATIONS*
- *BOOK TOURS WITH LOCAL OPERATORS*
- *LEAVE NO TRACE (LNT)*

## **GOOD VEGGIE SOUP RECIPES from Mary Louise**

### **NATCHIO'S LENTIL "GREEK PASSION' SOUP**

1 qt water  
1 lb lentils  
1 med onion chopped 2 cloves garlic, minced  
1c chopped green pepper  
¼ c chopped carrots  
1/8 c chopped celery  
¼ c olive oil, butter or margarine  
½ tsp pepper  
3 Tbsp. tomato paste  
1 bay leaf  
½ tsp oregano  
Salt to taste  
3 Tbsp. wine vinegar

In a kettle, boil all ingredients except salt and vinegar until done, about an hour. Add salt and vinegar. Makes 8 servings. NOTE: The soup is semi thick and tastes better when day old.

### **El Meson's Black Bean Soup**

1 lb black turtle beans  
2c finely chopped onions  
4 cloves garlic, mashed  
1 green pepper, chopped  
½ c olive oil  
2 tsp cumin  
2 tsp oregano  
1 tsp sugar  
Salt and white pepper to taste  
1 tsp vinegar

In a soup kettle cook beans in water until tender (2 - 3 hours), add water to beans to attain desired consistency, set aside. In a frying pan sauté onions, garlic and green pepper in olive oil. Stir the vegetable mixture into the beans. Add the cumin, oregano, sugar, salt, pepper and vinegar to the soup. Cook until thickened, 30 to 40 minutes. Makes 6 servings.

### **African Peanut Soup with Kidney Beans**

Serves 6, Note: This easy soup is thickened with peanut butter which gives it a creamy richness that seems almost decadent. It's mildly spiced, so if you want a bit more kick, add more paprika and red pepper flakes. From Robin Asbell.

2 tsp olive oil  
1 medium onion chopped  
1 garlic clove minced  
2 c sweet potato chopped  
3 c vegetable stock, divided  
¼ c smooth peanut butter  
1 tsp paprika  
1 tsp cumin  
½ tsp salt  
½ tsp red pepper flakes, or to taste  
1 (15oz) can diced tom with juice  
1 (15oz) can kidney beans drained  
2 c salad spinach chopped  
Salt and pepper to taste

In a large pot sauté onion in olive oil till soft (5 min). Add garlic and sweet potatoes, stir for a few minutes. Add 2 cups stock, bring to a boil, cover, turn heat to low cook 5 mins or till sweet potato is tender.

In medium bowl mix peanut butter and remaining cup stock to smooth paste, reserve.

Add paprika, cumin, salt and red pepper flakes to sweet potatoes in pan, cook until fragrant, 1 minute. Add peanut butter mix, diced tomatoes and beans. Bring to a simmer cook 5 minutes, taste and add more red pepper flakes and salt if needed. Stir in the chopped spinach just before serving and simmer just until bright green.