

Climate Action Sheet



I REDUCE
MY IMPACT

Rethinking Consumption in Beaconsfield

What if our everyday choices could become a lever for climate action?

Whether at the grocery store, at the market, online, or through our daily consumption habits, every choice can make a difference. In Beaconsfield, we have everything we need to consume differently, at our own rhythm and close to home.

Why Does It Make a Difference?

- Food accounts for more than one third of global greenhouse gas emissions.
- Beef, lamb and cheese can generate up to 20 times more emissions than legumes or grains.
- Transportation, packaging, food waste and overconsumption all add to our climate footprint.



Did You Know?

Replacing one weekly beef steak with chicken can equal the equivalent of 166 car trips avoided per year. Everything we buy - clothing, objects, toys and more - also has a significant climate impact. Repairing, sharing and buying local helps reduce emissions at the source while supporting our community.

In Beaconsfield, It's Simple and Delicious

We have access to local options all year long:

- **In Beaconsfield:** Marché Beau, Marché des artisans, Village Beaurepaire shops and local thrift stores
- **In the West Island:** Marché Ste-Anne, MacMarket, Ferme Tourne-Sol (delivery to Métro Beaconsfield)

What You Can Do, Starting Now

At the grocery store

- Choose local, seasonal foods that are minimally processed and minimally packaged
- Try one meat-free meal per week (or more!)

When shopping

- Before buying, ask yourself: can I repair it, borrow it or buy it second-hand?
- Support Québec-made products and local artisans

Climate Action Sheet

Consuming Differently in Beaconsfield



I REDUCE
MY IMPACT

At home

- Cook more often while reducing food waste
- Give unused items a second life

With your neighbours

- Share garden surplus, objects or recipes
- Organize a donation day or a “no new purchases” challenge with neighbours
- Discover the Partage Club app: residents can get a free membership (limited quantity). The mobile app allows you to lend and borrow items and request services. **More information:** beaconsfield.ca/partage-club

To Go Further

Climate Challenges

- **For families:** Cook a meal together made entirely with ingredients grown in Québec! Discover cookbooks at [the Beaconsfield Library](#).
- **For seniors:** Share traditional family recipes with neighbours or grandchildren.
- **For neighbourhoods:** Exchange garden surplus or homemade goods with your neighbours.



In Summary

Consuming differently means:

Reducing emissions linked to food, transportation and consumer goods

Supporting the local economy and businesses

Reducing waste and saving money

Let's remember: every purchase we make, every bite we take can become a climate action.