



# What Can YOU Do?

Get Involved, Make a Difference.  
**Make some NOISE!**

Tuesday, December 24 2019

Newsletter #103

*Dear Readers,*

Welcome to the issue #103 of our What Can You Do Weekly Newsletter!

We hope you enjoy reading the latest update on SDGs. Each week we give you a selection of *shocking facts as used in the original development of the SDGs* to share with family & friends, encouraging them to become more active and to join our community to “Save our World”!

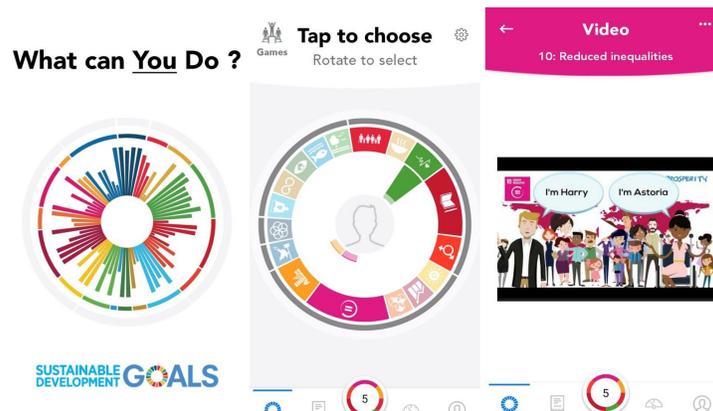
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# Interesting topics

- Climate change: five things we've learned from Madrid talks. Find out more [here](#).
- Americans waste up to 40 percent of the food they produce. Read more [here](#).
- The world's oceans are acidifying - but it's happening twice as fast off California. [Follow the link](#) to learn more.
- Climate conferences are male, pale and stale - it's time to bring in women. Read more [here](#).
- Australia's fires emitted half of the country's annual CO2 emissions. Check the [link](#) to read more.
- Heat waves and floods shattered records. Fires ravaged the Arctic and the Amazon. This was the climate crisis in 2019. Learn more via the [link](#).
- 43 photos show how extreme weather and natural disasters have gotten more intense over the last decade. Find out more [here](#).
- A year of resistance: how youth protests shaped the discussion on climate change. Read more [here](#).
- The Great Christmas Tree Debate: it is better to buy a real tree or a fake one? [Check the link](#) to learn more.
- Renewables are gaining traction, but we need to be able to store the energy. Learn [here](#).
- Toxic chemicals found in rainwater and drinking water throughout the US. Follow the [link](#) to read more.

# Inspiration of the Week

**I didn't buy any food for a year –  
and I'm healthier than I've ever  
been**

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“ For the last year I grew and foraged 100% of my food. No grocery stores, no restaurants, not even a drink at a bar. Nature was my garden, my pantry and my pharmacy.

Most people would imagine I live in the countryside on a farm, but actually I live in a city; Orlando, Florida, a few miles from the centre. When I arrived here, I didn't own any land, so in order to grow my food I met people in the neighbourhood and turned their lawns into gardens and shared the bounty of food with them. I'm a big believer in the philosophy “grow food, not lawns”.

I also needed a place to live for my two-year stay in Orlando and I also found this through the local community. I put the message out that I was looking for someone with an unused backyard who could benefit from my being on the property. “

**Source:**

<https://www.theguardian.com/environment/2019/dec/19/i-didnt-buy-any-food-for-a-year-and-im-healthier-than-ive-ever-been>

## Quote of the week

*( Please share these facts with friends, family and work colleagues and encourage them to join our community and help create a safer, fairer world for all)*

**“Human rights are women’s rights,  
and  
women’s rights are human rights”**

**Hillary Clinton**

➔ Follow the link to read previous issues of



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