을 1×1^{for} our FUTURE



www.zukunftsquiz.de

Future can be simple!

Test your knowledge.

The "Grannies` for Future" Quiz

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All data used in this booklet are scientifically proven and all calculations done by us are from 2019 and 2020. You can find our complete list of sources on our website: www.omasforfuture.de/quellen

THE FUTURE LIES IN OUR HANDS

This sentence has never been as crucial as today. Everyone of us has it in their hands to act in a way that makes our Earth worth living so that we have a future to live in. Let's start today.

If we put the effort in, the planet will be worth living in and healthy. We have all got to work together: Citizens and politicians.

> Decide for the future.

Test your knowledgel

Do you already know how your daily life and your consumption affects the future?

More information for your future life on **www.omasforfuture.de**



Omas for Future

Honoured at the UNESCO programme "Education for sustainable development: achieve the global sustainability goals (BNE 2030)".



PAY FOR IT



Trees reduce CO_2 . 806 million tons of CO_2 have been produced in Germany in 2019. How much of this CO_2 can be compensated for by the German forest?

39% 52 % 10 % 28%

Only 10 per cent unfortunately...

A worldwide comparison of the last 50 years has shown that Germany was one of four countries with the highest CO 2 emission in the past decades.

We produced 806 million tons of CO 2 in 2019 alone. Only 10 % of this CO 2 can be compensated for by our trees. The rest is accumulated in the atmosphere – and heats the earth. Our children will be the ones to suffer from it.

It is as if we only paid 10 % when buying a product, passing all the rest on to you without even asking. You wouldn`t even have the chance of returning the product.



Every individual is affected by the climate crisis, every individual contributes.

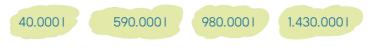
Start acting right now.

You can find a lot of tips in this little book and on our web page: www.omasforfuture.de

WATER IS RUNNING SHORT



On average every one of us uses 45.000 liters of water per year. But this is without the indirect use of water (for the production of clothes, food etc.) How much water would we use, if we included the indirect use of water?



Around 1.430.000 liters per year are used indirectly by each one of us – **30 times more than our direct use.**

250 grams of beef steak or 8 hours of showering use the same amount of water: 3.750 liters.

For the production of one pair of jeans you can even shower for 17 hours: 8000 litres of water are used and polluted in this production.

More than 80% of global sewage water is discharged into the ground uncleaned and pollutes and poisons the ground and rivers.

My Tip: Only buy what you really need

We throw stuff away which has not even been used:

- 30 % of food in private households
- 40 % of clothes are not worn at all or only once.

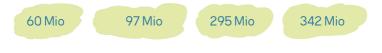
Everything you buy needs water for its production – often huge amounts.

If possible, buy **organic**.





Around 45 million plastic bottles are bought daily in Germany. How many trees have to be planted to balance the CO_2 emissions that are created during the production of these bottles?



342 million trees would have to be planted. For the production and disposal of 45 million plastic bottles daily, 3.42 million tons of CO₂ are produced every year.

And did you know, each German person produces 38 kilograms of plastic waste per year. More than a third of it is packaging.

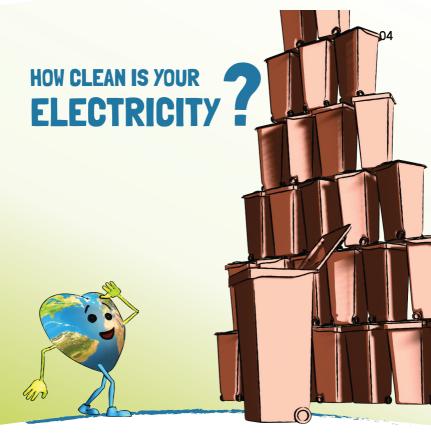
Nearly half of the total production of plastics ends up at the dump within less than a month. Only 15.6% of the plastic waste can be recycled, while the rest is burnt or ends up in the oceans.

Recycling also produces CO₂.



It is the most environmentally friendly drink in the world. On top of that, it is the healthiest, as it is the most regulated drink in Germany.

And you will never have to carry bottles anymore.



Do you use conventional electricity? Imagine, if the CO₂, produced through conventional electricity, would be collected in 240 litre, garbage bins, instead of escaping into the atmosphere, how many garbage bins would be in front of your house **each week?**



You would have to put 31 containers per person in front of your house each week, just for the use of electricity.

CO₂ is waste that is thrown out into the biggest existing dump for free – into the atmosphere of our Earth.

Conventionally produced energy from gas, coal and oil produces 760 kilograms of CO₂ each year.

My Tip: Switch to real ecological electricity, as it is climate neutral.

If you change your supplier, look out for the following certificates, which guarantee eco power.



Not every certificate guarantees ecological production!

Here we give you a list of the selection of the advisable ecological suppliers: wirklich-gruen.de

MORE ROOM FOR NATURE



What percentage of agricultural land area is used for the production of food for industrial livestock farming?



64 percent is needed for the production of animal food and therefore for the production of meat. A diet with meat needs five times as much room as a vegetarian diet.

Glyphosate and pesticides are almost always used in the production of animal food.

This kind of production contributes to species extinction.

My Tip: Eat more vegetables and less meat- it is good for your health and for our planet too.

We can do without meat—but not without insects and microbes.

Besides climate change, the use of glyphosates and pesticides in industrial agriculture is one of the main contributor of species extinction.

90% of cleared rainforest are used for the production of soy for animal food.

таке э – РАУ 2**?**



How much water do we need to produce one single colored t-shirt?



You need 15.000 litres of water to produce one single t-shirt (depending on material and colour).

The production of three coloured t-shirts will have used roughly as much water as you would need for a whole year.Most of them are produced in countries where the waste water is released uncleaned directly into the ground, contaminating the soil and the rivers.

Only 1% cotton production follows the regulations of ecological agriculture. The majority is produced with pesticides and other chemicals such as glyphosates, and contributes to the extinction of species.

My Tip: Buy clothes with fair trade labels and check the validity of the label.

40 % of all clothes are thrown away or end up at the clothing bank, often without ever having been worn. Try to only buy what you really wear.

Things we throw away without having been used, have already damaged nature.





Error! How many trees do we have to plant to balance the CO_2 emissions caused by browsing and searching the internet. ("googling")?

07

We would have to plant **39 million trees**.

There are around 3.8 million search queries per minute. Even if every single search produces only 0.2g CO₂ ii accumulates to 399.456 tons CO₂ per year.

Did you know that since 2017 more than half of the world`s population, exactly 3.77 billion people, have been using computers and are online?

My Tip: K Better search with Ecosia

Ecosia is a search engine that produces its own electricity with photovoltaics. By using it, you browse climate neutral.

Besides that, Ecosia plants trees with their generated income – to date, more than 150 million trees. That means Ecosia actually reduces CO_2 and you can contribute to stopping climate change.

HOW MUCH IS HEALTHY?



Many of us eat meat on a daily basis. But how much?



The German Society for Health considers up to **300** grams of meat a week to be healthy. Eating more meat can lead to cardiac and circulatory issues, type 2 diabetes, obesity, gout and cancer.

70% of patients in Germany have a disease caused by poor diet, and it is fatal for 20% of them. On average people eat 1.100 grams meat per week. In 2015, the World Health Organisation (WHO) rated processed meat as carcinogenic – its risk of damage to the body is as dangerous as cigarettes.

My Tip: Eat less meat – for better health. Eat organic quality only, as it is far healthier.

According to the Office of Environmental Protection our planet can only cope with 300 grams of meat per person per week. Because of the high demand of land for the production of animal feed, the quantity of required water, and the high emission of greenhouse gases, the impact on our planet is too high.

OFF TO THE CANARIES



Every flight produces CO_2 . Trees can compensate for CO_2 emissions. How many trees would you have to plant, to make up for a flight to the Canaries?



You would have to plant **143 trees** (with a direct flight – otherwise even more).

CO₂ leads to global warming. If every single tree would only cost about 1 Euro, 143 Euros should be added to your ticket. This would balance out the damage caused to our planet by planting trees. This additional fee plus the price you initially paid for your ticket is the true price your ticket should cost.

Around 5% of CO₂ emissions are caused by tourism. The highest pollution is caused by the starting and landing of planes.

My Tip: Use planes only if urgently necessary and if you cannot avoid it.

And if you have to fly then you should compensate for the CO_2 emissions. We explain how you can make flights more climate-friendly in detail on: www.omasforfuture.de.

WHAT IS **BEST**?



You have a ticket for a musical in Hamburg but you live in Munich? Do you use the plane or the train? What is the difference in the CO_2 emissions?

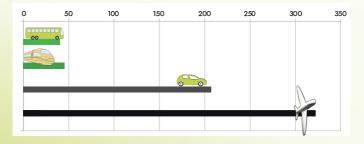


Using the train in any case means saving 86% of CO₂ emissions compared to a flight: By using the train, you produce 45kgs of CO₂.

By plane 322 kgs.

By car 205 kgs.

By bus 40 kgs.



Travelling by air is the worst possible way to contribute to the pollution of our planet. It also contaminates the air we breathe with CO₂ 24 times more than a train does.

My Tip: Use the train or the bus for travelling within your own country.

Many regions in Europe have very good train and bus connections, even comfortable night trains. Give it a try.

LONG LIVE THE SUNDAY- ROAST!



In 1960 you had to work 2.4 hours to be able to buy one kilogram of meat. How long would you have to work for it today?

1,5 hrs. 50 min 26 min 9 min

A person with an average salary would have to work **26 minutes** for 1 kilogram of cheap meat.

In 1960 you had to pay 5 times as much for meat. Today we are used to low prices. These prices don`t only contribute to the destruction of our planet and our natural resources.

In 1960, ethical husbandry was standard practice for keeping productive livestock. There was no industrial livestock farming. Meat was something special, and you looked forward to eating it. You should look forward to having it on a Sunday.

According to statistics, meat consumption per capita in Germany has multiplied compared to 1960. This leads to an increase in diseases. As our consumption of meat increases our planet suffers, and the impact on the extinction of species is enormous.



Buy ecologically produced meat from your region with guaranteed ethical husbandry.

Once or twice a week and you live healthier.

WHAT DOES YOUR CO 22 CO



In 2019 every person on the planet produced 9.6 tons of CO_2 on average, (excluding taking flights, cruises and internet usage). Which of these four options has the biggest impact on CO_2 emissions?



Transport, **primarily cars**, have the highest emission, closely followed by heating, then food and electricity.

Taking an 8 day cruise to the Far East would produce **another 6.5 tons of CO**₂.

Firstcars:1,81 tonsSecondheating:1,64 tonsThirdfood:1,44 tons





You can take small steps in your daily life to reduce CO_2 emissions to help our planet.

10.000 kms with your car using 7 litres of petrol per 100 kms produce 1,61ts of CO_2 . By driving 20.000 kms per year 3.2 tons are produced. A car with a Diesel engine produces even more.

Taking the bike or the train quickly helps reduce your personal CO_2 emission by 20 to 30%. It is proven that this kind of life is healthier.

A vegetarian diet saves 0.6 tons of CO₂, a vegan diet 0.8 tons CO₂.





What was the share of sustainable investments in Germany in 2021?



You can let your money 'work' sustainably. Banks use the money of their clients e.g. to give firms or startups loans so that the money works for them.

The market share of sustainable financial investments rose by 3,0% to 9,4% in 2021.

In Austria sustainable financial investment reached a market share of 28,2%. Nearly every third person in Austria used their money for sustainable products.

My Tip:

Ask your bank about their financial investment with your money. Ask them for transparency in their financial investment.

It often happens that so called "green investment" invests in fossil fuels and electricity generated with nuclear power.

Invest your money in a sustainable future – for our children.

SEAFARING....?



....THE DREAM OF MANY LANDLUBBERS, a fortnight cruise to the Far East and in winter another one to the Canaries. How much CO_2 emissions would it produce?



A fortnight cruise to the Far East and one to the Canaries produces **9,6 ton**s of CO₂. 6 tons alone are produced by the flights.

That is as much CO₂ as you produce throughout a whole year. Within three weeks you would double your own personal annual balance.

During your cruise you expose yourself to air that is 200 times more polluted than the average air at home.



The industry already makes first attempts with climate neutral propellants in Aeronautics and Navigation.

In a few years' time it will be possible to go on an environmentally friendly cruise.

Until then – go by train within Germany and to neighbouring countries – for the future of your children.

WHAT IS MOST IMPORTANT ?



Buy regional! No, better buy seasonal! No, most importantly buy organic! Sometimes you read this or that but what is most important?



Until now all three of them were thought to have the same importance. If you look at the CO_2 balance, buying regional is the best of all.

However, since 2019 we know that massive species extinction threatens our lives. The number of flying insects has decreased by 75%.

Therefore, the set phrase for our future is: Buying organic should be one of your main objectives!!

Worldwide the use of pesticides and glyphosates in agriculture is the principal cause of species extinction.

"Climate change will decide how we survive. Species extinction will decide whether we survive."

My Tip: Buy organic‼

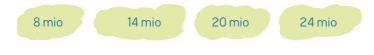
Even if the goods are imported from abroad. If you have the choice, buy seasonal and regional products as well as organic ones.

Only organic products will protect the diversity of species – and therefore our lives.

BACK - DUMP



The offer of online trade: You can send back products you have bought which leads to a high rate of return items. Many of them immediately end up in the waste. How many newly bought products turn to waste nearly immediately?



20 million returned items are wasted every year without ever having been used.

In most cases they were produced in low-wage countries under harmful conditions.

Valuable resources get lost, rivers and land are polluted by production processes without environmental standards and big amounts of CO_2 are produced – all that in vain!

Senseless waste. Our throw-away mentality destroys our natural resources.

My Tip: Buy what you really need.

Don't buy a lot for little money; better buy less; buy sustainable; buy ecologically produced items and good quality. You will enjoy them for longer too.

Cheap products destroy our natural resources and those of our children.

Buying second hand will give the products longer lives.

LET'S GO QUICKLY BY CAR?



How many car trips are shorter than 5 kilometers?



50%. Nearly every second trip is shorter than 5 kms – so back and forth 10kms at the most.

Short distances in particular produce a lot of CO_2 . CO_2 is waste that is thrown out into the biggest existing dump of our Earth for free – into the atmosphere of our Earth.

If you would have to dispose your CO₂ emissions into garbage bins instead of emitting them into the air, you would fill 240 liter garbage bins and have to put 3,5 bins on to the road for every 10 kms.

Within a year we would have many thousands of bins filled with CO_2 .

My Tip: Take your bike for short distances, walk or use public transport.

You can then enjoy the feeling of having saved CO_2 emissions. You contribute to your own health and our children can look forward to having a future worth living.

DO YOU LIKE, BUTTERFLIES TOO?



What do you think? The number of insects has been reduced by how much in the last 27 years?



By 75%! That is a large number within only 27 years! You can experience this on the windscreens of your car. They remain pretty clean now – very different to just a few years ago.

We cannot survive on our planet without insects. They are the beginning of the food chain and pollinate plants and trees. They are the ones who fertilize the land.

The main polluter responsible for the reduction of insects is industrialized agriculture, using glyphosates and pesticides.



If you don't use weed killers in your own garden it will be full of insects and butterflies.

Without a consistent organic agriculture there will be no survival on our planet.

AN ISLAND OF PLASTIC WASTE



In the Pacific Ocean you will find an island of plastic waste, produced by our affluent society, emerging from the sea current. It is its own continent "The Garbage Patch", growing daily. What do you think: How many times would the whole of Germany fit into it?



In March 2018 the world`s largest Plastic Island was **4,5** times as big as Germany – and it keeps on growing day by day. In 2018 it contained 80.000 tons of plastic.

There are **5 such islands** in the oceans of our planet. Over time the plastic turns into micro plastics in the water and the inhabitants of the oceans digest it. This means micro plastics ends up on your plate.

It is not healthy for us either.

My Tip:

Avoid single use plastic whenever and wherever you can. Try to buy package free. Organic plastic is NOT ORGANIC it remains plastic. AVOID IT

Single use plastic puts a strain on our planet from the moment it is produced and it cannot be recycled. The majority of our waste is shipped to Malaysia, where it ends up in the ocean. And even recycling uses a lot of energy and raw material.

Avoiding plastic is always better than recycling.

THE BIGGEST PROVIDER OF OUR PLANET



There are many multinational companies on our planet, that provide us with everything we need. They deal with billions of dollars. Who do you think is the biggest provider of them all?



Walmart was the biggest in 2020 with 560 billion dollars followed by Amazon with \$390 billion and Google with around \$190 billion.

All that is nothing compared to what our **nature** provides us with: natural resources, products and food. With roughly \$125.000 billion worth of resources it provides us with over 1000 times as much as other giant corporations year by year. A free gift!

Nature does not write bills. Everything – resources, forests, fruits, fish in the sea – all are presents for us.

My Tip:

Discover all these presents of our nature we receive every minute. You will be astonished.

Without nature we will not be able to survive. Help to preserve and protect it! Get our maps or information on our web page or in our podcasts.

AND THINK I'M



If you drive voluntarily at a speed of a 100 km/h instead of 130 km/h you produce less CO_2 emissions. How much less will it be with a speed of 100 km/h?



You save around 30% CO₂ emissions compared to driving 130 km/h. Imagine you could not just emit the CO₂ in the atmosphere but would have to dispose of it into 240 litres garbage bins?

Driving 100km with 130 km/h you would have to put 40 garbage bins in front of the house. With 100 km/h it would only amount to 12 garbage bins – and on top of that you would save a third of petrol costs.

7 % oft he CO₂ emissions we have to reduce by 2030 could be saved immediately by driving with a speed of 100 km/h on motorways – exactly 5,4 million tons.

We could all contribute at once, without any investments.



You can find more information and stickers for your car on: www.omasforfuture.de





1.8 billion cell phones were sold worldwide in 2019. On average one phone weighs around 80 grams. How much would the weight be if you added all the raw materials used for its production together?



Your cell phone would weigh a thousand times more. 70 kgs!70 kgs of different raw materials, such as copper, palladium, gold and silver are used to produce one single cell phone.

The number of cell phones in the world is growing by 11% every year. They become even more highly productive but not environmentally beneficial.

My Tip: Do not waste resources.

It's not only cell phones that need such a big amount of resources. Other electronic equipment such as TVs, stereo equipment, printers, washing machines, refrigerators also need huge amounts of raw materials.

You don't always need to have the latest model! You can easily buy second hand, you can sell, repair, change, swap and rent until it is really broken.

You should return old devices to the recycling hub so the reusable materials can be part of the recycling loop. Then our children will be able to use these important resources too.

CAUGHT ?



Sensible heating has become more important than ever before – for our planet as well as for your own expenses. Which habit leads to low heating costs?

1. Airing out with fully opened windows

2. Lowering room temperatures

3. A constant temperature control

4. Permanent regulation of temperature control Airing out your home with fully opened windows for a short time saves 7% of heating costs compared to keeping windows tilted for a longer period of time.

Lowering the room temperature by one degree saves 6–7% of heating costs. However the best is a **permanent regulation** of temperature control with a room temperature of 20 degrees.

My Tip:

Fully opening windows on a regular basis, lowering of temperature, and setting a permanent temperature control.

Housing administrations know that even apartments of the same size differ largely in heating costs, sometimes between two and three times as much.

While tenant A uses $0,50 \in$ per square metre, tenant B uses $1,50 \in$ per square meter. That is the result of different heating habits and therefore higher costs.

Modern heating systems automatically turn the temperature down in the night and heat more when it is cold. Because of that you shouldn't constantly adjust your thermostat.

HOW MUCH TIME ?



The Paris Climate Agreement aims to limit global warming to a maximum of 1.5 degrees. When will we hit this target, if we do not reduce our CO_2 emission right away?



In 2019, the Intergovernmental Panel on Climate Change, a panel of scientists from all countries on our planet, warned us that if we continue as we are, we will reach an increase of 1.5 degrees within 8 years at the latest (in 2027).

If politicians speak of a target for 2045, it is rather irritating. Within the next three years the agenda to limit the CO_2 emission needs to be very strict. If we wait any longer it will be too late.

This is not only the responsibility of the economy and the politicians. We all play a part in climate change. Each one of us is responsible and must take action.



How can you contribute? We can give you tips, just ask. We can explain which habits damage our planet and what is effective for its protection. Some steps only take minutes – others are more time – consuming. We have given you 24 tips that can help you to participate and to act environmentally responsible. You can help to create a human centered future worth living in. We can limit global warming, species extinction and the waste of our resources as well as plastic waste.

Which topic affected you most?

Which of your own actions will you change first?

CREATE A CLIMATE BELT AND WRITE THE ACTIONS YOU TOOK ON IT.

MORE INFORMATION UNDER: www.omasforfuture.de



Thank you!

This booklet could only be created thanks to the dedication of many volunteers who, in their free time, work for the preservation of our planet.

Thanks to Christiane, our volunteer database queen, who manages large quantities of data for us, checks that we can backup all our statements scientifically. And since the "Grannies" have existed, Marlies Knoke has reviewed most of our texts – including this one. Many thanks for that.

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My heartfelt thanks also go to Jörg Schwulst from Parents for Future, the "father of the little Earth heart," who has forever immortalized himself with it. He and Heike created the illustrations around the little earth heart.

A big thank you also to Frieder Reuter without whom you wouldn't be able to read our booklet in English! A special thanks go to the climate department of the city of Leipzig and mayor Heiko Rosenthal: from the very beginning, we have found open doors, support, and constructive collaboration here. This desired citizen participation is lived democracy.

And last but not least, I thank the many women and men who are Grannies (and Grandpas) for Future. With your expertise, life experience, dedication, and love, you help shape the urgently needed transformation of our society. And you contribute to the political and social visibility and effectiveness of women of the 50+ generation.

Thus, we are not only Grannies for the Future, we are the Grannies of the Future! Cordula Weimann

THE WORLD IS NEAR TO YOUR HEART?

Then support us, to protect the world and to make it healthier and worth living in.

You can sign up for membership to support our work with a regular donation. This helps us to do even more for the planet.

Leben im Einklang mit der Natur e.V. Omas for future IBAN:DE16 8309 4495 0003 4220 70 BIC: GENODEF1ETK Ethik Bank e.G.

Join us!

Become an active member in our local groups to spread our knowledge and engage in the protection of our planet.

No local group where you live? You can start one! We and other groups will support you.

Inform yourself regularly about our actions:

Do you want to participate in our interactive quiz? It is a guarantee for games, joy and excitement. We do it in groups starting from 20 participants and over. We will be somewhere near you. Sign up for it.

Information about our work and regional groups can be found at: **www.omasforfuture.de**

You can ask for more quiz brochures for free under: **bestellung@omasforfuture.de**

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Act! Out of love for life, for our children, and for this beautiful planet. That is the motto of Grannies for Future. With the same love with which we have nurtured our children and which we feel for our grandchildren, us grannies are advocating for our planet – and us grandpas too.



Your donation helps! Join us and support the Grannies for Future!

Every donation helps us in our effort to make the world a better place. Thank you very much!

J

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