

Policies for Sufficiency and Sustainable Lifestyles can Strengthen Climate Plans

International Network for Sustainable Energy (INFORSE), as a global network of civil society organisations, is cooperating to transform the call for more sustainable lifestyles into policies that increase climate action, in particular for the countries where the majority of the population has enough or more to live a good life, as in Europe.

The IPCC Co-Chair of WG III, Priyadarshi Shukla, have stated that “Having the right policies, infrastructure and technology in place to enable changes to our lifestyles and behaviour can result in a 40-70% reduction in greenhouse gas emissions by 2050. This offers significant untapped potential,” and he continued “The evidence also shows that these lifestyle changes can improve our health and wellbeing.”¹

We want policies for sufficiency and sustainable lifestyles included in the Global Stocktake (GST) and in climate plans.

Include policies for sufficiency and sustainable lifestyles in the Global Stocktake (GST)

Given that the current NDCs are likely to fall short of meeting the Paris Agreement goals, the GST should be used to identify additional actions that can increase ambition. Here policies for sufficiency and sustainable lifestyles have a largely untapped potential. Four steps can change this, namely:

- *Recognition of policies for sufficiency and sustainable lifestyles to be part of the NDCs;*
- *Continuous learning from experiences on the ground on the effect of sufficiency and sustainable lifestyle policies to mitigate climate change; and*
- *Include these policies in national climate plans and NDCs*
- *Keep track of these policies in NDCs, building a global repository of efficient sufficiency and sustainable lifestyle policies, including documentation of their co-benefits with for instance health.*

We Are Documenting Sufficiency and Sustainable Lifestyle Policies

INFORSE is partner to the FULFILL Project that is documenting sufficient and sustainable lifestyles as well as policies to enhance them on individual and community level. The project is led by the Fraunhofer ISI Institute and is funded by the EU Horizon 2020 Research and Innovation Program of the European Union. See <https://fulfill-sufficiency.eu>

¹ See <https://www.ipcc.ch/2022/04/04/ipcc-ar6-wgiii-pressrelease/>

Sufficiency Lifestyle Elements and Policies

Smaller Houses

Many European people want to live in a **smaller house**, as for instance people in the **tiny house movement**; but the building regulations make it difficult to get permission for the small houses.

Policies should promote small houses, including row- and cluster houses.

Active Transport Bicycles

Using a bicycle for commuting instead of a car eliminates emissions from use of the car, and maybe also from making it. The shift is also very good for the health.

Policies to change commuting from car to bicycle include investment in good, safe bicycle routes, good bicycle parking etc. as well as land-use planning to locate work places and daily needs (shops, schools) near dwellings. In addition, climate taxes should be applied.

Food, More Plant Based

Eating more vegetables and less meat and milk reduces climate impact of food and is also healthier for Europeans that eat too much meat and animal fat.

Policies to make diets more vegetable based can include **meat-free days** in public cantinas, support for development of plant-based ready-made food and meat substitutes, information campaign. and climate taxes.

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