Association pour la santé environnementale du Québec
Environmental Health Association of Québec

New Year 2025: 12 Simple Steps Toward Pollution Reduction and Climate Action

As we usher in 2025, it's a time for reflection, resolution, and action. The urgency of combating climate change and reducing pollution has never been clearer. Just as the disabling effects of Multiple Chemical Sensitivity (MCS) strike without warning, climate change is an indiscriminate force that spares no one. Both demand proactive measures to mitigate their impact, emphasizing that denial and inaction only exacerbate the problem.

Humanity must remember that we are but one species on a planet witnessing significant loss of biodiversity. Every small effort we make collectively can create ripples of positive change. Here are 12 simple yet impactful actions you can take in 2025 to reduce pollution and combat climate change:

1. Choose Reusable Over Disposable

Swap single-use plastics for reusable alternatives like stainless steel water bottles, cloth shopping bags, and bamboo utensils. This reduces plastic waste, a major pollutant harming marine life and ecosystems.

2. Adopt a Plant-Based Diet

Incorporate more plant-based meals into your diet. Reducing meat consumption significantly lowers greenhouse gas emissions from the livestock industry, one of the largest contributors to global warming.

3. Embrace Active Transportation

Opt for walking, cycling, or using public transport whenever possible. For short trips, leave the car behind, reducing your carbon footprint while improving your health.

4. Support Local and Sustainable Products

Buy local, seasonal produce and goods made sustainably. This reduces transportation emissions and supports eco-friendly practices in your community.

5. Use Energy-Efficient Appliances

Replace old appliances with energy-efficient models. Even small changes, like using LED light bulbs, can significantly reduce your energy use and utility bills.

6. Conserve Water

Install water-saving fixtures and be mindful of water usage. Fixing leaks, taking shorter showers, and using rainwater for outdoor needs are simple ways to conserve this precious resource.

7. Reduce, Reuse, Recycle

Follow the 3Rs in everyday life. Declutter sustainably by donating items instead of discarding them and recycle responsibly to minimize landfill waste.

8. Plant Trees or Create a Garden

Trees absorb CO_2 and improve air quality. If space permits, start a small garden with native plants, which are excellent for supporting local biodiversity and reducing urban heat.

9. Minimize Chemical Use in Daily Life

Choose fragrance-free and least-toxic for all needs including personal and cleaning products. Harmful chemicals affect not just those with MCS but also contribute to indoor and outdoor air pollution.

10. Be an Advocate for Change

Educate yourself and others about climate change and pollution reduction. Join campaigns or support policies that enforce sustainable practices and hold corporations accountable.

11. Reduce Energy Waste

Turn off lights, unplug electronics when not in use, and invest in renewable energy sources like solar panels if feasible. Small acts of energy conservation go a long way.

12. Vote for the Planet

Elect leaders and support initiatives prioritizing environmental protection and sustainable policies. Collective political will is essential for large-scale climate action.

A Call to Humanity

The denial of climate change is akin to ignoring MCS—both are silent threats until their impacts are too significant to ignore. The choice to act isn't just for the planet but for humanity itself. We must embrace sustainable habits to ensure a healthier, more livable world.

Let 2025 be a year of change, where every step forward is a step toward safeguarding the planet. After all, we are but one species in an interconnected web of life, and the loss of biodiversity reminds us that our actions matter. Together, we can reduce pollution, fight climate change, and protect our shared home for generations to come.

Happy New Year, and let's make it a year of positive action!