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THE 7F PROJECT

The 7F Project is about boycotting fossil fuels with people in the community, throughout our civil society and around the world to bring about a clean and just economy, to restore our fellow humanity and to safeguard a livable climate on Earth.

Why do we need to do this now?

Fossil fuels are the most dominant cause of planetary warming, not to mention their other drastic air, water and land pollution impacts. Global warming is wreaking havoc and worldwide devastation at an alarming rate. We have an emergency on our hands. If we wish to tackle the crisis head on, we need to face the most dominant cause of the problem, which means we must eliminate fossil fuel use from our economy. We cannot go on with business as usual nor kick the can down the road any longer.

Plans are in place to reach net zero greenhouse gas emissions by 2050. These plans are all well and good but frankly we can't afford to wait decades for existing alternatives and new technologies to grow to scale and alone be our saving grace. We the people need to be an integral part of the equation. We need to dig deep right now and accelerate the solution to the climate emergency we are facing. The 7F Project gets us started in the right direction by combining will power and collaboration with conservation and clean technology. By steadfastly taking initiative and boycotting fossil fuels week after week, together we will usher in a new era and a brighter future.

7F stands for conducting a Fossil Fuel Free Fast For our Future on Fridays (or another more fitting day of the week). In other words we are together commencing a boycott starting once a week to stamp out fossil fuel, the dominant cause of the climate crisis, and in its place build an economy fueled by self determination and innovation. Ultimately of course we aim to achieve freedom from fossil fuel pollution all 7 days a week and step onto a clean and brighter path all 365 days a year. But we are beginning with one day a week in order to start out and then we will exponentially ramp up to the point of achieving fossil fuel energy independence.

7F represents the following 7 foundations of our boycott:

- (1) Boycotting Fossil Fuel Based **Transportation**
- (2) Transforming Household **Heating & Cooling**
- (3) Changing **The Way We Eat & Grow Food**
- (4) Shifting **The Workplace**
- (5) **Lightening Our Load** & Enlightening Our Lives
- (6) Protecting **Water** & Other Sources of Life
- (7) **Helping** One Another

1. Boycotting Fossil Fuel Based Transportation

~> Be knowledgeable: transportation represents 27% of our greenhouse gas emissions, coming mainly from burning fossil fuels for our cars, trucks, ships, trains and planes

~> Don't buy gas on Fridays and together boycott the use of fossil fuel vehicles starting at least one day per week (and escalating)

~> Walk or bike to places instead of driving or even stay put (we don't always have to go somewhere to be happy)

~> When we do head out go electric (remembering these 5 points: a) that tax credits are now available for purchasing EVs, b) to stay in range with hybrid electric vehicles, c) to charge EVs during the daytime when solar power is plentiful, d) that fossil fuels are often used for charging especially at night depending on our utility's energy portfolio, e) we must simultaneously pressure our public utilities toward 100% renewables and battery storage, and f) we must improve the human and environmental impact from the sourcing of the materials needed for batteries and rely more on battery recycling)

~> Car pool

~> Use public transportation

~> Demand and petition our — county, city, state and/or nation's — elected officials to ban fossil fuel vehicles and embrace zero emissions vehicles as soon as possible (like California is doing)

2. Transforming Household Heating & Cooling

~> Get the facts: roughly 20% of US energy related greenhouse gas emissions stem from heating, cooling and powering households

~> Boycott fossil fuel based heating and cooling in our households starting at least one day a week (and escalating)

~> Lower our thermostats in general and starting once per week set our thermostats at 50 degrees (bundling up, cuddling up and using more blankets instead);

~> Gain independence like Europe and Ukraine are starting to do with natural gas from Russia and like we all need to do from the whole natural gas and oil industry including OPEC and our own corrupt companies

~> Turn off the AC (use fans and/or take a cold shower to cool down)

~> Set the hot water heater on vacation mode

~> Go solar, go wind, go geothermal, go electric as in heat pumps and go with the most energy efficient appliances (all of which have new tax credits available)

3. Changing the Way We Eat & Grow Food

~> Get educated: our fossil fuel based industrial agriculture and food system is self defeating by hurting our public health and emitting significant greenhouse gas emissions contributing mightily to the climate crisis

~> Boycott industrial/conventional agriculture and the outdated food system supporting it and instead embrace the new era of organic regenerative agriculture

~> Shop for locally grown food (at farmers markets, food coops, in state farm to table CSPs) and boycott food that is transported long distances

~> Choose more fresh and natural foods instead of processed foods which take more energy to produce

~> Ban from our diet food grown with toxic pesticides, herbicides and/or chemical fertilizers and instead support organic and healthy soil principles

~> Boycott fried and fatty foods, instead choose more fruits and vegetables (the more varied and colorful the better); if we eat red meat insist on grass fed and rotational grazing varieties and consider Bison instead of beef

~> Reduce emissions stemming from agricultural machinery by for example choosing foods grown by farms that do no-till or at minimum conservation tillage

4. Shifting the Workplace

~> Rethink our workplaces from the multi-national corporation to the small business; instead of collectively contributing to the climate crisis through the use of fossil fuels and the emission of greenhouse gases, revolutionize the workplace to the point of zero emissions and beyond

~> Pledge to lower and eventually eliminate fossil fuel use at work

~> Think about Patagonia's example, not just having a north star (in their case dedicating the company's ultimate profits to solving the climate crisis) but also developing environmentally conscientious sourcing of the materials that go into their products

~> Change the protocols (for example, have you ever noticed air conditioning cranking even when it's cool out, well if that's how it is at your workplace, change it) and move to carbon insetting beyond carbon offsetting

~> Do digital conferencing instead of traveling by airplane

~> Work remotely as least one day per week in order to further cut back on fossil fuel based commuting

~> Consider the 4 day work week which studies have shown encourages productivity, helps solve the climate crisis (by lowering emissions) and supports morale as well as family needs and quality of life

5. Lightening Our Load & Enlightening Our Lives

~> Consider how our consumer habits can drive climate change and massively perpetuate fossil fuel use, and think and act differently

~> Let's lighten our load by boycotting fossil fuel based shopping and do an across the board shopping fast (starting once a week and evolving from there)

~> Buy products made locally instead of online purchasing of stuff made from overseas (which is typically shipped great distances with great pollution impacts)

~> Use a seamstress for our existing clothes instead of replacing them

~> Switch out lightning which represents 1% of the world's emissions of greenhouse gasses, convert to LED's and other better technologies

~> Turn off lights at night (starting once per week), use candlelight to raise consciousness about solving the climate crisis in solidarity

~> Go outside with the lights off to appreciate and better see the night sky, and deploy creative home design to maximize natural light during the day

6. Protecting Water & Our Other Sources of Life

~> Consider how fossil fuel use wastes and pollutes vast amounts of water, one of the most essential sources of life

~> Boycott fossil fuels to send a loud and clear message that we must care for and protect the sources and sacredness of life

~> Consider that our excessive water use also requires a lot of fossil fuel sourced energy for pumping, cycling, filtering, irrigating as well as heating and cooling

~> Cut back on our water use across the board to lower our emissions and become more resilient

~> Water less (do more permaculture at home and drip irrigation for our large farms)

~> Become much more efficient with our water use (change out the valves; get high efficiency appliances)

~> Convert to renewable energy and electric heat pumps to power our water systems

7. Helping One Another Mitigate and Cope with the Climate Crisis

~> Support affordable housing in our communities (which supports social equity and lowers emissions from reduced commuting)

~> Organize neighborhood car pooling (by word of mouth or nextdoor.com)

~> Support and donate to double up bucks initiatives which lower the cost of organic and local farmers market food for those who are priced out

~> House a climate refugee or house a family of refugees fleeing from a climate related disaster in their home country or families fleeing from climate crises from another state or in-state even

~> Share more and share more often (for example volunteer at a local food depot, give away warm clothes, contribute to worldwide climate humanitarian organizations like www.mercycorps.org)

~> Lighten someone else's load by donating emergency supplies (water, non perishable food, first aide, clothing) during extreme weather events or anytime

~> Get educated on climate justice, support a just transition (workforce retraining from fossil fuels to green economy) and adopt more green spaces in our communities (more bike paths, public parks, greater access to wilderness)

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The **7F Project boycott requires 7 fundamentals** of behavior in order to be the change we seek and to personally embody the public transformation we are calling for:

- (1) Leading by **example**;
- (2) Conducting ourselves always with **integrity**;
- (3) Treating others, including those in fossil fuels, with **respectfulness**;
- (4) Giving our all and being **daring**;
- (5) Acting non-violently and with **safety** in mind at all times;
- (6) Honoring **collaboration**;
- (7) Deepening our **kinship** with all fellow inhabitants.

7F will produce at least 7 fruits from our labor if we follow through with the boycott:

- (1) We will strengthen and empower democracy as we exercise our fundamental rights to protest, as we boycott and practice disobedience from a corrupted fossil fuel economy; and we will increasingly detach ourselves from funding OPEC oil producing states including Russia and Saudi Arabia, the worst human rights violators;
- (2) By boycotting fossil fuels starting one day per week and growing, we will help lower demand for oil and gas and their byproducts and thereby help lower the cost of living, addressing inflation and other pricing manipulations;
- (3) We will generate significant savings — both the natural and financial kind — the more we reduce spending on fossil fuel products, the more we cut back on extraneous long distance shopping and the more we minimize fossil fuel transportation; and we will improve the local economy by shopping locally, supporting the farmers markets and coops, etc.
- (4) Our fitness will improve the more we walk and bike instead of drive, the less time we spend on our devices and the more time we spend outdoors;
- (5) Our health will improve the better we eat, the more we eliminate fossil fuel from the food system, the more we phase out fertilizers and pesticides and instead maximize soil health and regenerative agriculture;
- (6) By boycotting fossil fuels we will take better care of the land, the water and the atmosphere, promoting conservation, becoming more resilient and honoring the sacredness of life;
- (7) By helping one another throughout the boycott and by shrinking day by day the fossil fuel economy we will be uplifting those of us who are downtrodden, we will be elevating the path of social justice and raising up the beloved community.

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