

Reduce your carbon footprint!

In the home

- Turn the heating down a bit
- Insulate – especially the loft
- Switch to a green energy tariff
- Fit an air or ground source heat pump

Diet

- Replace some meat meals with vegetarian or vegan alternatives
- Buy local and seasonal food if possible

Transport

- Walk or cycle if you can
- Reduce the number of car trips by planning ahead
- Use public transport
- Car share
- Go electric!
- Reduce flights. When you do fly, go Economy, and fly direct if you can.

Consumption

- Avoid single use products and fast fashion
- Repair and reuse
- Buy second hand
- Buy good quality that will last a long time

Finance

- Find out where your money is invested. Consider opting out of investments that harm the environment, such as fossil fuel companies.

Nature

- Protect natural spaces
- Plant trees

Use your voice

- Lobby MPs and local government – tell them that you care about climate change
- Join a social movement or campaign group

Some useful websites:

<https://footprint.wwf.org.uk/#/> An easy-to-use carbon footprint calculator

<https://www.carbon.place/> This site lets you see the average carbon footprint of people in your local area, and the components of the footprint.

<https://www.imperial.ac.uk/stories/healthy-planet/> A good site from the Grantham Institute at Imperial College with more details about cutting your carbon footprint.