

## How you might make change to reduce your carbon footprint

- Ring my electricity supplier over the next 24 hours and see if I can switch to green energy.
- Try to buy local seasonal produce as much as possible, starting with at least two meals a week.
- Educate myself about the science and impacts of climate change.
- Contact my MP and my friends to make these pledges too walk, cycle, or use public transport to work or regular journey when possible and practical.
- Work out my own carbon footprint using one of the many easy to use carbon calculators e.g., <https://footprint.wwf.org.uk>
- Do a 'home energy check' to find out how I can save energy in my home. <https://www.energysavingtrust.org.uk> .

Energy Saving Trust 0800 512012.

- Turn my thermostat down or use a thermometer to reach the lowest possible comfortable temperature, typically between 18-21°C& think about putting on a jumper instead.
- Reduce my holiday airmiles by 50%
- Research driving in a greener way through the internet or a lesson on eco-drive ideas.