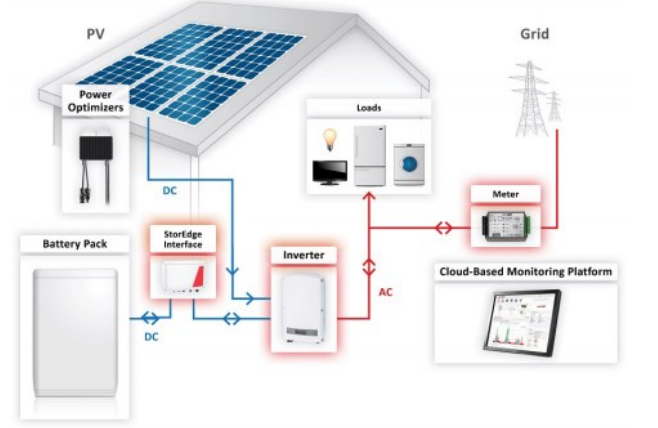


Some ideas for reducing our carbon footprints

We can all reduce our carbon emissions and it is important we do
It all adds up and shows politicians (and ourselves) we care

Domestic Energy

Insulate and draught proof
Replace old inefficient windows and doors
Curtains trap a layer of air and so provide **insulation**
Replace inefficient boilers
Choose energy efficient appliances
Fit a heat pump if you already have a **well insulated** house
Install solar panels and a **battery**
Buy genuinely renewable electricity



Goods

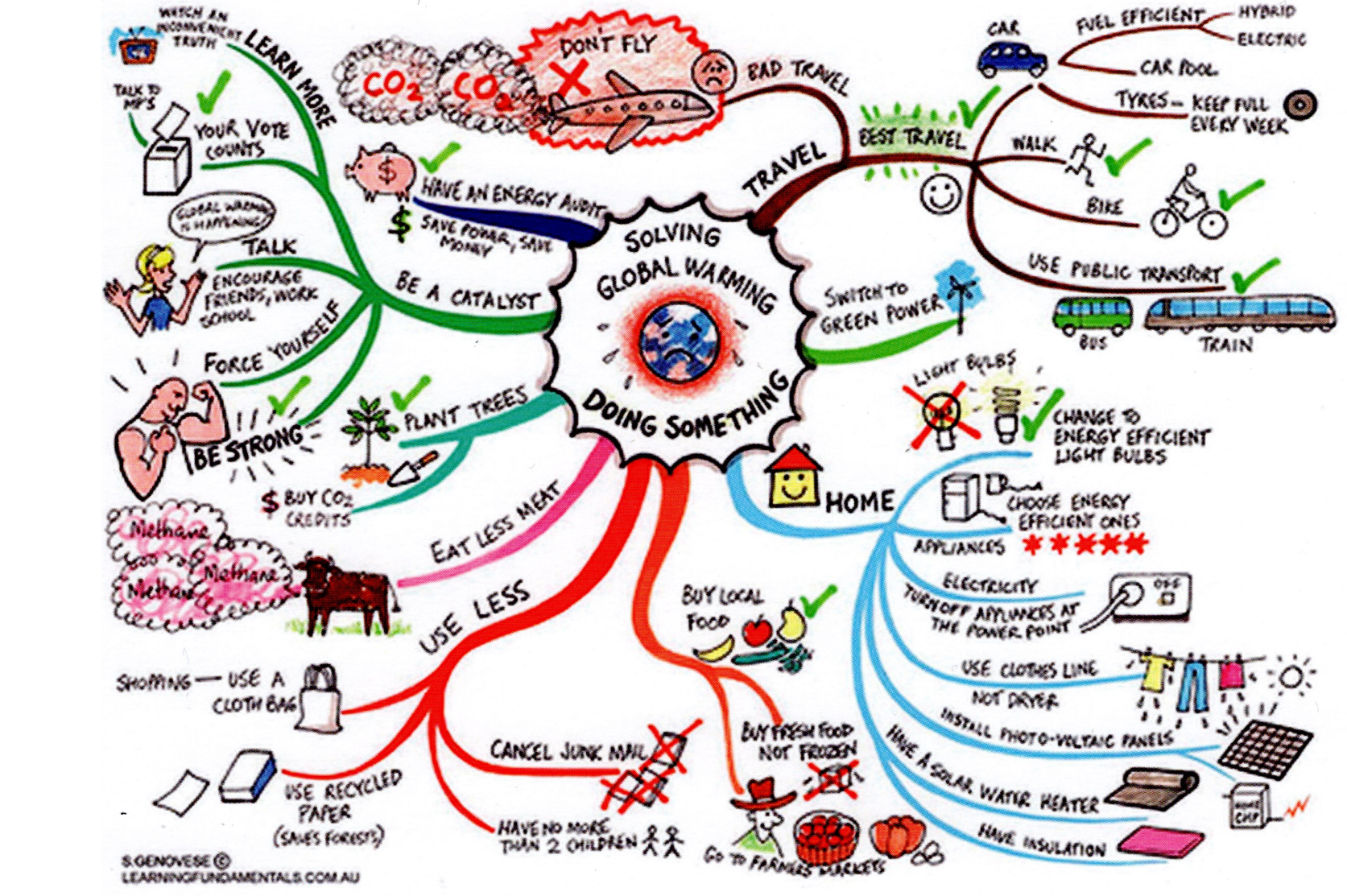
Secondhand and **reconditioned** goods have no or fewer embedded emissions than new, so buy secondhand. Often things can be **repaired** by replacing a single component

New assets can be significantly more energy efficient than old, so embedded emissions can be offset by reduced operational emissions. Work out the **carbon payback**

Goods that were once made here are now produced overseas, creating more emissions overseas.

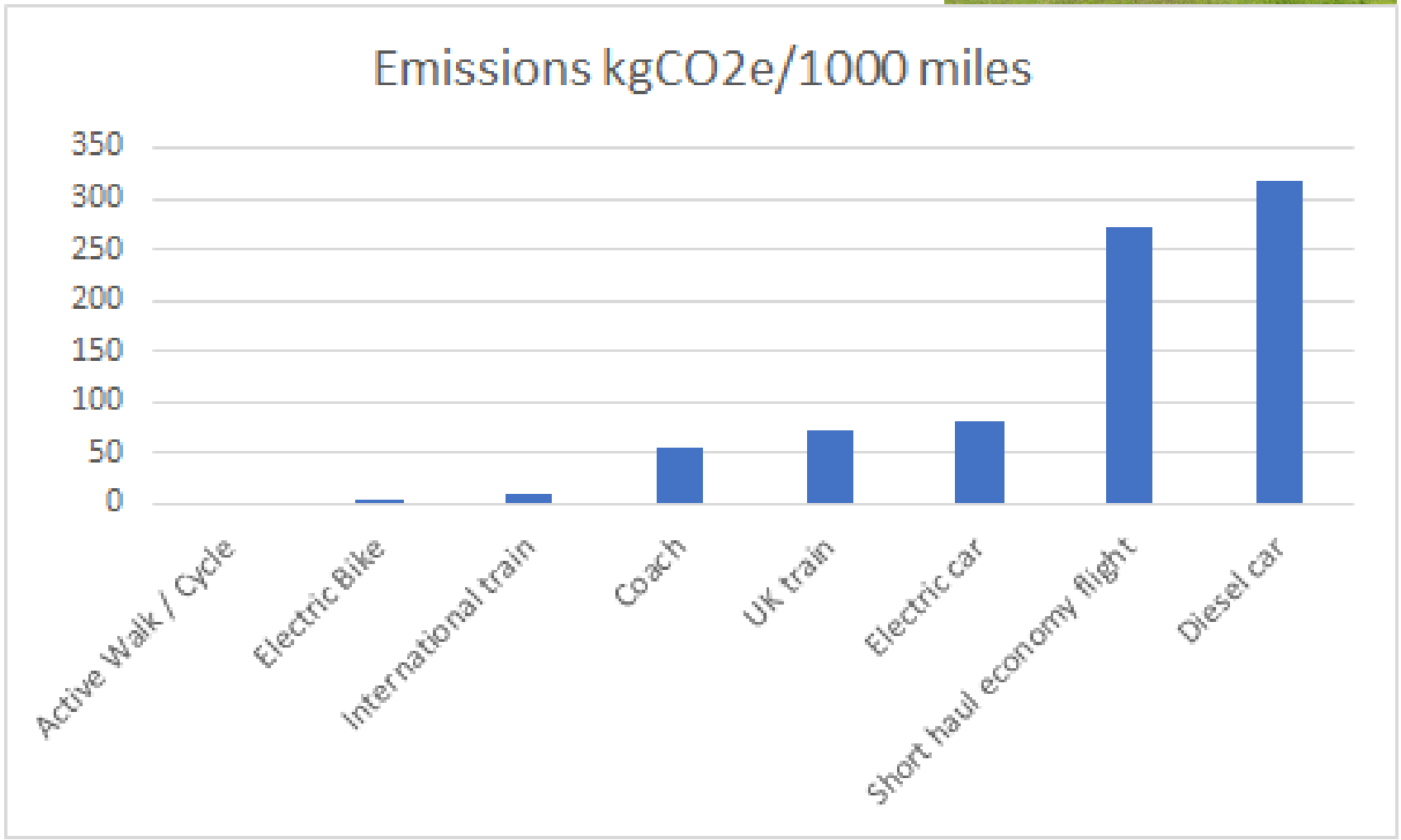
Consider **sharing** or **hiring** things that you will make little use of

The average Briton spends £3793 on goods per year

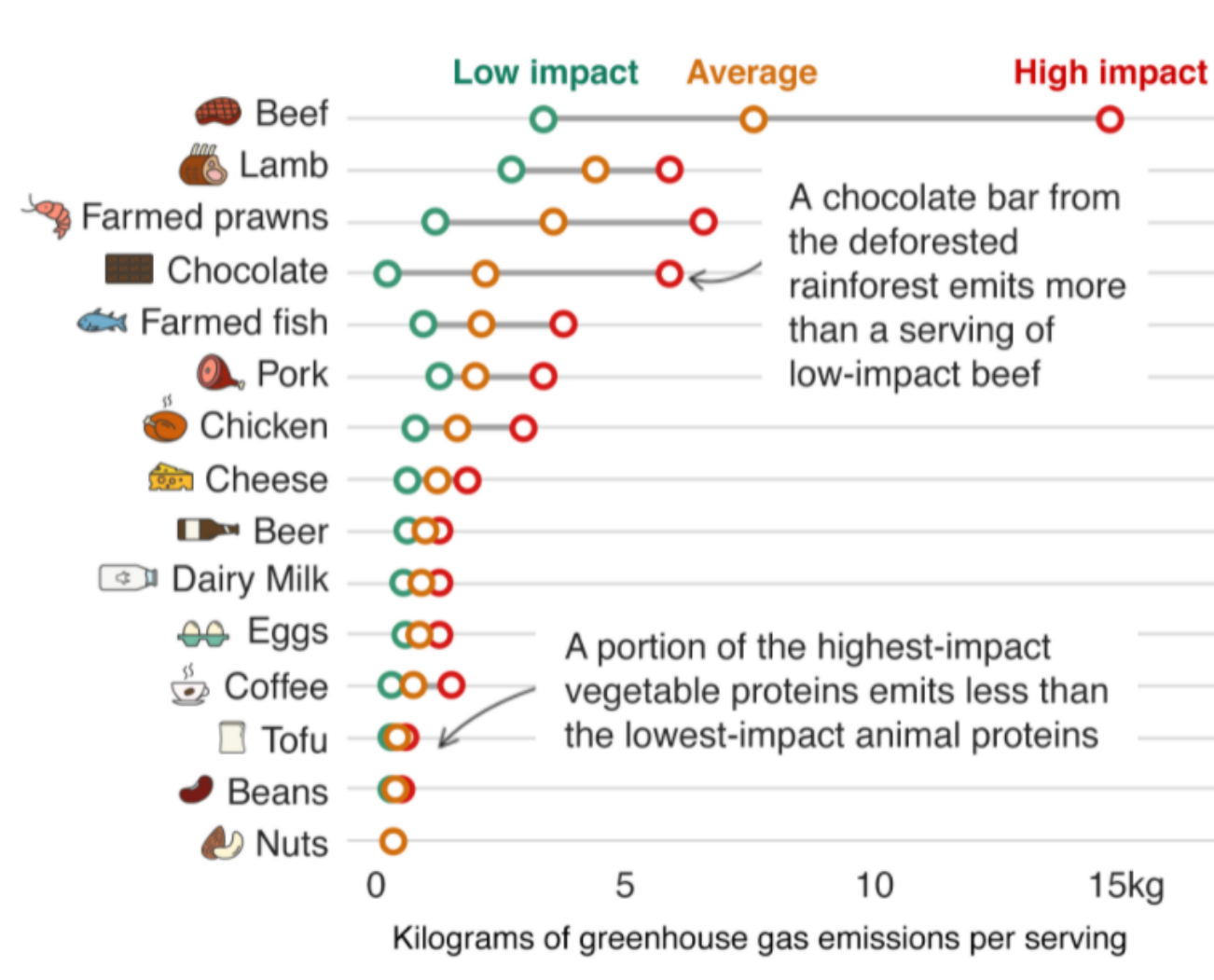


Transport

Minimise journeys
Walk, cycle or use public transport where possible
 Consider an **electric bike**
 When you replace your car consider an **electric car**. Consider joining a **car sharing** scheme.
 Let the **train** take the **strain**
 Enjoy UK holidays and **minimise flights**



Beef has the biggest carbon footprint - but the same food can have a range of impacts
 Kilograms of greenhouse gas emissions per serving



Source: Poore & Nemecek (2018), Science

Food

Knowing **how** and **where** your food is **produced** is important, as the same foodstuff can have a huge difference in environmental impact.

For example, **beef cattle** raised on **deforested land** is responsible for **12 times** more **greenhouse gas** emissions than cows raised on **natural pastures**.

- Buy **locally produced** food
- Eat **seasonal** food
- **Minimise** imported food, particularly **air-freighted**
- **Avoid** food **waste**
- Eat **less meat** and **dairy** based food