



**Friends of
the Earth**
East Dorset

20 Simple Things We Can All Do To Help Reduce Global Warming

We can all take simple actions to make a difference to Climate Change. Personal actions by millions of people can reduce pollution from carbon dioxide and other gases which cause global warming.

Simple actions you can take	I do now	I shall do
Save electricity Turn off lights and unplug computers, TV and chargers when you're not using them. Monitor your energy use (check your suppliers' website for tips).		
Switch to energy efficient products When buying lightbulbs and new household appliances, choose products with the lowest energy use, (for example with an A energy rating or better).		
Turn down the thermostat Try keeping the temperature settings lower in the winter and higher in the summer. Wear more clothes instead!		
Turn to "clean" energy Choose energy companies that only use renewable sources for electricity. Wind, solar, and hydroelectric power provide energy without emitting carbon dioxide.		
Sort your waste Recycle paper, card, plastics, aluminium foil, etc. (check your council list). Wash plastic bottles and packaging before recycling. Only throw away what can't be recycled.		
Reuse, Repair, Recycle Reuse items, donate them or recycle things that you can. Reduce junk mail by removing your name from mailing lists.		
Compost food and garden waste All vegetable waste (even cooked veg.) and most garden waste can be composted. Shredded confidential waste, paper and cardboard can be composted.		
Buy less stuff It takes a lot of energy to make new things, like clothes and televisions. Try using what you already have for a longer. Choose second-hand goods when possible – support your charity shops!		
Take your own bags In shops, politely refuse new plastic bag - you can put your purchases in cloth bags, backpacks, or reusable plastic bags.		

<p>Choose recycled goods Look for the recycled logo on the things you buy, like paper, tissues, and paper towels. Buy second-hand products – or share larger items with friends.</p>		
<p>Use public transport, walk, cycle or car-share Transport accounts for 38% of UK energy use – producing carbon dioxide, and most of our urban air pollution. Use cleaner transport whenever possible.</p>		
<p>Travel light Reducing your luggage reduces your car’s fuel consumption (or a plane’s fuel use). So pack light.</p>		
<p>Wash differently Run dishwashers and washing machines only when full. If you have solar panels, use appliances when the sun shines! Also, wash at the lowest possible temperature (and use eco-friendly washing products)</p>		
<p>Make sure your home is well insulated Check you have the maximum loft and wall insulation, and find out how a Smart Meter could cut your fuel bills.</p>		
<p>Eat more fruits, grains, and vegetables and eat less meat. It takes a lot more energy to produce animal products (like meat and dairy) and processed foods (like fruit juice, fizzy drinks, sweets and crisps) than to grow fruits and vegetables. And you’ll be eating healthier food!</p>		
<p>Buy locally-grown foods Transporting foods around the world uses a lot of oil; air-freighting out of season products is especially bad. Eat seasonal foods. Use farmers markets, and check whether your supermarket uses local sources.</p>		
<p>Drink tap water Most plastic bottles are not recycled – and they don’t rot down. It takes a lot of energy to produce and ship bottled water. You are paying mainly for the packaging! Carry a reusable bottle and fill it with tap water.</p>		
<p>Use fewer disposable containers Try not to buy products with a lot of plastic packaging. If you have to buy them re-use or recycle them.</p>		
<p>Plant trees and shrubs Trees shade buildings in summer and absorb greenhouse gases from the air. (Plant deciduous trees on south-facing sides).</p>		
<p>Do DIY and gardening differently Try not to use electric tools unless absolutely necessary. Use hand tools - hire or share equipment with friends.</p>		

Reduce / Reuse / Repair / Recycle

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