



**Friends of
the Earth**

East Dorset

7 simple actions we can take now to help reduce Global Warming

We only have about 10 years to stop the climate warming by more than 1.5°C, which scientists say is the safe limit. If we take action now, we can make a difference.



Save electricity: Turn off lights and unplug TVs, computers and phone chargers when you're not using them. If you are cold, put on more clothes, don't turn up the heating.

Use public transport, walk, cycle as much as possible: Transport accounts for 38% of UK energy use – producing air pollution and carbon dioxide. Walking and cycling, especially to school, is good for your health.



Grow your own fruit and vegetables, and make your own compost from kitchen waste. **Plant trees and shrubs:** Trees absorb greenhouse gases from the air, reducing the pollution which causes global warming.

Sort your waste: Recycle paper, card, plastics, aluminium foil, etc. (check your council list). Only throw away what can't be recycled. Try not to buy disposable containers or products with a lot of plastic packaging. If you have to buy them, re-use or recycle them.



Buy less stuff: Making new things such as clothes and toys uses lots of energy. Try using what you already have for longer. Choose second-hand goods when possible – buy from charity shops! **Choose recycled / upcycled goods:** Look for the recycled logo on the things you buy, like paper, tissues, and paper towels. **Reuse, Repair, Recycle:** Reuse items, donate or recycle your unwanted items.

Eat more fruits, grains, and vegetables – eat less meat: It takes a lot more energy to produce animal products (like meat and cheese) and processed foods (like fruit juice, fizzy drinks, sweets and crisps) than to grow fruits and vegetables. And you'll be eating healthier food!



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 cheaper tap water.