



**Friends of
the Earth**
East Dorset

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

We all need to play our part in reducing the amount of carbon (greenhouse gases) in the air. If we don't, the Earth will get hotter, there will be more floods, wildfires and pandemics. There will be less food and water for people and for wildlife.

Here are 20 simple actions we can all take to make a difference to Climate Change.



Simple Actions You Can Take	I do	I can
<p><u>Save electricity:</u> Turn off lights and unplug computers, TV and chargers when you're not using them. Monitor your energy use (see your supplier's website for tips).</p>		
<p><u>Switch to energy efficient products:</u> When buying lightbulbs and new household appliances, choose products with the lowest energy use, (for example with an A energy rating or better).</p>		
<p><u>Turn down the thermostat:</u> Try keeping the temperature settings lower in the winter and higher in the summer. If cold, wear more clothes instead!</p>		
<p><u>Turn on to "clean" energy:</u> Choose energy companies that only use renewable sources for electricity. Wind, solar, and hydroelectric power provide energy without emitting carbon dioxide.</p>		

Simple actions you can take	I do	I can
<p><u>Make sure your home is well insulated:</u> Check you have the maximum loft and wall insulation. Find out how a Smart Meter could cut your fuel bills.</p>		
<p><u>Compost food and garden waste:</u> Food waste also wastes energy. All vegetable waste (even cooked veg.) and most garden waste can be composted. Shredded confidential waste, paper and cardboard can be composted too.</p>		
<p><u>Sort your waste:</u> 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.</p>		
<p><u>Use public transport, walk, cycle or car-share:</u> Transport accounts for 38% of UK energy use – producing most of our urban air pollution and carbon dioxide. Use cleaner transport whenever possible.</p>		

Simple Actions You Can Take	I do	I can
<p><u>Travel light:</u> Reducing your luggage reduces your car's fuel consumption (or a plane's fuel use). So pack light.</p>		
<p><u>Wash differently:</u> 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><u>Use fewer disposable containers:</u> Try not to buy products with a lot of plastic packaging. If you have to buy them re-use or recycle them.</p>		
<p><u>Eat more fruits, grains, and vegetables – eat less meat:</u> 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>		

Simple actions you can take	I do	I can
<p><u>Buy locally-grown foods:</u> Transporting food around the world uses a lot of oil; especially air-freighting out-of-season products. Eat seasonal foods. Buy at farmers' markets, and check whether your supermarket uses local sources.</p>		
<p><u>Drink tap water:</u> 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><u>Plant trees and shrubs:</u> Trees shade buildings in summer and absorb greenhouse gases from the air. Plant deciduous trees on south-facing sides.</p>		
<p><u>Do DIY and gardening differently:</u> Try not to use electric tools unless absolutely necessary. Use hand tools – hire or share equipment with friends.</p>		

Simple Actions You Can Take	I do	I can
<p><u>Choose recycled / upcycled goods:</u> 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><u>Buy less stuff:</u> It takes a lot of energy to make new things such as clothes and televisions. Try using what you already have for longer. Choose second-hand goods when possible – support your charity shops!</p>		
<p><u>Reuse, Repair, Recycle:</u> Reuse items, donate or recycle your unwanted items. Reduce junk mail by removing your name from mailing lists.</p>		
<p><u>Take your own bags:</u> In shops, politely refuse new plastic bags - you can put your purchases in cloth bags, backpacks, or reusable plastic bags.</p>		

The Committee on Climate Change, which advises the Government, has said that we need “a reduction in UK emissions of 78% by 2035 relative to 1990, a 63% reduction from 2019.”

This means big changes in how we live, work and travel. But it can bring huge benefits:

- Thousands of new, secure jobs in clean energy and new industries,
- Improved health due to cleaner air, healthier food and better exercise,
- Warmer homes and reduced fuel poverty,
- More trees and natural space, making our cities cleaner, quieter and less stressful,
- Fewer floods, fires, storms and heatwaves – less coastal erosion,
- The return of wildlife to cities and an abundance of nature in the countryside,
- A fairer society, where we can prioritise education, health and social care.

You can join us in this exciting future – start acting today to cut your carbon footprint!

**If we take action ourselves,
we can make a difference.**

**But we only have about 10 years
to stop the climate warming by
more than the 1.5⁰C, which
scientists say is the safe limit.**



**We also need to tell our politicians
and businesses to commit to changing
laws and practices, to avoid a climate
and ecological crisis. Please join us:**

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