

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	l do	l can
Save electricity: 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).		
Switch to energy efficient		
<b>products</b> : 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. If cold,		
wear more clothes instead!		
Turn on to "clean" energy:		
Choose energy companies that only		
use renewable sources for		
electricity. Wind, solar, and		
hydroelectric power provide energy		
without emitting carbon dioxide.		

Simple actions you can take	l do	l can
Make sure your home is well		
insulated: Check you have the		
maximum loft and wall insulation.		
Find out how a Smart Meter could		
cut your fuel bills.		
Compost food and garden waste:		
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.		
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.		
Use public transport, walk, cycle		
or car-share: Transport accounts		
for 38% of UK energy use –		
producing most of our urban air		
pollution and carbon dioxide. Use		
cleaner transport whenever possible.		

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

Simple actions you can take	l do	l can
Buy locally-grown foods:		
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.		
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.		
Plant trees and shrubs: Trees		
shade buildings in summer and absorb		
greenhouse gases from the air. Plant		
deciduous trees on south-facing sides.		
Do DIY and gardening		
differently: Try not to use electric		
tools unless absolutely necessary. Use		
hand tools – hire or share equipment		
with friends.		

Simple Actions You Can Take	l do	l can
Choose recycled / upcycled		
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.		
Buy less stuff: 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!		
Reuse, Repair, Recycle:		
Reuse items, donate or		
recycle your unwanted items.		
Reduce junk mail by removing		
your name from mailing lists.		
Take your own bags: In shops,		
politely refuse new plastic bags -		
you can put your purchases in		
cloth bags, backpacks, or reusable		
plastic bags.		

## 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."

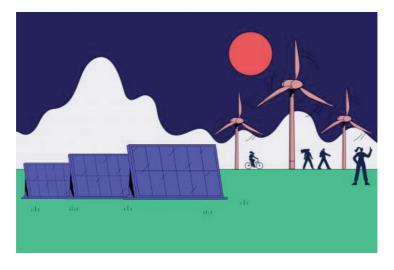
## This means big changes in how we live, work and travel. But it can bring huge benefits:

- 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 1.5<sup>o</sup>C, 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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