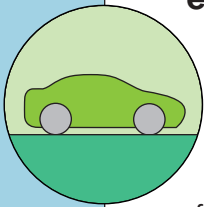




## Top tips to lower your carbon footprint

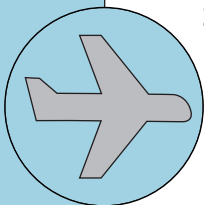
The average carbon footprint of each UK citizen is approximately 8 tonnes of CO<sub>2</sub>. We all need to reduce our carbon footprints to tackle the climate emergency and below are some of the top 10 actions to Go Green:

### 1. Live car free or switch to an electric vehicle



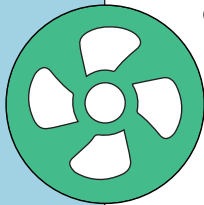
Living with one less petrol or diesel car in your family seriously reduces your carbon emissions. And if that's not possible, switching to a hybrid or fully electric vehicle is a step in the right direction

### 2. Reduce the amount you fly



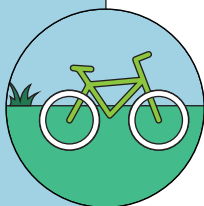
Flying one less long-haul flight per year has the potential to reduce your annual carbon footprint by over 1.6 tonnes

### 3. Consider renewable energy



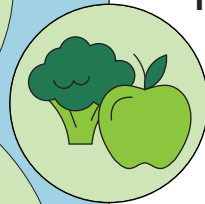
Switching your energy tariff to a green supplier will ensure your electricity is coming from renewables sources. Couple this with installing an air source heat pump instead of a new boiler

### 4. Shift to public transport or active travel



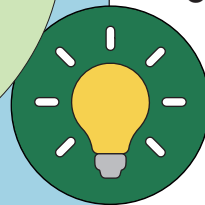
Walking, cycling, using the bus or train reduce the carbon footprint of your daily travel and also improve your health and wellbeing through reduced stress and anxiety

### 5. Switch to more plant-based foods



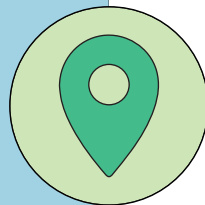
Emissions from animal products are very high in comparison to plant-based foods. Switching to plant-based foods supports your health, wealth and the climate and contrary to popular belief, it's not expensive to switch.

### 6. Improve your household energy efficiency



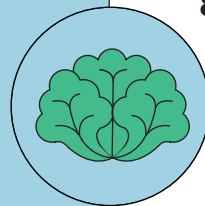
Time to start looking at the efficiency of all your appliances, lightbulbs and electricals to understand how much energy they waste.

### 7. Buy local



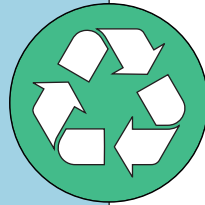
Support local businesses, as well as reducing food and product miles by shopping locally

### 8. Grow your own food



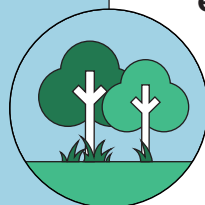
You don't need to be a gardening whizz to grow basic fruit, veg and herbs to add to your recipes. Growing your own also helps to cut down on food waste as well

### 9. Remember the 6Rs



We all need to think about what we consume so it's important to remember to: Rethink, Refuse, Reduce, Reuse, Repair and after all those methods, Recycle

### 10. Protect your local environment



Taking part in litter picking, supporting tree planting and asking the Council to support environmental projects such as the creation of wildflower meadows are all important steps to look after our local environment for all species