

Things You Can Do to Reduce Your Carbon Footprint

1. REDUCE YOUR ENERGY USE AND SWITCH TO RENEWABLE ENERGY

- As energy is primarily generated by the burning of fossil fuels, one of the most important things to do is to reduce energy consumption and to switch to renewable energy sources. If it is possible in your country, you can switch your home energy supply to a green energy plan or change to a 100% renewable energy provider.
- If you can't change your home energy supplier, you could reduce your dependence on fossil fuels by installing solar panels at your home, buying a solar water heater or using solar powered tech wherever you can (outdoor or portable lighting, mobile phone power banks, etc).
- Reduce energy consumption by installing only LED lights in your house and choosing energy-efficient appliances and heating and cooling solutions.
- Reduce energy consumption by properly insulating your home with appropriate heat trapping or cooling materials that will reduce the amount of energy needed to warm or cool your home.

2. CHANGE THE WAY YOU TRAVEL

- Cycle or walk whenever possible, or use an electric bike or scooter.
- Use public transport (bus, tram, train) instead of a private car.
- If you have no choice but to use a car, think about ride-sharing instead of travelling individually.
- If you're buying a new or second hand car, opt for more environmentally friendly electric vehicles if you can.
- Restrict your flights substantially and opt for direct flights whenever possible.

3. CHANGE WHAT YOU EAT

- One of the best things you can do for our planet is to substantially increase the number of fruits and vegetables you eat.
- Eating a healthy and balanced diet with a larger proportion and a wide variety of plant-based foods, only buying meat and fish from sustainable sources, and not wasting food, all help to protect our planet.

4. CHANGE HOW MUCH YOU BUY AND WHO YOU BUY FROM

- Reduce your consumption overall.
- Choose recycled products and remember to recycle things you no longer need.
- Support companies who have strong sustainable values and practices.
- Lobby your pension fund and your bank to 'go green' and not support any fossil fuel investments and to increase their sustainable values and practices – or move your savings into 'green' funds.

5. CAMPAIGN AND VOTE!

- Become a climate warrior and join local climate marches and support petitions that call for more sustainable practices.
- Ask your company, landlord, school, university and/or city to make the change to renewable energy, support energy-saving campaigns, and make it easier to walk, bike, and use public transportation.
- Vote for public officials who support ambitious climate change action and increasing sustainability, like increasing nature-based solutions, protecting nature and scaling up renewable energy.