

What You Can do to Prevent Climate Change

Ways to Reduce Your Carbon Footprint

1 - Fly Less - a return long haul flight releases about as much carbon dioxide as 15,000 miles of motoring. This is the equivalent of about 3 medium haul or 6 short haul flights.

2 - Use a more economical car - do you need all that space all the time? A roof rack, hitch mounted cargo rack or trailer can handle the rarely needed bigger jobs.

3 - Use efficient refrigeration - the most energy hungry appliances in the average home because they are on all year long.

4 - Reduce Space Heating Requirements - insulate as far as possible, turn the thermostat down 1 degree, don't heat little used areas.

5 - Reduce Water Heating Requirements - showers instead of baths and not multiples each day, a short time to wash is all that is needed. Use energy efficient dishwashers and washing machines.

6 - Food - eat less meat, eat all you buy - don't waste it, avoid air freighted food, enjoy more local produce, grow it yourself if you have a garden area.

7 - Use energy efficient lighting - modern LED bulbs use much less energy than previous bulbs and have far greater lifespans, extra cost at purchase is more than made up for later.

8 - Drink tap water - save all those unnecessary miles that ordinary water is transported for and all those billions of single use plastic bottles.

9 - Avoid ready meals and tv dinners where possible - lots of packaging, transport, cooked twice all to get a disappointing result.

10 - Recycle, recycle and thrice recycle (do you see what I did there?) - whether it's separating waste glass, aluminium, steel, clothing etc. or giving away unwanted but still useable items, continuous use is always better than starting from scratch each time.

