

10 THINGS YOU CAN DO TODAY TO REDUCE YOUR CONTRIBUTION TO CLIMATE CHANGE



Wallingford
Town Council



1. Switch energy supplier

The gas and electricity we use in our homes form a major proportion of our personal carbon footprint. It's easy and quick to swap from carbon-heavy energy to cleaner, green options. Some suppliers provide 100% renewable electricity that's also affordable.

2. Insulate Our Homes

One of the best ways to cut costs and reduce carbon emissions is to improve the energy efficiency of your home. South Oxfordshire District Council offers grants, up to £7500 towards a renewable heating system, up to £1000 for essential energy saving repairs and home improvements.



3. Eat more plants

There's no need to become vegetarian or vegan (unless you want to) but swapping meat for a non-meat option when possible is one of the single biggest things we can all do to reduce our carbon footprint. It takes around 100 times as much land to produce a kilocalorie of beef or lamb compared to plant-based alternatives. Reducing the amount of meat you eat is an easy win for reducing your carbon footprint, and it can also mean eating more fruit and veg, which is good for your health too.

4. Don't waste food

One-third of all food produced is either lost or wasted, which accounts for around 10 per cent of global greenhouse gas emissions. In the UK, wasted food costs about £700 per year for an average family. Avoid waste by only buying what you need, take advantage of every edible part of the foods you purchase; store leftovers carefully (such as in the freezer) and eat them up in good time.





5. Think about your next pet

Pets, such as dogs, can be a great addition to the family, help with mental health and encourage exercise. However, an average dog produces about 770kg equivalent of CO₂ emissions each year, which is equivalent to travelling 25,000 miles in a average petrol car. The average cat produces 310kg of CO₂e per year.

6. Walk and cycle for short journeys

Switching just one trip per day from driving a car to walking, cycling or using an e-bike can substantially reduce your carbon emissions, cut harmful air pollution and reduce risk of heart problems.



7. Plan a local holiday

'Staycations' were increasingly popular even before the pandemic, as more and more people consider the environmental impacts of flying. A return flight from London to New York emits more CO₂ per person than the annual emissions of an average person in 56 countries around the world.

8. Switch Bank

There are several good banks that are fast becoming household names, which promise (and deliver) environmentally-friendly and ethical investment, providing real "value for money". If you have investments, think about greening those, too. Banks offer free switching services and they arrange everything for you.



9. Use fewer electronic data and love your old phone

Storing 100 gigabytes of data in the cloud per year has a carbon footprint of about 180 kg of CO₂. While it's tempting to continually upgrade to the latest gadget, new devices come at a hefty environmental cost. The manufacture of a smartphone, for example, accounts for about 80% of its lifetime carbon emissions.

10. Talk about Climate Change

Let your Councillors know what's important to you, show your support for any positive changes, and ask for change where you think it's needed. Find out what works for you and share tips and ideas with friends and family. The power of sharing your experiences, feelings and knowledge is not to be underestimated.



Reducing our personal carbon footprint can be a good way to reduce climate change, save money, live more healthily, and try new things