

CLIMATE CHANGE and US

Thoughts on what we can do

- ❖ Buy and eat food in ways that enable a biodiverse system.
- ❖ Lower consumption of meat and dairy especially beef and lamb. Keep fish consumption modest and from sustainable sources.
- ❖ Eat what you buy – check what is in the fridge, don't 'buy one get one free' unless you know you will eat it.
- ❖ Learn to do great things with leftovers
- ❖ Elimination of household and catering waste just in Europe and the Americas would add 10% to the world food supply

Energy

- ❖ Vote for politicians who both get the issues and prioritise them
- ❖ Get better at enjoying things that don't require much energy such as walks, books, socialising, local holidays and hobbies that don't rely on fossil fuel.
- ❖ Decrease energy consumption – energy efficient homes.
- ❖ Smaller more efficient cars – electric if possible
- ❖ Fly less
- ❖ Share transport when possible
- ❖ Without losing friends be challenging of habits and views that are unhelpful at work and play
- ❖ Don't leave your TV on standby
- ❖ A New TV – an item left on standby uses 1 watt an hour, then it uses 1kWh for every 1000 hours it is on. There are 8760 hours in a year, so it will use 8.76kWh in a year. Currently 1kWh costs about 14 pence, so over a year that will cost £1.23 to do nothing! Each kWh produces 205g of Carbon Dioxide (Greenhouse gas), that's 1.8kg of Carbon Dioxide per year.
- ❖ TV (10 years old) – an old TV uses 12 watts an hour, so it uses 106 in a year, which is £15, or 21.7kg of Carbon Dioxide per year.
- ❖ Switch off your microwave when not using it – a microwave on standby uses 5 watts an hour, so it will use 43.8kWh in a year, so over a year that will cost £6.13 to tell you the time!! That's 9kg of Carbon Dioxide per year. These two simple steps will save up to about £21, however more importantly 30kg of Carbon Dioxide per year per household.
- ❖ When showering – 1 get wet 2 turn water off 3 use soap/gel 4 wash 5 turn water back on and complete your shower. It saves lots of water.
- ❖ Don't beat yourself up. Have fun – pick your battles. Accept that you will always be flawed and keep going!

