

12 practical actions to cut our climate impact

Some ideas from Transition Exeter

- 1: Stop flying, or reduce your air travel - as flying puts carbon dioxide into the upper atmosphere, it is even more damaging than low level emissions.
If you must fly: fly second class and try to avoid long-haul destinations.
- 2: Use buses, trains or bicycle transport whenever possible. Even cycling short distances makes a significant difference to your carbon footprint and helps improve your health.
3. Buy food which is ethically and locally sourced wherever possible. Use the local market or local greengrocers - it may not be as expensive as you think. Buy only what you need - avoid throwing any food away.
- 4: Go vegan or at least reduce your meat intake. The most damaging is from ruminants, so particularly avoid beef and lamb. If you do buy these, choose a local free-range or organic supplier. Perhaps eat red meat only once a week (also a healthy option, medics tell us). But only vegetables can take up as much CO₂ when growing as our consuming them creates.
- 5: Children and pets could be your biggest influence on consumption emissions. Think carefully about pets. Praise couples who decide to have only one child or none.
- 6: Switch to a 100% renewable energy supplier, such as Ecotricity, Good Energy or Bulb. That way all the energy you use will be derived from a renewable source.
- 7: Move your money to a bank which does not invest in fossil fuels: eg Triodos, Co-op or Nationwide, and look out for the SW Mutual customer owned bank opening in 2020.
- 8: Turn the heating down. A central heating thermostat can be set at 19C, then put on a pullover if you need one. This will save you pounds on energy bills straight away.
- 9: Avoid any food or fresh produce which is air-freighted. This is the most carbon intensive food, eg asparagus or blueberries grown in Peru, or fresh flowers from Kenya.
- 10: Avoid owning a car – join a car club for when you need one. If you use a car, set a driving budget (eg a tank a month), then walk or use your bike or buses to do as many journeys as you can. If buying a car, get pure electric, since a hybrid is inconsistent with carbon neutrality by 2030. If you live rurally, consider setting up a local car club.
11. Buy less stuff, and make what you do buy last longer. Avoid excessive packaging, choose loose products when possible. Maintain and extend the life of what you have, especially household appliances. This will also save money.
12. Get politically active, find others to work with, and don't forget to vote!

More specific practical ideas at www.ethicalconsumer.org – based on what people were actually doing: 'look for '60 actions to help tackle climate change'.



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