




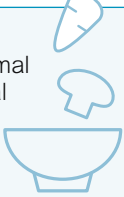














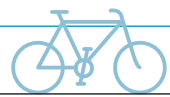

SIMPLE STEPS TOWARDS A SERIOUS GOAL...



It's the actions of businesses, like ours, that will have the biggest impact on climate change. But we can also take the lead in our personal lives. Here are some suggestions for simple tweaks to your weekly routine that – if widely adopted – could make a big difference.

LITTLE CHANGES, BIG DIFFERENCE...



<p>Food and drink</p> 	<p>Swap dairy milk in your coffee for an alternative Replacing your usual latte with an oat milk one saves 220g of CO₂</p> 	<p>Use your keep cup Leaving just one single-use cup on the shelf will save a whopping 480g CO₂</p> 	<p>Have a vegan meal Leaving meat and animal products out of a meal will save 2.5kg of CO₂ compared to a beef-based meal</p> 	<p>Have a vegetarian meal Even if you want to get some of your protein from eggs or dairy, you will save an average of 2kg of CO₂ compared to a beef-based meal</p> 	<p>Buy seasonal fruit and veg Eating locally-grown (rather than air-freighted) fruit and veg for a day will save an average 6.15kg of CO₂</p> 
<p>Technology</p> 	<p>Clean up your inbox Unsubscribing from 5 mailing lists is estimated to save 500g of CO₂</p> 	<p>Use an e-ticket instead of paper Leave the trees to capture carbon and flash your phone instead, saving 480g of CO₂</p> 	<p>Clear out unwanted photos A study estimated that for every photo Cristiano Ronaldo posts to Instagram the energy cost is 36MWh – more than a day's output from one of our wind turbines. You may have fewer followers, but reducing your cloud storage by 1Gb saves 2kg of CO₂ per year.</p>	<p>Lose a screen If you're in the habit of looking at another device with Netflix on in the background, focus on one instead. Or, lose a screen by watching the match or series finale in the pub or at a friend's instead, to save 370g of CO₂</p>	<p>Repurpose your wardrobe Buy and sell unwanted clothes through a thrift app / store. The fashion industry – from material sourcing, through supply chains to washing and waste – is estimated to be responsible for 8-10% of global carbon emissions</p>
<p>At home</p> 	<p>Hang out your washing Harness solar and wind power the low-tech way to save 530g per washing load over the tumble dryer alternative</p> 	<p>Make your own cleaning products A mix of vinegar, soda bicarbonate and water makes an effective cleaner that saves single-use plastic packaging, and reduces transport volumes, saving 6.2kg of CO₂</p> 	<p>Shop at a zero-waste shop It's impossible to avoid single-use plastics at your standard supermarket, but a weekly shop from a zero-waste shop will give you a 6.2kg CO₂ saving</p> 	<p>Don't buy clothes! Need a new outfit? Take another look through your wardrobe, a friend's, or even a second-hand website. Manufacture and transport of clothes has a massive carbon footprint – finding an alternative will save 1.8kg of CO₂</p> 	<p>Borrow a tool Ever considered how much wasted resource is held in your shed? If you are in need of a tool for a project borrow from a neighbour or tool library to save an average of 12kg of CO₂.</p>
<p>Out and about</p> 	<p>Use your legs! Walking or cycling instead of taking the car will save, on average, 650g of CO₂, with fitness and fun an added bonus!</p> 	<p>Take public transport Swapping a car commute for the bus or train will save an average of 550g per journey. Enjoy the ride!</p> 	<p>Pop into your local library According to New Scientist magazine, a typical paperback has a CO₂ cost of 1kg – borrow from your local library instead for a guilt-free read.</p> 	<p>Take a packed lunch, or enjoy lunch/dinner in a café Take-aways usually come with lots of single-use plastic – if you can eliminate this you are releasing 620g less CO₂</p>	<p>Plants & planting Compost organic household waste in your garden. Add a new plant to your garden, and exchange plants, cuttings and seedlings with friends or neighbours.</p> 
<p>Learn and raise awareness</p> 	<p>Share knowledge Pick up one piece of content from Ventientclimateofchange.com to share on your own LinkedIn account</p> 	<p>Let people know you're committed Use the #ClimateOfChange frame on your profile picture on LinkedIn</p> 	<p>Educate yourself and others Educate a child(ren) with knowledge about Climate Change. Take a look here and here.</p>	<p>Engage with others Plan a 15-minute chat with colleagues to share your most recent sustainable 'little' action and learn from the reciprocal experience</p> 	<p>Share practice Share this chart with a family member or friend and help them to be more sustainable with little actions every day.</p> 