

Food & Drink

I will....

- Try Meat Free Mondays (and other days too!)
- Go even further and become vegetarian or vegan
- Reduce my food waste
- Grow my own fruit and veg
- Buy as much food as possible from local producers and growers



Transport

I will...

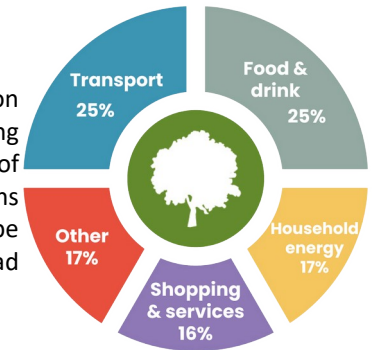
- Avoid flying unless it is really essential
- Cycle to work / school as often as possible
- Use public transport more, or share lifts
- Change to an EV, or downsize to a smaller petrol/diesel car
- Drive sustainably so that I use less fuel



Reducing Your Carbon Footprint

We are all generating too many harmful greenhouse gases, and need to take whatever steps we can to reduce our own carbon footprint.

In the UK, the average person is responsible for producing about 13 tonnes of greenhouse gas emissions each year, which will be generated in these broad categories.



Use this booklet to tick off the actions you are taking to reduce your carbon footprint, and to add other actions as well.



If you want to make a bigger commitment, then why not sign the **Harborough Climate Pledge**

We each need to reduce our own carbon footprint, and should be aiming to halve it by 2030, and reduce it to Net Zero by 2050

And remember – reducing your carbon footprint will often save you money as well

More information and help is available from our website : www.sustainableharboroughcommunity.co.uk/hca

Shopping

I will....

- Repair household items and clothing instead of buying new
- Refill bottles of household cleaning and health and beauty products
- Use my own bags and containers when buying fresh produce
- Use local suppliers and services whenever possible

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Household Energy

I will....

- Measure and reduce the amount of energy I use
- Switch to a renewable energy supplier
- Makes sure all my lightbulbs are LED
- Consider installing solar panels
- Make sure my home is as well insulated as possible

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Other

will....

- Measure and reduce the amount of water I use
- Start my own compost pile
- Plant a tree or a shrub
- Grow flowers to attract pollinators
- Write to my MP and councillors to ask them to do more to tackle the climate crisis

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