What You Can do to Prevent Climate Change
Ways to Reduce Your Carbon Footprint

1 - **Fly Less** - a return long haul flight releases about as much carbon dioxide as 15,000 miles of motoring. This is the equivalent of about 3 medium haul or 6 short haul flights.

2 - **Use a more economical car** - do you need all that space all the time? A roof rack, hitch mounted cargo rack or trailer can handle the rarely needed bigger jobs.

3 - **Use efficient refrigeration** - the most energy hungry appliances in the average home because they are on all year long.

4 - **Reduce Space Heating Requirements** - insulate as far as possible, turn the thermostat down 1 degree, don’t heat little used areas.

5 - **Reduce Water Heating Requirements** - showers instead of baths and not multiples each day, a short time to wash is all that is needed. Use energy efficient dishwashers and washing machines.

6 - **Food** - eat less meat, eat all you buy - don’t waste it, avoid air freighted food, enjoy more local produce, grow it yourself if you have a garden area.

7 - **Use energy efficient lighting** - modern LED bulbs use much less energy than previous bulbs and have far greater lifespans, extra cost at purchase is more than made up for later.

8 - **Drink tap water** - save all those unnecessary miles that ordinary water is transported for and all those billions of single use plastic bottles.

9 - **Avoid ready meals and tv dinners where possible** - lots of packaging, transport, cooked twice all to get a disappointing result.

10 - **Recycle, recycle and thrice recycle** (do you see what I did there?) - whether it’s separating waste glass, aluminium, steel, clothing etc. or giving away unwanted but still useable items, continuous use is always better than starting from scratch each time.