

# WHAT CAN I DO?

## WAYS TO REDUCE MY CARBON FOOTPRINT



- ◆ Unplug appliances and turn off lights.
- ◆ Don't leave electronics on standby.



- ◆ Choose seasonal food that is grown locally.
- ◆ Introduce plant based meals to your diet.



- ◆ Walk or ride a bike instead of driving.
- ◆ For longer distances take public transport.



- ◆ Avoid purchasing and using single use items.
- ◆ Carry food and drinks in reusable containers.
- ◆ Recycle or reuse.



- ◆ Shop for vintage items or in charity shops.
- ◆ Donate or sell unwanted items of clothing.
- ◆ Avoid 'fast fashion'.



- ◆ Talk with your local representatives.
- ◆ Tell family and friends changes they can make.
- ◆ Share ideas online.

### Green Careers

Consider a job that helps to maintain and save the environment. Make a difference for the planet.



"We can't save the world by playing by the rules, the rules have to be changed. Everything needs to change – and it has to start today." - **Greta Thunberg**