

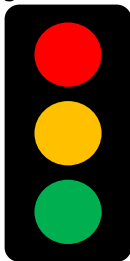
# Reducing your carbon footprint

Most of the energy we use comes from burning fossil fuels (like coal and gas), which releases carbon into the atmosphere and contributes to climate change. We can reduce our 'carbon footprint' (i.e. the amount of carbon our actions add to the atmosphere), by using less energy. This is one way we can each help to reduce climate change.

Below, we've picked out some of the most powerful ways you can make a difference.

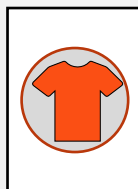
## Travel by people power

The average 5-16 year old travels over 900 miles a year to/from school! By choosing the 'greenest' way to travel, you can help reduce one of the biggest causes of greenhouse emissions.



By travelling using your own energy instead of a car, you could save up to 360kg of carbon per year! It's free and healthy too!

## Greener clean



Washing machines and dishwashers use around 25% of the energy in our homes! By reducing the number of wash loads, we can have a big impact. Think – could you wear your top or jeans another time before you wash them or reuse your mug?



Tumble dryers use a lot of energy too. Perhaps you can help by offering to hang the laundry on a line and use some free solar energy instead!

## Shorter showers



Heating water uses energy.

By taking shorter showers, you can save energy and water (which is also a precious resource).



Why not challenge yourself by setting a timer? If you reduce a 5 minute shower to 4 minutes, you'll save 20% of water and energy.

## Power off



The average home has 40-50 electrical devices and all of these use power on 'standby' mode.

You can save energy by turning them off at the socket. You could help make this into a night-time routine for your household.



Perhaps everyone could be responsible for one room or see who can turn off the most appliances in a set time. (Ask permission!)

## Reuse and recycle



Recycling what you can is great. It takes 75% less energy to make a recycled bottle compared to a new one.

However, most plastics can only be recycled once!



If you usually buy 2-3 drinks a week, you can save around 100-150 bottles and cans a year, by carrying a reusable bottle instead!

## Inspire others



Be an energy champion for your house or school and help others make positive changes.



You could do an energy inspection to see what simple actions could make the most impact. (It may help to have a checklist to follow while everyone gets into good habits.)



You may find the [Energy Saving Trust](#) a useful resource, to show people how much energy and money they could save.

The [Energy Saving Trust](#) has many helpful tips. We also looked at: [transport statistics](#), [transport to school](#), [car emissions](#), [recycling facts](#) & [single use plastic in London](#) for our facts.

# How much lower can you make your carbon footprint by changing what you eat?

Changing our diet is something we can all do to reduce our carbon footprint and help stop climate change.

## lowering your carbon footprint

### stay the same high meat eater

a high meat eater will typically eat 2 meat meals per day (such as a ham sandwich at lunchtime and meat with their evening meal)



### flexitarian 40% lower



eat meat 4 times per week and consume dairy products can reduce your carbon footprint by 40%

### 47% lower vegetarian

no meat at any time but still consuming eggs and dairy products can reduce your carbon footprint by 47%



### vegan 60% lower



a purely plant based diet excluding meat, dairy and eggs can reduce your carbon footprint by 60%

Based on the food element of a high meat eaters carbon footprint being approximately 2.5 tCO2 per annum

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