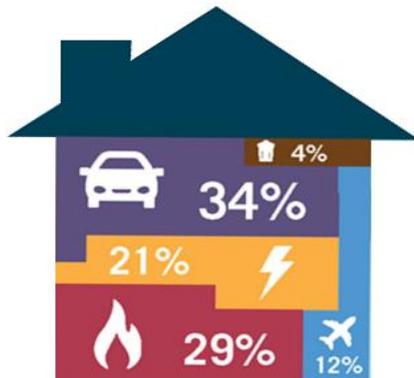
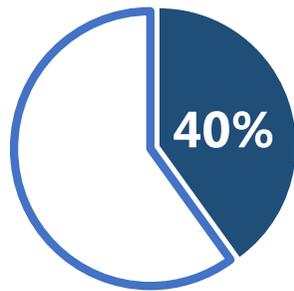


# Reducing your Carbon Footprint *How low can you go?*



**40%** of UK Emissions come from households



## What is a carbon footprint?

The amount of greenhouse gases, primarily Carbon Dioxide (CO<sub>2</sub>), released into the atmosphere as a result of the activities of individuals, organisations, or communities

## What sort of activities generate it?

The majority of the UK's greenhouse gas emissions arise from our production and consumption of energy – whether that's driving cars, food production, manufacturing goods or simply boiling a kettle.

**Emissions can be lowered by becoming energy efficient and by switching from fossil fuels to low-carbon options Both will be necessary to meet UK carbon targets, along with action to tackle non-energy emissions**

## Did you know...?

The average annual Carbon Footprint in the U.K is around **8 tonnes** per head **This does not include CO<sub>2</sub> from manufacture of goods we import** so the reality is much higher and potentially as much as double and more

The target from the IPCC to avoid disastrous climate impact is **net Zero Carbon per head by 2050** though many climate experts believe this is not enough and that the target needs to be **net Zero Carbon by 2030**

## So what does this mean?

Without renewed focus from **individuals, businesses & the government** we are unlikely to reach that target any time soon

## What can we do?

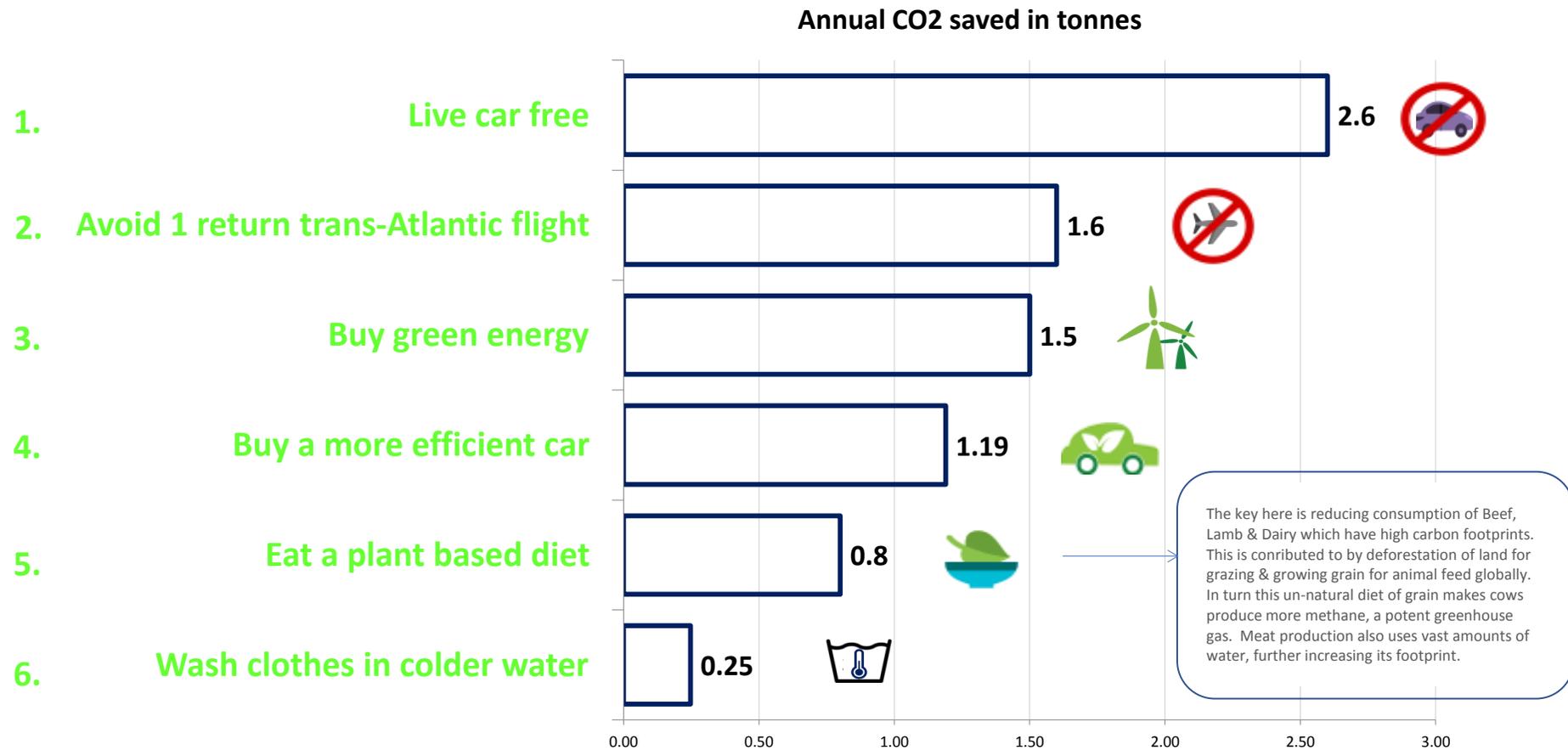
Here we have put together lots of ideas to help you reduce the footprint for you and your family (and send a message to businesses & government too)

# Personal choices that most reduce your contribution to climate change



Every day, we and our actions have an impact on the environment.

**We can shift our choices** relatively quickly, and they can spread through society as widely accepted behaviour

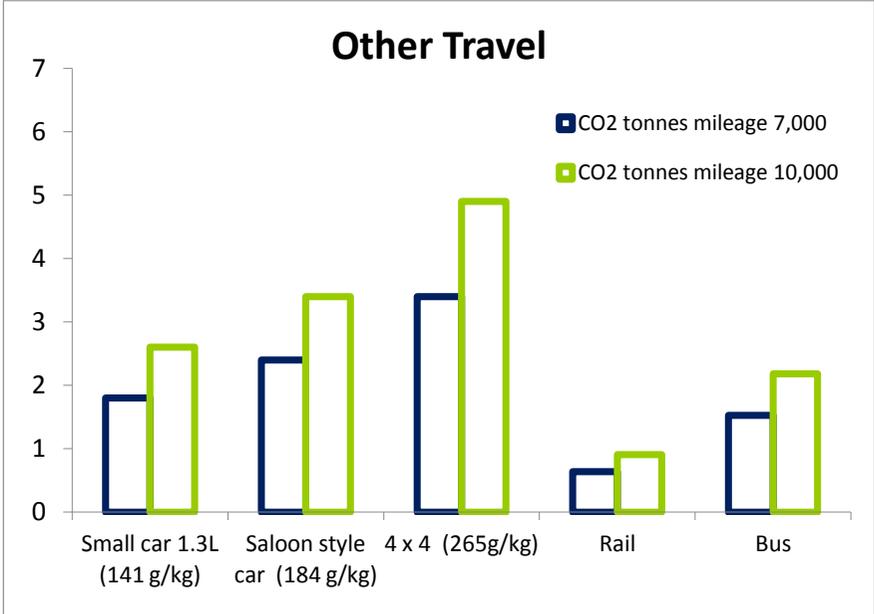
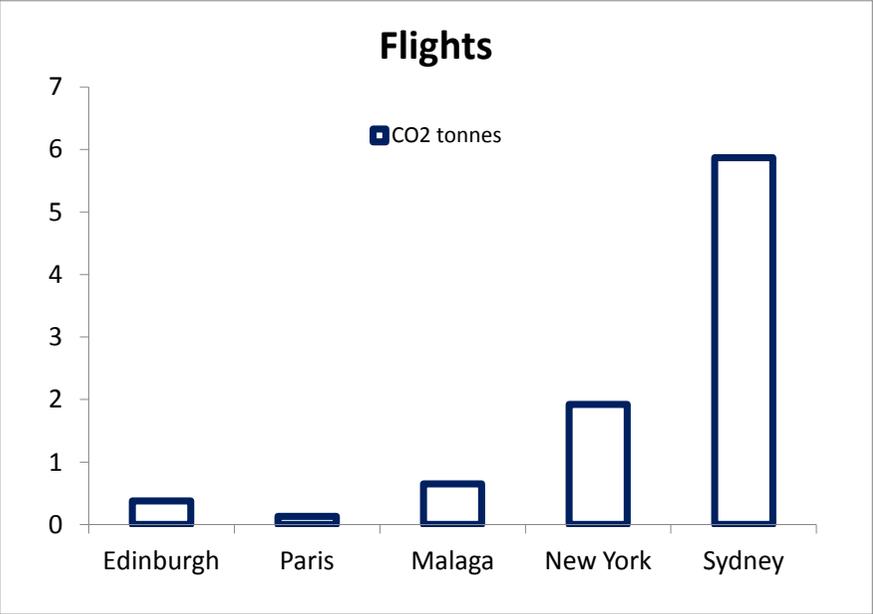


With this in mind, two researchers from Lund University in Sweden and the University of British Columbia in Canada set out to analyse "a comprehensive suite of lifestyle choices to identify those with the greatest potential to reduce individual greenhouse gas emissions."

They looked at 39 peer-reviewed studies, government reports and online tools to pick lifestyle choices promoted to reduce our carbon footprints. Then they ran estimates on how impactful these actions really are if you live in the developed world.

<https://www.sciencealert.com/the-best-ways-to-reduce-your-carbon-footprint-environment-science-less-children>

# How CO2 varies by modes of transport



Data used for charts sourced from [www.carbonfootprint.com](http://www.carbonfootprint.com)

# HOME ENERGY



1	<b>Switch to a renewable energy provider</b>  <p>Remove demand for fossil fuels and ensure your energy is from renewable sources/'green' providers. Look for those investing in new renewables, green gas or bio oil. Switching sites can help &amp; depending on your existing tariffs you may save money</p>				
2	<b>Reduce the temperature of your home</b> <p>Reduce room temperature a little (17 °C, or lower is ideal)</p>				
3	<b>Only heat the house when you're in/ Control home temperature remotely</b> <p>Ensures heating only on when needed</p>				
4	<b>Reduce your hot water temperature</b> <p>Hot water is often heated to a higher temperature than necessary, check your setting, bearing in mind safety regulations. Add a insulated jacket to your hot water cylinder</p>				
5	<b>Use less water (hot &amp; cold)</b> <p>Flow limiters on taps, reduced flush on toilets, only wash up when you have a full bowl/dishwasher, don't leave the tap running whilst cleaning your teeth</p>				
6	<b>Take shorter showers (or have shallower baths)</b> <p>Showers have got more powerful resulting in higher water consumption</p>				
7	<b>Improve your home efficiency</b> <p>Roof Insulation, Cavity Wall Insulation (consider natural materials), Double/Triple Glazing, Energy saving light bulbs</p>		<p>Longer term savings</p>		
8	<b>Choose energy efficient devices (and think about how you use them) or better still - choose manual options!</b> <p>Look for the energy rating on electrical items when buying and try to buy products that are most efficient. Consider electric items in place of gas e.g. hob, shower etc as they can then be powered by renewable energy. Put a lid on your saucepan, cooking on a hob is more efficient than using an oven due to direct contact for heat transfer.</p> <p>Have you considered manual options? e.g push lawnmower, sheers instead of strimmer, ditch the leaf blower/hover, wisking by hand, hand drill, all with the added bonus of keeping you fit!</p>				
9	<b>Switch off electrical devices and turn off lights</b> <p>Switch off &amp; when not needed (e.g. overnight) incl mobiles, tablets, TVs, Broadband. Power is used even when on standby. When on, turn down the brightness, this can save upto 30% energy</p>				
10	<b>Wash clothes on a lower temperature, choose short cycles &amp; do full loads only</b> <p>Ensure your washing machine is used efficiently and at lower temperatures. Can you get an extra wear before washing (this will also help things last longer)?</p>				
11	<b>Air / line dry clothes rather than use tumble dryers</b> <p>Cut out the tumble dryer and save energy and money</p>				
12	<b>Generate your own power / heating / water</b> <p>Solar PV, Ground/Air Source Heat Pumps, mini turbines. Install a grey water system</p>		<p>Longer term savings</p>		



# FOOD



1

## Minimise your Food Waste



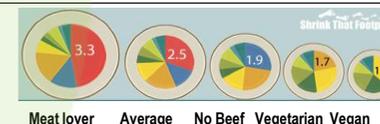
Buy only what you know you need (shopping little & often may help), freeze leftovers to use in one pot wonders, preserve, compost the rest. Know your 'best before' from your 'use by'



2

## Reduce meat & dairy consumption\*

These are shown to have the highest carbon footprint, try switching from beef or lamb (which are particularly high) to chicken, sustainably caught fish or 'meat free Monday's' to begin with



3

## Buy loose & unprocessed rather than packaged

Processed foods require energy to manufacture increasing their carbon footprint. The packaging created also generates carbon along with the subsequent processing after consuming (or not, causing other problems such as polluted waterways and adding to costly landfill!). Buying loose can also reduce waste as you can buy just what you need. e.g. dried goods & loose leaf tea. Make your own, e.g. soup, quiche, pizza, hummus, sauerkraut, bread, cereal bars, crisps, cake...



4

## Buy Organic

Pesticides use energy in manufacture and distribution, create plastic waste & have a devastating effect on waterways, the ecosystem our health as consumers and the health of farmers, whilst also degrading soil & the nutrient content of the food



Offset with less waste & less processed

5

## Buy Local

Reducing the transport carbon footprint of your food. Check out local markets/ farm shops or greengrocers & be a 'Locavore'!



6

## Buy Seasonal (and here's that excuse for not eating lettuce!)

This reduces any artificial conditions (using energy) that may be required to grow out of season. Lettuce has a very low nutrient density compared to the energy used to grow, transport & refrigerate it, so no need to feel guilty eating less of it!



7

## Grow your own!

Possible even in the smallest of gardens. Look for options such as vertical planters where space is particularly limited, maybe including a water butt or consider an allotment and permaculture or 'no dig' methods



8

## Use bags for life (and look after them!)

Reducing the carbon footprint from plastic bags and other packaging. Bear in mind they need to be used many times (c 131!) to really reap the benefits due to the carbon footprint of their own manufacture



9

## Be prepared! (with reusable cups and meals or snacks)

Take homemade snacks/food with you as an alternative to buying packaged goods, carry a refillable cup & don't be afraid to ask people to fill it!



10

## Slow down & eat on the premises

Rather than buying food to take away. This can help cut down on packaging. Keep an eye out for places that source food locally and/or offer organic



Usually a marginal supplement

11

## Home Compost

Uses what would otherwise be classed as waste and saves on buying compost in a plastic bag. Consider making with pallets



\* be sure to maintain a nutritionally balanced diet

# EVERYDAY LIFESTYLE CHOICES

 be a conscious consumer

"Every penny we SPEND is a VOTE for the world we want"

Refuse (say no!)



Reduce

Reuse

Repair

Rot

Recycle

Landfill



Offset with fewer, quality items



Longer term savings



1

## REFUSE (Say No!) & REDUCE what comes into your household



The more you can do this, the less that you will need to deal with in the later categories, saving you time, energy (and money)! Refuse carrier bags or tantalising freebies that deep down you know you'll never use and reduce those impulse purchases (which you often later regret or sit unused). Would you be ok without fabric conditioner or cotton buds? Have you gone for paperless billing & statements? A couple of ideas to get you started, the list is endless!

2

## Borrow & hire rather than buying new & utilise local charity shops or upcycle

Look for your nearest Repair Cafe, utilise friends/neighbours for tools or find a hire shop, check out your local library

3

## De-clutter, Simplify & live with less

This will enable you to clearly see what you already have & therefore avoid duplicate purchases. Anything you identify as no longer needed can be rehomed responsibly, charity shops, local refuges etc and in turn help reduce demand for the manufacture of new products

4

## Avoid 'fast fashion' companies & next day delivery

This is an industry with one of the largest carbon footprints, alongside being a major source of pollution impacting human and environment health, usually in addition to poor working conditions and pay. Next day delivery drives inefficiencies (more carbon). "Buy less, buy to last" & try a 'buy nothing new year'

5

## Keep your mobile phone an extra year & switch to a provider using renewable energy

This is a huge area of waste with mobiles using precious resources and often poorly recycled (or not at all) only c10% recycled. Also consider refurbished

6

## Manage your online footprint & switch to Ecosia search engine

It takes significant energy (in the form of large heat generating servers plus air conditioning units to cool them) to keep all those unedited photos in your cloud & emails in your account! Cleanfox App can help clear emails. Ecosia plant a tree for every forty-odd searches you make by donating to a non-profit org

7

## Opt out of receiving junk mail via Royal Mail & use envelopes for lists/crafts...

...before recycling, reducing the paper they are produced on and reducing your clutter / recycling

8

## Choose Organic & look for ethical, local companies & sustainable materials

Where possible when you do need new, find organic (uses significantly less water & energy), ethical clothes companies, natural sustainably sourced furniture and household items as they can be more readily repaired, repurposed or recycled. Aim for fewer, quality items built to last & save money longer term

9

## Switch to packaging free & from disposable to reusable, natural, sustainable alternatives

e.g. consider soap, shampoo & conditioner bars, metal razors that last a lifetime, a washing up bar, DIY or refillable cleaning products. Switch to reusable kitchen towels, natural washing up cloths/sponges, wipes, nappies... borrow/hire crockery for kids parties or suggest 'bring your own plate parties!'

10

## Know your compostable from your recyclable & biodegradable...

### Beware falling into the trap 'it's compostable so it must be ok!' Some things to look out for...

Compostable (e.g. 'compostable' coffee cups) usually means industrially compostable i.e. very specific conditions. There is currently no curbside collection for these and so they will be sent to landfill where they are unable to decompose.

To be a better option for the environment a cotton 'tote' bag needs to be used at least 131 times. Paper has a higher carbon footprint (c3x) that of plastic and so is not a low carbon alternative to plastic. All single use items have a disproportionately high carbon footprint, choose packaging free/your own container & look for circular systems (e.g. milk rounds) and think the 6 R's above! e.g. Aim to re-use paper before recycling, particularly as a lot is not recycled due to the finish it has or the ink used on it (receipts) or contaminated with food. Recycled plastic can not be clear (i.e. bottled water) limiting the market for it. Plastic uses fossil fuels and unfortunately it's often cheaper for companies to buy new rather than recycle & it can only be 'recycled' a limited number of times (it is downgraded each time, not truly recycled. The green & white circular arrows logo means nothing in the UK and 'recycleable' is no guarantee it will be recycled, 'Biodegradeable' plastic bags tested by University of Plymouth failed to degrade in a variety of natural environments

# SOCIETY



1	<p><b>Use your vote to advocate politicians taking climate change seriously &amp; Sign Petitions</b>                      ... &amp; share them with friends &amp; family. A great way to get a messages to the Government &amp; businesses. Check out petition.parliament.uk. Be persistent! See a business doing something you don't like - email them with your constructive comments</p>	★ 1	 		
2	<p><b>Support relevant charities &amp; campaigns if you can</b>                      By pooling our funds (and in the hands of experts/specialists) this can have a more powerful effect</p>	★ 2			
3	<p><b>Business owners look for 'circular' opportunities &amp; other actions...</b>                      ...Your 'waste' could be used in somebody else's business (saving money for both parties). If you have a website consider using an eco web host such as Kualo Hosting. Reduce brightness on screens &amp; other energy saving, dispose of all waste, incl electronic responsibly. If you post products out check out the 'Packshare' APP</p>	★ 2	 		
4	<p><b>Know where your money is invested</b>                      and thereby what you are supporting</p>	★ 2			
5	<p><b>Find blogs to follow or community groups to join</b>                      It can feel great to find like minded people to share ideas with and discuss your progress and concerns! Or simply for more inspiration and support along the way - or to help keep you on track with your green goals!</p>				
6	<p><b>Talk to family &amp; friends about the changes you are making</b>                      You may inspire them to make changes too!</p>				
7	<p><b>Be vigilant at work</b>                      There may be easy changes you can suggest at work that could be well received, particularly if they are cost neutral or result in savings. Or if you're the business owner why not switch to renewable energy providers, change to LED light bulbs, cut down on printing, choose more sustainable products and work with suppliers to minimise the environmental impact?</p>		 		
8	<p><b>Choose your hobbies / pastimes consciously</b>                      e.g. Choose kayaking over power boating, take up sewing or woodwork giving you the added benefit of being able to make your own / fix things or find an upcycling group or workshop. Consider how you travel to and from</p>		 		
9	<p><b>Plant trees trees &amp; more trees</b>                      To absorb carbon among other benefits! Why not also plant some bee &amp; insect friendly plants and leave gaps for hedgehogs? Look for opportunities in the community for planting</p>		 		
10	<p><b>Get an allotment</b>                      A whole plot too big? Consider teaming up with friends or family to share a plot or see if a half plot or starter plot is an option</p>		 		

# Lifestyle decision process



...how to buy less stuff!



"1st choice is 2nd hand"

Often we are simply (subconsciously) looking for instant gratification (which shopping is great for!) not so great for the planet. Spot when this is happening, pause before you buy and often the urge will pass. Find something else to fulfil the need; A good book (from your library!), get stuck into a hobby, go for a walk, or phone or call in on a friend...



"We don't need a handful of people doing carbon cutting & zero waste perfectly, we need millions of people doing it imperfectly"



# Useful Resources



## Renewable Energy / Energy Saving

Ecotricity & Good Energy (both currently running a deal with Friends of the earth), & Green Energy are investing in new renewables  
*there are other renewable option... Suggest using comparison sites, have your usage figures to hand and look for 100% renewable*

Energy Saving Trust	general info on energy saving
Which	general info on energy saving
Money saving expert	general info on energy saving

## Mobile phone tariffs - Renewable Energy

Ecotalk	Call, text & data services powered by 100% renewable energy
---------	---

*there may be others*

## Web Browser

Ecosia	Donates c80% surplus income to non-profit organisations that focus on reforestation. Plants 1 tree per c45 searches
--------	---

## Food

Willow Basket	loose dry food, organic	Friday street, Henley
Honey's of Henley	local honey	Various markets etc
True Food	loose dry food, Loose local Veg, Organic, detergent refills, eco loo roll	Grove Road, Emmer Green
Tolhurst Organic	Veg from their 24-7 veg shed or available at True Food & Just Trading	Tolhurst Farm
Bosely Patch	Vegetables & flowers grown in Henley	Swiss Farm, Henley
Just Trading	loose food, organic, detergent refills, eco loo roll, Tolhurst Veg box	Wallingford

## Toiletries / Household

True Food	shampoo & conditioner refills, bar soaps, bamboo toothbrushes, reusable cloths, sanitary pads etc (+food, see above)	
Seed1	Personal care & household care eco products. Not for profit.	Marlow, High Street
Four State	Personal/household care, some clothes & yoga mats, more eco conscious choices	Marlow, Spittal Street
Just Trading	shampoo & conditioner refills, bar soaps, plastic free toothpaste & skincare (+food, see above)	
River & Rowing Museum	may have a small section of 'eco products', however have not yet checked this out!	Henley
Various online	plastic free, organic, sustainably sourced etc, just be mindful of transport, packaging etc required	Online
Sunscreen (Reef safe)	Shade, may be others	Marlow Seed1 & Four State

## Re-homing / Re-using & / OR buying 2nd hand

Clothes	Plenty of charity shops in Henley	Henley
Smalls for All	take undies & bras	Postal service
Give & Make up	Take open (if you'd 'give it to a friend') as well as unused	Postal service
Electrical	Sue Ryder, not white goods. Check drop off times before you go!	Nettlebed
Furniture	Sue Ryder. Check drop off times before you go! They may collect	Nettlebed
Books	Library & Oxfam Book shop	Henley
Freecycle (local, not for profit), Gum Tree, Freecycle, Ebay	online options for buying/selling/re-homing	
Packshare	APP for finding places who take in packaging to RE-USE, bubble wrap, padded envelopes etc	
Watson & Wyatt	Take old inflatables and make into bags (yes, really)	
Shoes	Old ones can be taken to Clarks (initiative with Unicef) check which stores, don't need to be pairs	

## Furniture

Ecosofa	All natural sofas built in the UK. Organic an option & no flame retardants required!
---------	--

Look for FSC certified, locally made, sustainably sourced, repairable, upcyclable, no plastic etc from ethical companies

## Make up

ZAO	Organic, largely plastic free make-up, refills available
The NEW ARC	North East Wildlife & Animal Rescue Centre taking used (cleaned) mascara wands to brush small animals, check for others!

# Useful Resources continued



## Recycling

Binzone App	Oxfordshire App useful to check what can be recycled
Binzone Wheel	Cardboard wheel with what can be recycled, available from Henley Library
Terracycle	Specialised e.g. For toothpaste tubes, crisp packets & other hard to recycle items. Nearest collection point Sonning Common but check their website for details or start your own collection point and don't forget to let us know!
Contact lens cases	Borneo & Frost have a Terracycle scheme

## Repair Cafes / Sewing & Sewing Repairs or Alterations

Wallingford & Reading held regularly, Hopefully Henley soon too!	
Sewing	Golden Needle, Friday Street Henley. Emma Taylor 'Henley Seamstress' Facebook page, Lady Sew & Sew for lessons

## Grow your own

Permaculture & No Dig	Useful methods to follow
Allotments	2 sites in Henley, check for availability / waiting list
Facebook groups in relation to both to ask questions etc (see below)	

## Living with Less

Try Marie Kondo method	Combine it with thoughtful re-homing. Books & Netflix series
Zero Waste Home	Bea Johnson, book, blog, website
Minimalists	Netflix, website

## Ethical Companies & related

<b>Ethicalconsumer.org</b>	Analyses & scores companies on various criteria. Includes Energy, Fashion, Money, Tech, Health & Beauty, Home etc
Think dirty website/App	Can help identify ingredients in home & beauty products
Compare ethics	Website connecting you to more sustainable brands
Know the origin, People Tree, MUD jeans, Rapanui,	just some of the more ethical companies selling Organic clothes
There are others, look for Organic, Fairtrade or handmade, local, pre-loved etc	
Batako	Recycled materials to make swimwear

## Charity Ideas (there are lots of others here are just a few ideas...!)

Woodland Trust (reforestation), Friends of the Earth, RSPB (cover much more than just birds), Surfers Against Sewage, Greenpeace...

## General information, inspiration, motivation

Albatross film, Documentaries: The True Cost, Before the flood Leonardo DiCaprio (climate change), The Inconvenient Truth & sequel AL Gore (climate change), Minimalists The True Cost (Netflix),

TV Series: David Attenborough Blue Planet & sequels, Consumerism, Marie Kondo

Websites: [www.YoungClimateWarriors.org](http://www.YoungClimateWarriors.org), weekly actions for children to partake in, check out the website. [Zerowastehome.com](http://Zerowastehome.com), blog

Facebook groups: Journey to zero waste uk/Oxfordshire, Permaculture UK, various Allotment related, Marie Kondo UK & Ireland

Henley Plastic Reduction, Little Green Ways

## Courses

Incredible Edible Oxford	Courses on preserving your own food, growing food etc, bursary places available
--------------------------	---

## Junk Mail opt-outs

[www.royalmail.com/sites/default/files/D2D-Opt-Out-Application-Form-2015.pdf](http://www.royalmail.com/sites/default/files/D2D-Opt-Out-Application-Form-2015.pdf)

Print & send

[www.yourchoice@DMA.org.uk](mailto:www.yourchoice@DMA.org.uk) 'Your choice' scheme run by Direct Marketing Association

[www.mpsonline.org.uk](http://www.mpsonline.org.uk) Mail Preference Service which provides details on all other mailing services

## Petitions

[www.gov.uk/petition-government](http://www.gov.uk/petition-government)

start a petition

[www.petition.parliament.uk/petitions?state=open](http://www.petition.parliament.uk/petitions?state=open)

find a petition to sign & share