

TAKE ACTION AGAINST CLIMATE CHANGE

ACTION	Tons of CO ₂ saved per year	REFERENCE
Reusable shopping bag	0.005 (5 Kg)	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Spending 1 minute less in the shower <i>(Saves £8 of your bill)</i>	0.023 (23 Kg)	https://www.carbonfootprint.com/minimisecfp.html
Home heating/cooling efficiency <i>(Saves £350 annually)</i>	0.18 (180 Kg)	Chitnis, M., Sorrell, S., Druckman, A., Firth, S. K., & Jackson, T. (2013). Turning lights into flights: Estimating direct and indirect rebound effects for UK households. <i>Energy Policy</i> , 55, 234-250. https://abdn.pure.elsevier.com/en/publications/turning-lights-into-flights-estimating-direct-and-indirect-rebound
Turn down the heating by 1°C <i>(Reduces your energy consumption by 8% and saves £42 per year)</i>	0.18-0.3 (180-300 Kg)	https://www.carbonfootprint.com/minimisecfp.html https://www.theguardian.com/environment/ethicalivingblog/2007/nov/09/savecarbonwhilekeepingwarm
Hang dry clothes	0.21 (21 Kg)	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Recycle	0.21 (21 Kg)	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Eat less meat	0.23 (23 Kg)	Meier, T., & Christen, O. (2012). Environmental impacts of dietary recommendations and dietary styles: Germany as an example. <i>Environmental science & technology</i> , 47(2), 877-888. https://pubs.acs.org/doi/abs/10.1021/es302152v
Eat local	Up to 0.36 (360 Kg per year)	Coley, D., Howard, M., & Winter, M. (2009). Local food, food miles and carbon emissions: A comparison of farm shop and mass distribution approaches. <i>Food policy</i> , 34(2), 150-155. https://www.sciencedirect.com/science/article/abs/pii/S0306919208000997
No food waste	0.37 (370 Kg per year)	Hoolohan, C., Berners-Lee, M., McKinstry-West, J., & Hewitt, C. N. (2013). Mitigating the greenhouse gas emissions embodied in food through realistic consumer choices. <i>Energy Policy</i> , 63, 1065-1074. https://www.sciencedirect.com/science/article/pii/S0301421513009701
Eat a plant-based diet	300-1600 Kg per year	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6

Purchase green energy	0.1-2.5 Tons	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Live car free	1-5 Tons	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Avoid one transatlantic flight per year	2.8	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6
Have one fewer child	117.7 tons	Wynes, S., & Nicholas, K. A. (2017). The climate mitigation gap: education and government recommendations miss the most effective individual actions. <i>Environmental Research Letters</i> , 12(7), 074024. https://iopscience.iop.org/article/10.1088/1748-9326/aa7541?TB_iframe=true&width=921.6&height=921.6