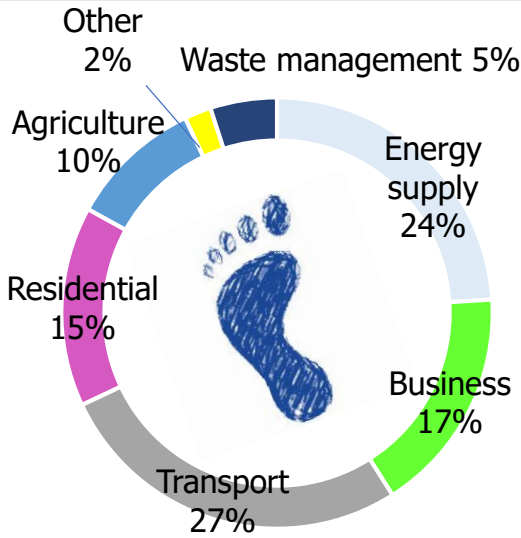


# TAKE ACTION AGAINST CLIMATE CHANGE

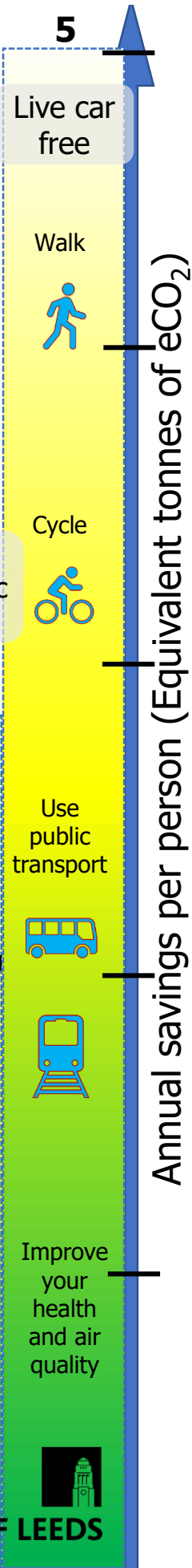
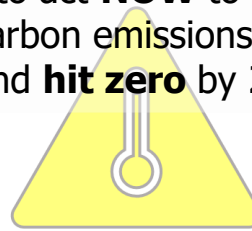


The carbon footprint is the total amount of greenhouse gases produced to directly and indirectly support human activities expressed in equivalent tonnes of carbon dioxide (eCO<sub>2</sub>).



Contribution to the UK carbon footprint

To avoid dangerous levels of global warming (>1.5°C) we need to act **NOW** to to **halve** our carbon emissions by 2030 and **hit zero** by 2050



Annual savings per person (Equivalent tonnes of eCO<sub>2</sub>)

Talk about climate change with your family and friends. Your actions will inspire others to follow

Become a climate advocate and activist. Join or start an action group where you live

Lobby your elected political representatives to address the crisis

Buy fewer and longer-lived goods

Home insulation energetically efficient  
**1.5**

Eat a plant-based diet  
**1.6**  
Eat healthier

Just one revolution of a wind turbine can power a house for a day!  
**2.5**

Avoid one transatlantic flight  
**2.8**

Use public transport  
**2.5**

Use video-conferencing  
**1.6**

Take the train  
**1.5**

Holidays closer to home  
**1.5**

Turn down heating by 1°C  
**0.3**

No food waste  
**0.4**

Recycle  
**0.2**

Reusable shopping bag  
**0.005**