

10 WAYS YOU CAN FIGHT CLIMATE CHANGE

01



Raise your voice

More than one in four voters say the issue of climate change is more important to them than Brexit and healthcare. Talk to your MP.

02



Switch to a low carbon diet

A portion of red meat has an environmental impact 35 times greater than a bowl of green vegetables. Try adding a few more veggie meals to your dinnertime roster.

03



Use sustainable transport

The life cycle of an all electric vehicle creates 40% fewer emissions than conventional cars – plus they're cheaper to run.

04



Insulate your home

Insulating your loft by 27cm could prevent up to 950kg of CO2 from entering the atmosphere – the same amount emitted by a car driven for 2,323 miles.

05



Choose green energy

A standard household solar PV system in the UK saves almost 1.2 tonnes of CO2 emissions every year – that's the same as flying return from London to New York.

06



Consume less

The stuff we consume – from food to knick knacks – is responsible for 60% of global emissions and as much as 80% of land, water and material use.

07



Holiday close to home

A return flight from London to Rome creates a CO2 footprint of 234kg per passenger. There are 17 countries in the world where the average citizen emits less than that in an entire year!

08



Plant a tree

The UK has 13% forest cover compared to the European average of 35%. We need to plant 50 million trees a year to reach net zero emissions by 2050.

09



Check your investments

Green banks have driven some \$50 billion of clean energy investment – meanwhile, many traditional institutions continue to funnel billions into fossil fuels.

10



Prepare for flooding

More than five million people in England are at risk from flooding, but only a third of those living in flood-prone areas believe they could be affected so protect your home by being flood aware.

1) 'Concern for the environment at record highs', [YouGov.co.uk](https://www.yougov.co.uk)

2) 'Multiple health and environmental impacts of foods', [PNAS.org](https://www.pnas.org)

3) 'Why Businesses Need to Invest in EVs and EV Charging Stations', [EvoEnergy.co.uk](https://www.evoenergy.co.uk)

4) i. [EnergySavingTrust.org.uk](https://www.energysavingtrust.org.uk), ii. [Greenhouse Gas Equivalencies Calculator, EPA.gov](https://www.epa.gov)

5) 'How much carbon dioxide do solar panels save?' [AbundanceInvestment.com](https://www.abundanceinvestment.com)

6) 'Environmental Impact Assessment of Household Consumption', [Wiley.com](https://www.wiley.com)

7) 'How your flight emits as much CO2 as many people do in a year', [Guardian.com](https://www.guardian.com)

8) i. [FriendsOfTheEarth.uk](https://www.friendsoftheearth.org), ii. [WoodlandTrust.org.uk](https://www.woodlandtrust.org.uk)

9) [GreenBankNetwork.org](https://www.greenbanknetwork.org)

10) 'Environment Agency Chair calls for new approach to flood and coastal resilience', [Gov.uk](https://www.gov.uk)