



1. Make at least one journey more sustainable



2. Go meat-free for a day



3. Have a no food-waste weekend



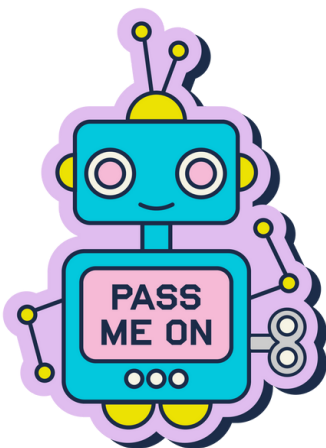
4. Turn down the heating by 1° for a week



5. Design a flight-free holiday



6. Say 'no' to a new item



7. Donate something you no longer need



8. Substitute 4 baths for 4 showers and limit them to 4 minutes



9. Share carbon-cutting advice



COMPLETED BY

November is Cut Your Carbon month!



Eco-Schools is challenging all young people in England to take action on their carbon footprint. Completing these 9 simple actions with families and friends will raise awareness, change behaviours, and Cut Your Carbon - a greenhouse gas responsible for driving climate change.

So grab a magnet, stick this sheet on your fridge, and get going... the time to act is now!

- 1. Make at least one journey more sustainable.** Transport is responsible for around 20% of global CO₂ emissions. So how about turning a car-ride to school into a bus-ride to school? Or perhaps a bus to the shops could become a bike to the shops?
- 2. Go meat-free for a day.** Farmed animals are responsible for around 14% of the world's greenhouse gas emissions, so choose a day to go meat-free and discover how delicious cutting carbon can be. As an extra challenge, try going entirely plant-based for the day (meaning no dairy or eggs either) or attempt a meat-free day each week during November.
- 3. Have a no food-waste weekend.** Prepare only what is needed, eat everything edible on your plate, and ensure any leftovers are saved for another time or used to create a new meal. Growing, processing, and transporting food releases greenhouse gases into the atmosphere, and even more gases are released if this food is binned and sent to landfill.
- 4. Turn down the heating by 1° for a week** Heating is the biggest source of CO₂ emissions in many homes. Dropping your heating 1° below your usual temperature for a week can reduce your carbon footprint and save your family money. You could even go further and commit to 18° for a week, as recommended by the World Health Organization.
- 5. Design a flight free holiday.** Flying is bad for our planet, so for this challenge, we're asking you to appreciate exciting destinations closer to home – sit with your family and decide on a future trip you'd like to take that doesn't involve flying. This might be to visit Stonehenge in Wiltshire, try surfing in Cornwall, or go hiking in the Lake District.
- 6. Say 'no' to a new item.** Write a list of every non-essential item you bought, or that was bought for you, last month and categorise each - e.g., clothing, toys, cosmetics. Choose a category and commit to not purchasing any items in this category for a month, because every item you buy has a carbon footprint.
- 7. Donate something you no longer need.** Manufacturing new items releases carbon into the atmosphere. For example, producing a book releases about 1kg CO₂, a t-shirt 7kg, and an iPhone, a whopping 60kg! Passing on things you no longer need is a great way to prevent emissions, so, swap a book with a friend, donate clothing that doesn't fit to charity, or pass on an unused device to a relative.
- 8. Substitute 4 baths for 4 showers and limit them to 4 minutes.** Swapping a bath for a 4-minute shower can use up to 44 litres less water, saving the energy required to clean, transport, and heat this water. We recommend using a 4-minute song as a timer that you can sing-along to!
- 9. Share carbon-cutting advice with someone.** To conquer climate change, we all need to work together, so share three pieces of carbon-cutting advice with people you know. You might remind a brother or sister not to waste food, challenge a grandparent to time their shower or share a plant-based recipe on social media. Don't forget to add #CutYourCarbon to your posts.

Get additional insight into your family's emissions.

Check out WWF's Carbon Footprint Calculator: <https://footprint.wwf.org.uk/>