

list of ideas/suggestion to help people reduce their carbon footprint under headings: Quick Changes, Lifestyle Changes & Long-Term Changes.

- **Quick and easy things**
  - Switching energy supplier,
  - Switching light bulbs to LED
- **Lifestyle Changes**
  - Eat/shop local and organic where and when you can
  - Food purchase & Waste Diary – create a log of food purchased and food wasted, potential to help reduce waste
  - Meal planning to help reduce waste
  - Car sharing (covid permitting), travel by train/Eurostar or bus instead of driving,
  - Consider a holiday locally rather than flying abroad

### **3 R's (reduce, re-use, re-cycle)**

- Recycling soft plastics
  - Try to buy products with less or no plastic packing,
  - Use your own shopping bags where you can,
  - Refillable water bottles and refillable cleaning products,
  - Switching electrical products off at night where you can.
  - 'Make do and mend'
  - Suggest parents donate unwanted uniforms etc to the School, School in turn to then sell for a minimal price, money then goes back into the School funds
- **Long terms Changes/Aspirations**
    - Reviewing/seeking advice on house insulation
    - Downsizing car/going electric,
    - Try to buy more efficient high end quality white goods when old appliances need replacing, this could also introduce a cost saving – you may find this website of use [Guide to choosing home appliances - Energy Saving Trust](#)