

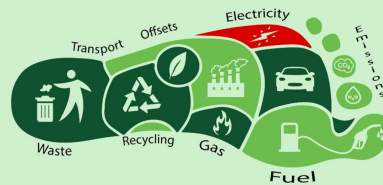
## REDUCE YOUR



## CARBON FOOTPRINT

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

- Recycling soft plastics
- Reusable face masks
- Try to buy products with less or no plastic packing
- Use your own shopping bags
- Refillable water bottles and refillable cleaning products
- Switching electrical products off when not in use
- 'Make do and mend'
- 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



## Lifestyle Changes



## Quick and easy things

- Switching energy supplier,
- Switching light bulbs to LED



- 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), cycling travel by train/Eurostar or bus instead of driving, or flying
- Consider a holiday locally rather than flying abroad

## Long Term 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
- <https://energysavingtrust.org.uk/advice/home-appliances/>

