

Six quick wins to reduce your carbon footprint at home and save money too!

With so many people now working part-time or full-time from home, making small changes to your lifestyle can help reduce your carbon footprint which not only can help save the planet but can save you money at the same time!

1

Eat less meat...

Reducing how much meat you consume daily can help you stay healthier and protects the environment too!

Try eating more fruit, vegetables, grains and beans and, whenever possible, look out for seasonal produce, sourced from local suppliers.

Better still, grow your own fruit and veg – it's fun, fresh-tasting and satisfying which helps your mental health too!

4

Recycle and re-use...

Buy loose fruit and vegetables and use a paper bag and store in washable cotton bags.

Use reusable food wraps like Bee's wraps to replace cling film.

Try using recycled glass and sustainably sourced products whenever you can.

2

Stand-down your standbys...

By unplugging your mobile phone charger and taking your TV and other appliances off standby, which can use up to 85% of the energy they would use if fully switched on, could save you as much as £35 per year off your electricity bill.

5

Drive less if you can...

Look at ways to reduce your CO2 emissions by changing how you travel.

If it is less than a mile, could you walk?

If it is less than five miles, could you cycle?

If you have to drive, could you car share?
Work from home and teleconference if you can.

3

Make your home warm and cosy...

Keep the heat in by closing your curtains at night – and keep cosy!

Check your home for draughts, plug the holes and top up your loft insulation! Turning your thermostat down a degree or two and putting on an extra jumper could save you £80 a year!

Look at switching to a 'green' energy supplier and you could cut your carbon footprint by around 24%!

6

A little energy goes a long way...

Switch to LED light bulbs around the home, not only do they last longer - up to 20,000 hours - they use 90% less energy than traditional light bulbs.

Ensure your washing machine has a full load and turn down the temperature. Save even more by hanging your washing outside to dry! Put your feet up with a cuppa, but only fill your kettle with the amount of water you need.