

Whenever you find yourself buying a new item, remember to ask yourself:

1. Do I need it?
2. Can I borrow it?
3. Can I make it?
4. Can I find it second hand?
5. Is there a sustainable alternative version?

Change is not easy, but the health of our planet depends on it.

Start with what you can do now and then challenge yourself to do more. For more information visit our website

[www.another-way.org.uk](http://www.another-way.org.uk)



Let's Fix Our Future

## Clothing

- **Clothing has a huge environmental cost, through habitat-loss, pollution, water usage and GHG emissions.** Buy less clothing and when you do, get it second hand or swap with a friend.
- **Find sustainable brands.** Many new businesses are making recycled clothing from ocean plastics or from sustainable fabrics such as hemp, organic cotton and bamboo. However, reducing, reusing and buying vintage are preferable.
- **Buy fewer but quality items made to last.** Repair or repurpose and give unwanted items to others or charity. Why not upcycle old clothes into other items such as cloth bags? Get creative.
- **We all buy too much. Over 30% remains dormant in our wardrobes every year.** Only buy what you need and treat yourself to time with loved ones or doing something you enjoy instead. That type of happiness lasts longer too.



## Did you know...?

- **We are set to overshoot the 1.5°C global temperature rise** considered “safe” between 2030 and 2040.
- **50% of carbon emissions are produced by only 10% of the world's population.** With wealth comes responsibility.
- **Solar is the renewable with the greatest potential. Solar panels covering 0.1% of land would fulfil current energy needs.** However, if our energy ‘needs’ keep increasing at the same rate as they are now then **in 300 years the entire Earth would need to be solar panels.**
- **Animals require ten times more food energy to eat than they produce.** Grain fed animals are destroying habitats and are unsustainable. Natural pasture fed animals however can restore healthy soils and sequester carbon.
- **A car battery can power a car 2-3 times further** per unit of energy than a combustion engine. It is also less polluting.
- **Flying produces more CO<sub>2</sub> than the whole of human activity in Africa** (1.3 billion people), and because of the altitude and other gasses released it also has twice the impact.

## Your Carbon Footprint

and how to reduce it



 Devotion to Ocean

It's not easy to change our ways, but together we can.

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# Your Carbon Footprint

## What is a carbon footprint?

“When talking about climate change, *footprint* is a metaphor for the total impact that something has. And *carbon* is a shorthand for all the different greenhouse gases (GHG) that contribute to global warming.

The term carbon footprint, therefore, is a shorthand to describe the best estimate that we can get of the full climate change impact of something. That something could be anything – an activity, an item, a lifestyle, a company, a country or even the whole world.”

*Mike Berners-Lee, How Bad are Bananas.*

See below for our handy guide on ways that you can reduce your individual carbon footprint.

## Food, drink & waste = 25% of footprint

- **Eat more plant based food.** Eating a wide and varied array of fruit, vegetables, nuts, grains and pulses is extremely beneficial to your health, reducing risk of heart attack and cancer as well as many other chronic lifestyle diseases.
- **Eat less meat and dairy;** especially grain fed beef, pork, lamb and dairy, which is harming the environment both through habitat loss and through GHG emissions.
- **Eat less fish. Only 30% of fish is considered sustainable.**
- **Produce less food waste. Consumer waste accounts for 20% of worldwide food waste.** Buy only what you need and reuse. If you home compost make sure you stir it to stop methane creation else it's no better than landfill.
- **Avoid air-freighted foods.** Asparagus from Peru has one of the highest carbon footprints of any food! Avocados, tropical foods and berries are commonly air-freighted too. Buy local and seasonal where you can or else apples, oranges, bananas, pears, melons and pineapples which travel by boat.
- **Reduce the packaging your food comes in.** Consult our guide to the plastic-free adventure! [another-way.org.uk/files/plastic-free-guide.pdf](http://another-way.org.uk/files/plastic-free-guide.pdf)



## Electricity

- **Install sensors for lights . Replace old bulbs with LEDs.** Only turn lights on when necessary and have fewer of them.
- **Dry clothes on a line or radiator.** Tumble driers are a waste of energy and shorten the life of your clothes.
- **Wash clothes only when necessary and at 30°C.**
- **Use a full dishwasher with eco mode - it uses less energy than washing by hand.**
- **Buy A+ rated smart appliances** and only buy what you need. Excessive storage uses more power and results in more food waste.
- **Only buy gadgets that you really need and repair rather than replace.** Consider second-hand and if buying new, buy high quality and long lasting without a heavy manufacturing imprint.
- **Don't leave gadgets on standby, switch them off.**
- **Solar and wind are the most eco-friendly forms of energy.** Install your own solar panels or wind turbines or switch to an energy provider that uses 100% renewables.



## Travel = 26% of footprint

- **Plan your week so you make fewer trips.**
- **Try and make your next car electric. This uses 67% less energy than a fuel car.** As technology and investment advances, they will become a more affordable and feasible option.
- **Buy cars less often, or consider second-hand. One third of the carbon footprint of a car is in its manufacture.**
- **Drive more slowly and anticipate the road ahead so you brake less often.**
- **Lift share for regular journeys and long journeys.**
- **Avoid driving whenever you can.** Walk, cycle, take the bus or the train. Consider **an e-bike – the most efficient form of transport.**
- **Fly less.** Investigate alternative means of travel and go abroad less. **One long-haul return flight is likely a quarter of your annual carbon footprint.**
- **If you have to fly, fly economy class and consider offsetting your emissions** (e.g. donate to reforestation projects, plant trees or invest in renewables) **but don't think of this as a substitute for not flying.**



## Heating & hot water

- **If you're fit and healthy turn the thermostat down and wear more layers.**
- **Reduce your energy consumption by primarily installing thick loft insulation followed by efficient windows and good wall insulation.** Block draughts from doors, keyholes and chimneys and lag your hot water tank.
- If you happen to be building a new home, you can **create a zero energy design**, saving you thousands in the long run.
- **Reduce the time you spend in the shower or the water you use in the bath.**
- **Install heat pumps and smart control systems to replace oil and gas boilers which are not sustainable.**
- **Biofuels – only use those from waste products. Most biofuels are farmed and are destroying forests and other environments.** These are not sustainable.

