

CLIMATE CHANGE COMMITMENT

Workplace

- Ensure you turn your IT equipment off when you aren't using it. Particularly at the end of the day instead of leaving it on standby.
- Avoid leaving your laptop on charge when your battery is full.
- Lower the brightness level on your screen to save energy.
- Close unused applications when you have stopped using them
- Cut down on paper print outs. Review documents on your screen instead.
- Avoid sending unnecessary emails and clear out your mailbox! Data storage centers and networks use a lot of electricity.
- Make sure you recycle any old equipment.

Physical activity

- Active travel! When going from A-B are you able to walk or cycle instead of driving? This will provide you with health benefits as well as positively impacting climate change.
- Consider adding physical activity into your day instead of using electronic devices such as a TV or laptop.
- Getting outside to do physical activity can decrease the amount of time you need the heating and lights on!

At home

- Switch energy providers to one who use renewable sources.
- Ensure you are using energy efficient light bulbs.
- Consider investing in smart technology so you can switch appliances on only when you need them.
- Cut down your shower times. Cutting down by 1 min makes a huge difference.
- Turn down your heating by 1 degree to save energy.
- If you can wash your clothes at 30 degrees or less.
- Rewild you garden and scatter some seeds!
- Recycle right! Check that you are recycling everything you can with your local authority.
- Consider using a microfiber bag when doing your laundry to collect polluting microplastics.

Food & drink

- Shop for foods that are in season-particularly fruit and veg.
- Consider eating less meat. You could choose to do meat free Monday's!
- Ensure you take a reusable cup to a coffee shop and avoid using the single use cups.
- Consider swapping cows milk for a plant based alternative such as Soy, Oat, Rice, Almond and coconut. Plant based milks produce 1/3 of the Co2 emissions cows milk does to produce.
- Find and buy products that use sustainable palm oil.
- Consider a plant based diet. Try 1 day a week.
- Invest in a water bottle rather than buying and using single use plastic bottles.

Travel

- Drive smarter! Remove any excess weight from your car.
- Ensure you have the correct air pressure in your tyres.
- Slowing your speed by 10mph will improve fuel consumption by 25%!
- Turn your car ignition off when stopped for more than 15 seconds.
- Choose a better way to get from A-B such as walking or cycling. If the journey is too far consider the use of public transport.
- Car share where possible (when COVID guidelines allow).
- Reduce your air travel, especially shorter trips. Could meetings be done online instead?

Lifestyle

- Buying 1 expensive item of clothing instead of several cheaper, fast fashion alternatives.
- Buy second hand. There are many apps you can buy good quality second hand clothes from.
- Shop and eat smarter to avoid waste. Consider putting together a meal plan for the week.
- Plant a tree with the [Woodland trust](#).
- Make sure you take reusable bags when doing your shopping.
- Avoid single use cutlery.
- Talk about the importance of climate change and increase awareness.
- Do your research when it comes to Banks and ensure you aren't with a bank investing in deforestation and the production of fossil fuels.
- Consider reusable period products.