

TOP TIPS FOR REDUCING YOUR CLIMATE IMPACT



**South
Lakes
Action on
Climate
Change**

To avert the worst effects of climate change we ALL need to reduce our CO₂ emissions by 80% by 2030. That's a big challenge for industry and the public & we need to start NOW. Here are some things you can do to help. If you're in any doubt you'll make a difference, remember an avalanche starts with a single snowflake.



BUY LOCAL SEASONAL ORGANIC GET GREEN ENERGY - some energy food, which should be most of your diet. If you eat lots of ready-meals you can save loads of money. Try www.howbarroworganic.co.uk on 015395 36330. from £5 +delivery. companies match your existing tariff, so it can cost you NOTHING extra! Call 0800 0326100 or ecotricity.co.uk for details.

GROW YOUR OWN FOOD - turn that lawn into a food supply. You'll save money, or phone 01539 735984 for an allotment in

DON'T FLY - sign the pledge to reduce your flights at www.lowflyzone.org. If you MUST fly, see what you can do to repair the damage done. Try carbon offsetting, or planting trees.

USE CARS LESS - share lifts to work, walk, cycle, bus or train. Take holidays in the UK. Use trains & ships abroad. Check www.seat61.com for times & tickets.

INSULATE & draught-proof your home. Grants are available! Tel. 01539 733 333

USE YOUR ENERGY WISELY - stop wasting money. Simply switch your appliances off; switch lights off when you leave a room; knock your thermostat down by 1 or 2 degrees & wear a jumper; wash regulars on 30 degrees. Simple!

BUY LESS - if you don't NEED it, why buy it? If you do, spend a little more on an item that lasts; if electrical, look for the A+ rating (you'll save more on bills than the extra paid) or borrow tools for a one-off job.

REUSE & RECYCLE - as much as you can. It's not hard, just a change of habits. Try [Resource Cumbria](http://ResourceCumbria) on the web.



GET INVOLVED!

COMMUNITIES WHO SHARE, SAVE.

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