

# TOP 10 TIPS FOR REDUCING YOUR CARBON FOOTPRINT

1. It's a wrap. Choose greener alternatives for wrapping presents or reuse and recycle. Be creative.
2. Mindful eating. To reduce food waste, go by use-by dates on food packaging instead of best-before dates.
3. Make healthier food choices. Choose at least one day each week when your family will eat a vegetarian dinner.
4. Get growing. Try growing some of your own vegetables.
5. Conscious travel. Reduce your holiday travel carbon footprint. Before booking a foreign holiday, consider having a staycation.
6. Commute wisely. If you can't get to work by public transport, check for local car-sharing schemes where you can share lifts into work.
7. Be energy aware. Reduce your energy consumption. Ensure your thermostat is set no higher than 19°C.
8. Conserve energy. In winter, seal leaky windows and doors with insulation tape.
9. Give back. Volunteer some of your time to help out with community projects such as tree planting.
10. Take positive action. Put pressure on manufacturers by sending back packaging which can't be recycled.