

PLEDGES FOR THE PLANET

Your Action Plan for a Better Future



**There are so many ways you can tackle climate change, contribute towards a healthier planet and be part of the momentum of change!
This checklist will help you achieve that...**

1. Clean renewable energy. Sign up in less than five minutes to receive your energy from companies who supply 100% renewable energy, switch to potentially cheaper electricity generated by water, wind and sun. Encourage friends, colleagues and neighbours to switch. Click on www.bigcleanswitch.org/sussexgreen/

2. Reduce your energy use. Turn off lights and appliances when you are not using them and unplug devices when not in use. Replace standard bulbs with energy-efficient compact fluorescent bulbs. Insulate pipes, walls and your loft, turn down heating.

3. Get a smart meter through your energy provider. Smart meters allow you to easily see how much money you are spending on electricity and make you more aware about your energy use. You in turn use less and save money.

4. Avoid fast fashion. Love your clothes, repair, remake, adjust, make your clothes last. Buy from companies committed to sustainable fashion, from charity shops, organise your own clothes swaps. The fast fashion industry is the second highest climate change contributor and a heavy polluter of water systems and soil. Purchasing clothes from Asia means a big carbon footprint.

5. High efficiency appliances. Appliances with ENERGY STAR ratings typically utilise a minimum of 20 % less energy (they use less energy and save you money).

6. Ethical banking. Move your money from conventional banks who are investing your savings and pensions in fossil fuels and polluting industries. Tell your bank why you are divesting. www.moveyourmoney.org.uk/institution-types/ethical-banks/

7. Increase your vegetable intake. Animal agriculture globally is responsible for more climate change than global transportation systems combined. Farming animals for meat and dairy uses unsustainable levels of water, contributes to land and water degradation, acid rain, biodiversity loss, coral reef degeneration and deforestation. Vegan/vegetarian food is main stream and delicious; avoid palm oil which destroys rainforests. Increasing your organic food intake is good for planet, people, animals and those vital insects.

8. Review your transport. Walk or bike, use public transport or a carpool if you can. Participate in or start car-free days in your community. Consider an electric car (powered with 100% renewable electricity), an electric plug in car or a hybrid car. Maintain your car well and drive economically. Flying is carbon and pollution intensive, take a traincation, enjoy travelling just a little bit slower. If necessary, calculate your emissions and offset using a responsible, verified scheme. e.g. www.carbonfootprint.com

9. Write to your local MP and local councillors about climate change and sustainability issues. Remember to Vote. Raise your concerns and lobby your representatives for clean energy, healthy oceans, protection for the world's forests, recycling etc. Sign petitions eg. Greenpeace and Friends of the Earth and make a difference! Write to the Minister for Business, Energy and Industrial Strategy and ask for emissions reduction.

10. Share your knowledge. Talk to your friends and colleagues and neighbours, don't be shy! Join local groups which you identify with. Contact Carrie at cort@sussexgreenliving.co.uk about Climate Reality talks and training. www.climaterealityproject.org

11. Plant trees and celebrate life! Trees absorb carbon dioxide from the air and release oxygen, they provide homes for wildlife too! Encourage others to plant a tree and only buy wooden goods made using wood from sustainable forests and are FSC certified.

12. Water conservation. Shower rather than bath, no dripping taps, turn off taps while cleaning teeth and shaving. Use rainwater butts for the garden. Any water conservation results

Done/Doing	To action

in reduced energy requirements and carbon emissions. Wash on the coolest wash cycle and hang to dry. Consider water tap aerators, resource-efficient water taps and shower heads.

13. Reduce, Repair and Recycle. Buy goods and food which have no packaging or minimal / recyclable packaging. Recycle any packaging where you can. Ask retailers if they can recycle or re-use packaging, leave it in the store! Electrical equipment and clothes can often be repaired, find your local Repair Café www.repaircafe.org/en/ to see if their volunteers can fix it. If not electronics can now be disposed of safely at your local waste recycling centre. Sussex Green Living offer a special single-use plastic recycling scheme more information here www.sussexgreenliving.co.uk/recycling-zone/single-use/

14. Repurpose or Reuse. Rather than discarding or recycling clothing and household goods, donate to charity, swap or exchange for something else, have a garage sale or give away through Freecycle, Freegle or Trash Nothing. Repurposing means the amount of waste being sent to landfill sites is reduced, no energy is used for recycling, and others can benefit from your used items. Be creative, reinvent, remake, recreate!

15. Avoid clothing and food waste going to landfill. These are some of the worst culprits for greenhouse gases as they release methane as they decompose. Make your own compost with any food waste to help your garden grow! Waste recycling centres will take unusable clothing which can have industrial uses, take usable clothing to your local charity shop.

16. Grow your own fruit and vegetables. Growing your own vegetables is fun and good for the environment. Home grown food means no packaging, no food miles, more nutrition and taste. Think about grow bags, hanging baskets or an allotment for your veggies and fruit.

17. Drought-tolerant plants. Select garden plants that are well suited to your local climate and require minimal watering and attention. Also make sure you include plants which are good for our wonderful pollinators!

18. Choose to buy from ethical companies. Ethical businesses avoid damage to the environment and animals, avoid exploiting people through low wages, avoid child labour, and avoid producing products which are harmful or dangerous. Only purchase furniture with the Forest Stewardship Council (FSC) certification: FSC is the only credible forest certification system that ensures environmentally and socially responsible management of forests.

19. Buy products that are ecologically safe. Many cleaning products and toiletries are toxic to the environment and are tested on animals so avoid. Try to buy less and waste less. Use your purchasing power to support eco-friendly and biodegradable products, look at your labels and look out for certifications such as Soil Association or Fair Trade, MSC, organic, www.ethicalconsumer.org/ is a great resource. At the Horsham Repair Café we offer an environmentally friendly cleaning product, shampoo and shower gel bottle refill service.

20. Staycation. Flying emits significant climate changing and polluting gas emissions. Instead, why not think about getting to know the UK better and take a staycation instead of going abroad. Not only is the train greener, but it's more fun with a family. If you must fly then offset your emissions eg. Atmosfair or www.carbonfootprint.com

21. Get a better idea of your carbon footprint. Use a carbon footprint calculator to work out where your family is having the most impact on the environment so you know better how to tackle it: <http://footprint.wwf.org.uk/>

22. Change the Law. The planet needs international legal protection. Join the call for a law of Ecocide and sign up to be a conscientious protector. www.stopecocide.earth/

www.SussexGreenLiving.co.uk/ (SGL). Our founder Carrie Cort is a Climate Reality Leader who offers Climate Reality talks and age appropriate climate awareness fun sessions for children's groups and schools. SGL contains lots of ideas, information and links to further reading about greener living. cort@sussexgreenliving.co.uk or call 07768 212833.

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www.HorshamRepairCafe.org.uk & www.SouthEastClimateAlliance.co.uk for more local solutions