

## Roundhay Climate Emergency, where are you on your carbon reduction journey? Tick everything you have done

Easy	Tick	Bit harder	Tick	Hard	Tick
Energy: Change your lightbulbs to LED lighting, change to Ecosia search engine		Turn down your heating one degree - ideal temperature is 20-21°C		Unplug your gadgets when not used, turn off lights	
Green energy: Change to a green energy tariff for electricity and gas		Reduce the amount of energy you use, insulate your roof/walls/underfloor		Install solar, solar heating and battery storage, green savings and finance	
Washing: Wash your clothes in cold water (30 degrees)		Stop using the tumble dryer: hang dry your clothes		Wash your clothes less regularly, wear them 2-3 times before washing	
Waste: Recycle more plastic, paper, cardboard, compost your food waste		Reduce packaging, use reusable bags, cups and bottles		Stop buying packaged products, use refill shops	
Fly Less: reduce the number of times you fly; stop taking domestic flights		Fly less and carbon offset your flights by planting trees		Stop flying: have staycations, travel by ferry, travel by train abroad	
Car: Reduce the amount of travel by car, drive efficiently and drive an efficient car		Replace the car with electric vehicle/hybrid, public transport, cycle, walk, use car club		Give up the car: Live car free, use public transport, cycle and walk	
Garden: Don't pave over your garden, plant a wildflower garden, install a pond		Plant one tree every year; grow your own fruit and veg, plant in the Roundhay Forest		Grow a green roof: on a flat roof grow plants	
Food: Stop buying out of season food, get milk delivered, plan weekly meals		Reduce food waste: eat everything you buy, compost your food waste		Buy local food, in season, visit your farmer's market	
Water: Use a water butt to collect rainwater to water your garden		Stop watering your garden with a hose pipe, collect shower and sink water for garden		Use rainwater or grey water (used tap/shower water) to fill your toilet	
Eat less meat: Give up meat, fish and dairy one day a week		Go Vegetarian: Give up meat and fish to become vegetarian		Eat a plant based diet: Give up meat/dairy to become vegan	
Get active: Educate yourself and family on the Climate Emergency, work out your carbon footprint		Set up a project at work to get your colleagues involved e.g. say no to plastic water bottles, set up Terracycle point		Get involved: join REAP, Extinction Rebellion, Friends of the Earth, Greenpeace	
Add up how many points you have done					

By reducing your carbon footprint, you can save money and help reduce your impact on the planet

# Roundhay Climate Emergency

I pledge to reduce my carbon footprint by:

