

# Reducing your carbon footprint in 2021!



Are you still undecided on your resolutions for the year? How about pledging to reduce your carbon footprint - it will help the planet, may save you money and make you healthier!

Your carbon footprint is made up of the food you eat, how you heat and power your home, how you travel and what you spend your money on. **Here are some suggestions of the types of pledges you can make:**

## FOOD

**Food is about a quarter of your carbon footprint. (It is 26% of the world's total greenhouse gases). The single biggest way to reduce your impact right now is to reduce your meat and dairy intake. Pledge to:**

- Eat less meat, especially beef and lamb as these animals produce methane (a strong greenhouse gas). Also, agriculture, especially the meat industry, is responsible for 80% of worldwide deforestation.
- Learn some vegetarian/vegan recipes and increase the fruit and veg in your diet
- Always make a shopping list and meal plan before you go shopping to avoid food waste



## HOME

**The electricity and gas we use to power and heat our homes produces about a quarter of our greenhouse gas emissions which make up our carbon footprint. Pledge to:**

- Change to a 100% renewable electricity supplier
- Investigate installing (more) wall and roof insulation for a better insulated home (contact our home energy officer for assistance with funding opportunities [energysaving@thanet.gov.uk](mailto:energysaving@thanet.gov.uk))
- Turn off appliances/heating/lighting/gadgets when not using them.



## TRAVEL

**Everytime we get into a vehicle (unless it is fully electric and the electricity comes from renewable sources) greenhouse gases are produced. Pledge to:**

- Walk/cycle where possible and get fit!
- Adapt your future commute to be car free.
- Pledge to reduce your future flying ([flightfree.co.uk](http://flightfree.co.uk))



## PURCHASES

**Energy and emissions go into producing every new product and item, so buying new things comes with a high carbon cost. Pledge to:**

- Always consider if you really need to purchase an item before you buy it.
- Hire/borrow items e.g. gardening/DIY tools
- Share items between neighbours/family members e.g. puzzles/computer games/tools.
- Buy pre loved items from charity shops or social media groups (e.g. [Freecycle.org](http://Freecycle.org))
- Refrain from buying something for a month or even a whole year e.g. pledge to not buy brand new clothes (apart from underwear maybe!).



## HOBBIES

**The things we do for fun can bump up our carbon footprint. Pledge to:**

- Investigate new hobbies that are low carbon e.g. singing, walking, jogging (google Couch to 5km), cycling.
- Consider having fun without buying things.
- Find great places to visit locally rather than flying abroad in the future.



## INSPIRE

**We can really inspire others to think about their carbon footprint and reduce climate change. Pledge to:**

- Speak to friends and colleagues and tell them what you are doing.
- Encourage your family and workplace to reduce their carbon footprint.
- You can also try calculating your footprint and getting tailored suggested for free through Pawprint: [www.pawprint.eco/](http://www.pawprint.eco/)



Share your pledges on social media and inspire others! Tell us what you are doing on our Facebook page or Tweet us using **#2021FootprintPledge**. Alternatively, write them in your diary and review them each month to help you stick to your goals.

