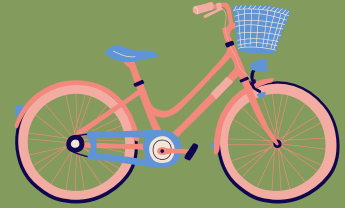


CAN YOU DO JUST ONE THING?



I will check my carbon footprint and find something I could do to reduce it by scanning the QR code

I will walk, cycle, or use public transport more often



I will use natural ventilation and fans instead of air conditioning to keep cool this summer

I will take shorter, cooler showers and water my garden late in the evening to conserve water.



I will recycle more - clothes to the charity shop or clothes bank, plastic bags to the supermarket...

I will try to car share when I can





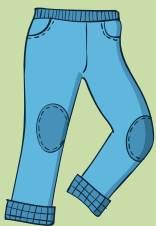
I will eat less meat by swapping it for a plant-based meal - once a week, or more!

I will look for the fair-trade label and buy it when I can



I will switch all my light bulbs to LED and unplug devices when not using them

I will buy loose fruit and vegetables if possible, to avoid plastic packaging



I will buy fewer clothes, and swap or recycle clothes I no longer wear

I will email my MP, demanding policies to tackle the climate crisis for the sake of ALL our futures

