

Together we improve our children's future health and wellbeing. You can improve air quality, nutrition and mental health as well as save money, time, reduce poverty and improve our environment by living a greener, more natural lifestyle.

Travelling: 27% of average person's total emissions. Walking and cycling more will improve your health but these and e-cycles or e-scooters also cut down air pollution, they save time (e.g. by using bus lanes) and save money. A full coach is the greenest public transport and along with buses and trains allows you to watch the world go by or read a book. Cars are needed sometimes and now electric cars and taxis can be hired and car clubs are an alternative to owning one. If holidaying in Europe centre to centre train travel can be quicker, safer and just part of the holiday if the family is round the table playing games etc. Costs are cut by *booking well ahead* (Paris-Barcelona in 6.5 hrs for 39 Euros!!! <https://www.seat61.com>) and rail passes and new sleeper trains make travel a dream. If flying, economy is greener. Cruising is very carbon expensive.

Food: 27% of average person's total emissions The green options for food are generally healthier - e.g. unprocessed foods like fruit and vegetables bought *in season* even if from a nearby country (the carbon cost of transport can be less than refrigerating UK produce). The environmental impact of foods is being labelled so ask your supplier to join up so you can see its environmental rating. Meals with added spices and herbs can be a real taste surprise-remember your first Asian dishes? Eating either less or no factory-style meat cuts costs and is *much* better for the environment as are the new milk alternatives (1 ltr of UK milk is 2kg of CO₂e). Planning your food shopping can really cut down on food waste and expense, as can discovering how to be creative with left-overs or learning what can be safely frozen. Putting your food waste into a Council collection may help them recover the polluting methane. Cutting down on plastic e. g. taking your own food containers to a take-away - also cuts emissions.

Our Homes: 25% of average person's total emissions Help protect the planet by saving energy. Here's some tips : Dropping your home's temperature by 1C (say, living rooms at 19-20C and 16C for bedrooms) saves the average user £75 and 460kg of CO₂; have an extra clothing layer to hand and insulate your home esp loft and windows (even a simple plastic sheet helps); a 75mm water cylinder jacket costs £15 but saves £30 pa; taking appliances off standby can save c £60pa; LED bulbs at £4 can save £40 over 10 years; showering for 1 minute less saves £25 pp pa in fuel and water. Other tips: wash clothes at the lowest temperature, cover a boiling cooking pan then turn the heat down, and batch cook and freeze the rest. *For the biggest environmental benefit* switch to a renewable energy tariff (saves over 500kg of CO₂ on average - Octopus Energy). If the price is a little higher consider the other costs of burning fossil fuels. You could also consult on generating your own power (solar pv, solar water, heat pump etc)

Other ways: 23% of average person's total emissions When we live in ways that are helping our children's future it benefits our and their mental health. If we use our things for longer, share them, find another purpose for them, sell or give them away or recycle them we connect with others and maybe help them. When we need something consider buying used goods, renting (look for a Library of Things) or if buying new only get quality, sustainable goods.

Other actions could be to plant a tree or more (see TCV, Trees for Cities) or volunteer at a community kitchen.

Individual actions matter because they a) reduce emissions b) encourage those around you c) inform discussions d) steer commerce through your purchasing preferences e) add authenticity to campaigns for better political choices. The UK's average individual's emissions is 12 tonnes CO₂e and it needs to be about 5 tonne.

Figures drawn mainly from 'How Bad are Bananas' by Mike Berners-Lee 2020 edition plus the Energy Saving Trust.

For a carbon footprint calculator for you see Pawprint https://play.google.com/store/apps/details?id=eco.pawprint.app.twa&hl=en_GB&gl=US or <https://footprint.wwf.org.uk/#/>