

Where Does It Come From, Where Does It Go To?	Movement	Theme	Source
<p>Over 80% of UK homes are dependent on climate-wrecking gas for heat, our failed energy system is not only fuelling an energy bills crisis, but also worsening the climate crisis too. Switching home energy to renewable sources will take major investment but it will make a massive impact on the UKs carbon footprint.</p>	Move 1 space back	Energy	<a href="https://unitedforw">https://unitedforw</a>
<p>It takes twice as long to heat a pan of water to boiling point with the lid off than with the lid on. The rest of the heat is just wasted. Use a lid on your pans when cooking to cook things faster and more efficiently.</p>	Move 1 space forward	Energy	<a href="https://energysav">https://energysav</a>
<p>The boiler thermostat is a control on your boiler that adjusts the flow temperature, which is the temperature of the water it sends to the radiators. Turning down the thermostat on your boiler will improve boiler efficiency by around 4% to 5% and save money on bills too.</p>	Move 2 spaces forward	Energy	<a href="https://energysav">https://energysav</a>
<p>Cotton represents nearly half of the total fiber used to make clothing today. More than 90% of that cotton is now genetically modified, using vast amounts of water as well as chemicals. Cotton production is now responsible for 18% of worldwide pesticide use.</p>	Move 1 space back	Fashion	<a href="https://truecostm">https://truecostm</a>
<p>The world uses an estimated 80 billion pieces of clothing every year, a 400 percent increase from two decades ago.</p>	Move 1 space back	Fashion	<a href="https://truecostm">https://truecostm</a>
<p>Before loading your washing machine, zip up zips, button up buttons, fasten any velcro and turn your clothes inside out. That way, any hard parts are less likely to catch on other pieces of clothing or the machine drum and will make your clothes last longer.</p>	Move 2 spaces forward	Fashion	<a href="https://www.oxfa">https://www.oxfa</a>

Where Does It Come From, Where Does It Go To?	Movement	Theme	Source
<p>The average footprint of beef, excluding methane, is 36 kilograms of CO<sub>2</sub>e per kilogram. This is still nearly four times the mean footprint of chicken. Or 10 to 100 times the footprint of most plant-based foods. Switching to a mainly plant based diet would decrease your carbon footprint.</p>	Move 1 space forward	Food	<a href="https://ourworldin">https://ourworldin</a>
<p>An area almost the size of Wales (ca. 19,000km), would be needed to produce the food and drink currently wasted.</p>	Move 2 spaces back	Food	<a href="https://drawdown">https://drawdown</a>
<p>When food is wasted, all the energy, resources, and money that went into producing, processing, packaging, and transporting it are wasted, too. Producing uneaten food squanders a whole host of resources—seeds, water, energy, land, fertilizer, hours of labor, financial capital—and generates greenhouse gases at every stage. The food we waste is responsible for roughly 8 percent of global emissions.</p>	Move 2 spaces back	Food	<a href="https://drawdown">https://drawdown</a>
<p>Roughly one-third of all food produced worldwide is wasted. Where income is low, waste is generally unintentional and occurs on farms or during storage or distribution. In regions of higher income, food waste dominates further along the supply chain. Retailers and consumers reject food based on bumps, bruises, and coloring, or simply order, buy, and serve too much.</p>	Move 1 space back	Food	<a href="https://drawdown">https://drawdown</a>
<p>In the UK, it is currently estimated that 10% of the country's total GHG emissions come from agriculture, equivalent to 46.3 Mt CO<sub>2</sub>e per year. Emissions from transport (27%), energy supply (21%), business (17%) and residential (15%) are all higher than those from agriculture.</p>	Move 1 space back	Natural World	<a href="https://ahdb.org.uk">https://ahdb.org.uk</a>
<p>Shortly after the end of the last great ice age – 10,000 years ago – 57% of the world's habitable land was covered by forest. In the millennia since then a growing demand for agricultural land means we've lost one-third of global forests. Half of this loss occurred in the last century alone. But it's possible to end our long history of deforestation: increased crop yields, improved livestock productivity, and technological innovations that allow us to shift away from land-intensive food products gives us the opportunity to bring deforestation to an end and restore some of the forest we have lost.</p>	Move 2 spaces forward	Natural World	<a href="https://www.globa">https://www.globa</a>

Where Does It Come From, Where Does It Go To?	Movement	Theme	Source
<p>Across the world people are changing their lifestyles to help the planet. A family of former cattle breeders has turned their patch of Amazon rainforest into an animal sanctuary. In the rural area of San José de Guaviare, Colombia, the family has rewilded 40 hectares into reborn jungle. Tourists visit its ecological path and sometimes contribute money for its maintenance.</p>	Move 3 spaces forward:	Natural World	<a href="https://www.euro">https://www.euro</a>
<p>Around the world, one million plastic bottles are purchased every minute, while up to five trillion plastic bags are used worldwide every year. In total, half of all plastic produced is designed for single-use purposes – used just once and then thrown away.</p>	Move 1 space back	Plastic	<a href="https://www.unep">https://www.unep</a>
<p>Only 9% of plastic waste is recycled (15% is collected for recycling but 40% of that is disposed of as residues). Another 19% is incinerated, 50% ends up in landfill and 22% evades waste management systems and goes into uncontrolled dumpsites, is burned in open pits or ends up in terrestrial or aquatic environments, especially in poorer countries.</p>	Move 2 spaces back	Plastic	<a href="https://www.oecd">https://www.oecd</a>
<p>Coffee cups are not normally accepted in household recycling collection schemes but can be returned for recycling at some high street coffee shops. Better still, take advantage of the discounts offered by many shops by taking along your own reusable cup.</p>	Move 2 spaces forward:	Plastic	<a href="https://www.recyc">https://www.recyc</a>
<p>Most plastic items never fully disappear; they just break down into smaller and smaller pieces. Those microplastics can enter the human body through inhalation and absorption and accumulate in organs. Microplastics have been found in our lungs, livers, spleens and kidneys.</p>	Move 3 spaces back	Plastic	<a href="https://www.unep">https://www.unep</a>
<p>Remember to turn off the tap while brushing your teeth – a running tap wastes over 6 litres per minute.</p>	Move 1 space forwards	Water	<a href="https://www.wate">https://www.wate</a>

Where Does It Come From, Where Does It Go To?	Movement	Theme	Source
<p>Showers are the biggest water user in the house (25%), followed by lavatories (22%). Shorter showers and putting a water displacement device in your toilet cistern saves water at home.</p>	Move 1 space forwards	Water	<a href="https://www.angi.com">https://www.angi.com</a>
<p>2.3 billion people live in water-stressed countries, of which 733 million live in high and critically water-stressed countries. Water stress occurs when the demand for water exceeds the available amount during a certain period or when poor quality restricts its use.</p>	Move 2 spaces back	Water	<a href="https://www.unw.org">https://www.unw.org</a>