



# CLIMATE ACTION for Forest of Dean

## 30 Top Tips to Lower Your Carbon Footprint

Low cost actions to take today

### 1. Switch off

To save energy and lower your carbon footprint make sure that all appliances are switched off and not left on standby. Also be sure to turn all lights off when leaving a room. Why not make sure all your light bulbs are energy efficient? Energy saving light bulbs use around a tenth of the energy of normal filament bulbs and can last ten times longer; saving energy and money.

### 2. Turn down your thermostat

Turning down your thermostat by just 1°C will reduce your energy use and can save 10% on your energy bills. A safe warm home should have its thermostat set to between 18 - 21°C.

### 3. Regulate your temperature

Make sure your curtains are shut at dusk to keep the heat in and close your curtains in the summer to keep out direct sunlight and keep your house cool.

### 4. Cold wash (washing machine!)

Set your washing machine and dishwasher to a cold wash – saving money and emissions. Washing clothes on a cold wash not only saves you money but it typically makes your clothes last longer. Avoid using your tumble dryer and when the weather permits air dry your clothes outside.

### 5. Walk, cycle, take public transport

The majority of district estimated transport emissions come from road transport. In 2017 this was specifically 92% of total transport emissions. Does your work-place have a [car-sharing](#) or [cycle to work scheme](#)? Visit Forest of Dean and Wye Valley webpage for local [safe cycle routes](#). For longer journeys, use trains or coaches to lower your carbon footprint.

### 6. Buy local and in season

Buying local can also help to reduce your personal carbon footprint by drastically lowering the food miles of your weekly shop. Buying local also supports the local economy and the creation

of jobs in the Forest of Dean. Use [Discover Local Food](#) or [Forest of Dean and Wye Valley](#) to find great local organic food producers, farm shops and markets in the Forest of Dean District.

## 7. Think Plant-based

A [special report on climate change and land](#) by the Intergovernmental Panel on Climate Change shows that a plant-based diet is a great way to reduce the impacts of climate change. [Meat Free Monday](#) is a not-for-profit campaign launched by the McCartney family. The website offers support, recipes and advice on eating at least one plant-based meal per week. Find out how your food choices impact the planet [here](#).

## 8. Donate your surplus food

Around 1/3 of food purchased in the UK is thrown away. The production and transport of food uses a lot of energy and often carries a high carbon footprint. Only buy what you need and donate your surplus food where you can. Plan meals ahead of time and freeze or reuse any leftovers.

[Down to Earth Stroud's Fruit Exchange](#) works across Gloucestershire to connect people with surplus fruit and veg with local food outlets, ensuring local produce is not wasted. If you are a business owner who would like to take part, a landowner with surplus fruit/veg or you would just like to volunteer, please email [fruitexchange@downtoearthstroud.co.uk](mailto:fruitexchange@downtoearthstroud.co.uk).

## 9. Slow Fashion

The fashion industry is the 2<sup>nd</sup> highest polluting industry in the world. Lower your carbon footprint by buying second hand clothes from local charity shops, markets and vintage shops. Or why not host a clothes swap with your friends and don't forget to [make do and mend](#).

Buying second-hand furniture is another easy way to lower your carbon footprint. Every item that we buy has used energy to make and transport it. Think about what you buy, how you buy it and where you buy it to easily reduce your carbon footprint.

## 10. Use less water

Take shorter showers and only use your washing machine and dishwasher when they are full.

## Communicate

Share these top tips with your friends, family and neighbours. Encourage others to also reduce their footprint by sharing the actions you have taken. Make it a part of your everyday conversations. The choices we all make influence the decisions of producers, retailers and relevant business owners. You can influence your workplace, school or neighbourhood to make decisions that reduce their impact and help to tackle the climate emergency.

We want to know what you are up to – share the actions you are taking to reduce your carbon footprint with us using the hashtag #netzeroFOD.