



CLIMATE ACTION for Forest of Dean

30 Top Tips to Lower Your Carbon Footprint

Carbon Neutral District by 2030

21. Insulate your home

Visit [Simple Energy Advice](#) for more advice and to find localised grants, such as [Energy Company Obligation - ECO](#), available for home energy improvements.

22. Install renewable technologies

Contact Severn Wye free advice line for more information on installing renewable energy technologies on your property. By simply entering your postcode in [Link to Energy](#) (a free online directory) you can find local sustainable energy installers and tradespeople.

23. Ditch the car or invest in an electric

Benefits of electric cars (EVs) include zero tailpipe emissions, no “road tax” and low running costs. Use [this calculator](#) to see how much you could save on fuel by buying an electric and plug-in hybrid vehicle. Find out more about hybrid and EVs on the [Energy Saving Trust's website](#). Amongst other sites, [ZapMap](#) offers the ability to find local EV charging points. It is possible to receive a ‘[plug-in grant](#)’ for many eligible low-emission vehicles and a [grant](#) is also available for the installation of a home or workplace charge point.

24. Fly free zone

If you fly for work or pleasure, air travel is probably responsible for the largest part of your carbon footprint. Why not avoid flying and enjoy a holiday in the UK? If you can't avoid flying then *fly nonstop* (landings and take-offs use more fuel and produce more emissions), *go economy class* (business class is responsible for almost three times as many emissions as economy) or [offset the carbon emissions](#).

25. REDUCE, reuse, recycle

Focus on reducing your consumption, especially of single-use products. Easy switches are using a reusable shopping bag, switching your shampoo bottle for a shampoo bar, your laundry detergent for a laundry ball and switching sanitary products for a menstrual cup.

26. Join the Forest of Dean Climate Emergency Partnership

More information can be found [here](#).

27. Make your money green

Move to a green bank and invest your money in clean energy.

28. Green Your Workplace

A lot of the things you can do in your home to lower your carbon footprint, you can also do in your workplace. Why not approach your boss and suggest implementing some carbon (and money) saving actions? [Target 2020](#) is a business energy efficiency programme that helps small and medium-sized businesses identify and reduce their energy costs and impact on the environment through the installation of energy efficiency measures.

Think about sharing a lift to work, ask your company to sign up to the cycle to work scheme (if they aren't already), use teleconference more and ask to work from home, turn your computer monitor off at the end of the day and when you're away from your desk and stop saying 'thank you' - if we were to send one less 'thank you' email a day that would save more than 16,433 tonnes of carbon a year. If you need a new computer, opt for a laptop instead of a desktop, they need less energy to charge and operate than desktops.

29. Green Your School

If you are still at school, a lot of the things you can do in your home to lower your carbon footprint, you can also do in your school. Why not join your school's eco-group, or approach your teacher to set one up if there isn't one? There are lots of ideas online about the actions your school could take – e.g. make your canteen plastic free, put solar panels on the hall roof, have an eco-day. [Salix Finance](#) offers interest-free finance for energy-efficiency projects to a host of educational institutions such as schools.

30. Plant Trees

[The Woodland Trust](#) has information and advice relating to tree planting and funding. The [Forestry Commission](#) also provides an overview of woodland creation funding. [The Urban Tree Challenge Fund](#) provides funding support for the planting and establishment of large and small trees in urban and semi-urban areas in England.

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.