



# TOP TIPS FOR REDUCING CONSUMPTION

## 6 IMPACTFUL HABITS #CLIMATESOLUTIONS



### 1 SAVE WATER

Install simple water-saving gadgets in taps, showers and toilets, use a washing up bowl in the sink and take 4-minute showers

### 2 REDUCE WASTE

Introduce recycling bins, reduce food waste by only taking what you need and composting any waste, buy recycled items and reuse plastic bags and containers

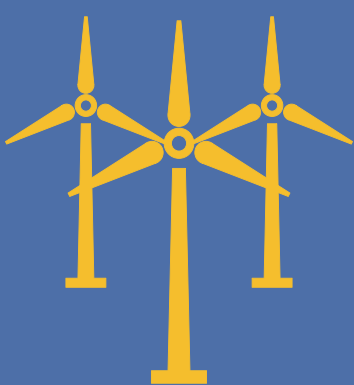


### 3 BE ENERGY EFFICIENT

Turn off appliances when not in use, switch to energy-saving LED lightbulbs, improve building insulation and where possible, upgrade to energy efficient models

### 4 USE LOW CARBON TRANSPORT

Take public transport, lift-share, cycle or walk as much as possible. Replace short flights with train journeys. If sometimes you must fly, off-set your CO2 emissions



### 5 USE 100% RENEWABLE ENERGY

Switch to a renewable energy provider. If possible, generate your own energy with solar PV panels, small-scale wind turbines or heat pumps

### 6 DEVELOP A PLANT-BASED DIET

Research shows widespread adoption of a vegetarian diet would cut food-related emissions by 63%. Start with one meat-free day a week and increase gradually

