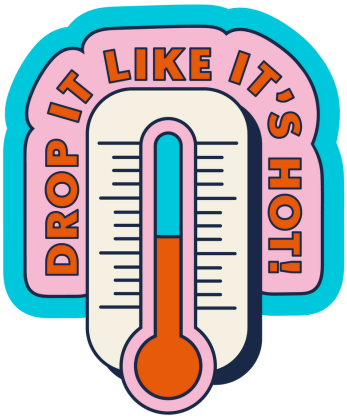
1. Make 5 miles of travel 'active' ☐

2. Go plant-based for a day ☐



3. Turn down the heating by 1° for a week ☐

4. Buy nothing new for 1 month ☐

5. Substitute 4 baths for 4 showers and limit them to 4 minutes ☐

6. Switch off all non-essential electrical devices for an hour ☐

COMPLETED BY .....

CYC | Eco-Schools | KEEP BRITAIN TIDY. | Bupa Foundation

November is Cut Your Carbon month!

find out more!

Eco-Schools is challenging young people across the UK to take action on their carbon footprint. Completing these 6 simple actions with family and friends will raise awareness, change behaviours, and Cut Your Carbon - a greenhouse gas responsible for driving climate change.

So grab a magnet, stick this checklist to your fridge, and take action!

Throughout November...

1. **Make 5 miles of travel 'active'.** Did you know, a petrol car creates around 1kg of carbon dioxide equivalent emissions (or 'CO2e') every 5 miles? 'Active Travel' - such as walking, scooting, wheeling, or cycling - doesn't emit anything! So, we're challenging you to make 5 miles of travel active. Whether it's a single 5-mile trip, or five 1-mile trips... ditch the drive!

2. **Go plant-based for a day.** Meat production is responsible for around 14% of the world's greenhouse gas emissions. Choose a day to go plant-based and discover how delicious cutting carbon can be! By switching from a meat-based diet to a plant-based diet, for just one day, you can reduce your emissions by nearly 3kg CO2e.

3. **Turn down the heating by 1° for a week.** Heating is the biggest source of carbon emissions in many homes. So pop on a jacket and drop the thermostat by 1°. Completing this challenge could prevent an additional 6kg CO2e!

4. **Buy nothing new for 1 month.** The production of every item that you buy has a carbon footprint. Write a list of every non-essential item that you bought (or was bought for you) last month. Put them into categories - e.g. clothing, toys, or cosmetics - and don't buy anything from one of these categories for 1 month. If you purchase 1kg less stuff during the month, you can save an average of 6kg CO2e.

5. **Substitute 4 baths for 4 showers and limit them to 4 minutes.** Cleaning and pumping water to our homes creates carbon emissions. So does generating energy to heat it. This means that shorter showers are good for our planet! Limiting 4 showers to 4 minutes will save around 1.5kg of CO2e. We recommend using a 4-minute song as a timer that you can sing-along to!

6. **Switch off all of your non-essential electrical devices for an hour.** Electricity can account for 25% of your home's carbon footprint. Think about when your family uses the most unnecessary electricity, maybe you're gaming, or perhaps watching TV? At that time, turn off all non-essentials for 1 hour and do something device-free!