

Start with small steps, then bigger, until you are a Climate Hero!

	Home energy	Food	Getting about	Stuff	Spread the word
Be inspired	 <p>Explore the Energy Saving Trust website.</p>	 <p>Watch films: • Cowsspiracy • Just Eat It</p>	 <p>Watch Healthy Air's video: https://bit.ly/airfilm</p>	 <p>Watch films: • The Clean Bin Project • A Plastic Ocean</p>	<p>Watch TED • Greta Thunberg https://bit.ly/gretavideo • Global population growth https://bit.ly/growthbox</p>
Getting started	 <p>Switch to a renewable energy supplier.</p>	 <p>Try non-dairy milk: e.g. oat, hemp, soya, almond.</p>	 <p>Share lifts for as many car journeys as possible.</p>	<p>Join Freegle. Easy to do online. Allows you to find stuff you need and find a home for stuff you don't.</p>	<p>Sign Sustainable St Albans' Climate Emergency petition - see opposite.</p>
Next Steps...	 <p>Change all your light bulbs to LEDs - even the tricky ones.</p>	<p>Make a vegan lunch - then make more vegan meals. Check out vegansociety.com</p>	 <p>Make sure your bike is roadworthy and use it.</p>	 <p>Get a reusable water bottle. Refill it to avoid plastic bottles.</p>	<p>Write to your bank/pension provider - ask them not to invest in fossil fuels.</p>
Now we're talking!	<p>Insulate loft and walls. Draught proof doors and windows.</p>	 <p>Cut out food waste. See lovefoodhatewaste.com</p>	<p>Walk/cycle for short trips. Use public transport for longer journeys.</p>	 <p>Learn how to repair things - by sewing, fixing, upcycling.</p>	<p>Work out your carbon footprint and tell people about it. footprint.wwf.org.uk</p>
You're a climate hero	 <p>If you have a roof, research if it's suitable for solar panels.</p>	 <p>Cut out beef. Only eat other meat occasionally.</p>	 <p>Use the train not the plane for holidays. seat61.com for advice.</p>	<p>Check Freegle, eBay and charity shops first to avoid buying new.</p>	 <p>Join an environmental group and help others take action.</p>

