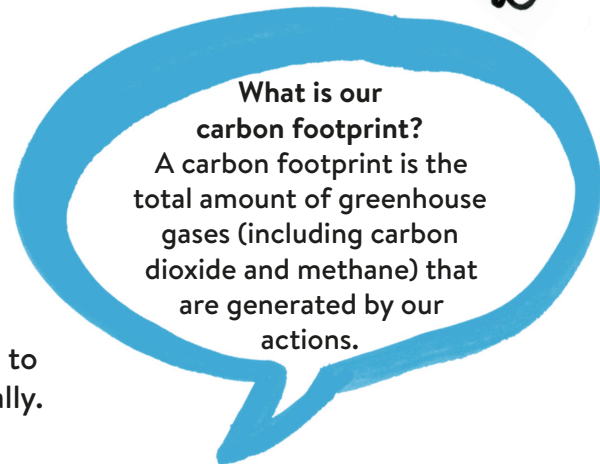


FAMILY CARBON CHALLENGE

Nailsworth Climate Action Network (NCAN) is committed to supporting actions that promote the health, wellbeing and sustainability of our community and its environment.

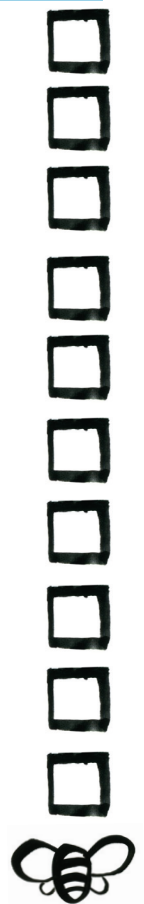
The goal of reducing our carbon footprint is linked to these aims, and can also help in managing the household budget. Everyone's circumstances are different, but the overall message is for people to think about ways to reduce waste in energy and other resources, and to move to greener sources of energy, food and other household purchases.



We invite you and your family to take our 10 carbon challenges to reduce your carbon footprint and to think globally and act locally.

10 FAMILY CARBON CHALLENGES

1. We will walk or cycle instead of using the car whenever we can.
2. We will turn off lights when we leave a room and turn down the thermostat.
3. We will switch off tablets and computers instead of leaving them on standby.
4. We will recycle as much as we can; plastic, metal, card, paper, clothing.
5. We will repair, re-use, regift and think about buying second hand before new.
6. We will try not to waste food and eat seasonally. Can we grow our own?
7. We will eat less meat and dairy and have a few vegetarian/vegan meals a week.
8. We will take quick showers and not long baths.
9. We will shop locally for local produce and reduce food air miles and packaging.
10. We will talk to other family and friends about our Carbon Challenge!



5 CARBON REDUCING ACTIONS TO CONSIDER

1. Consider switching to a green energy supplier.
2. Consider swapping traditional light bulbs to LED bulbs.
3. Consider a 'home energy check'.
4. Consider reducing your holiday air miles.
5. Consider an electric vehicle.



ANY QUESTIONS?

We'd love to hear from you if you have any questions about climate change and our community or with any ideas you may have.

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