

Taking Action as an Individual or Family

While the impact of individual actions may seem so small that they will not affect climate change, overall % of energy use is generated by households and the cumulative effect of individual action will be massive and an essential element of managing climate change

Subject	Action
Home	
Reduce energy use	Turn off lights and appliances not in use. Don't fill kettles more than necessary.
	Get an energy survey to establish where heat is being lost, cost about £50. Recommended actions may include:
	Increase loft insulation
	Install double (or triple) glazing
	Install energy efficient doors or at least draft excluders
	Improve floor or wall insulation
	Install radiator reflectors behind radiators
Ensure essential energy use is sustainable	Move to an energy supplier whose energy is sustainable.
	Install solar panels, if possible including battery storage to ensure you make best use of what you generate.
	Replace oil or gas heating with a ground source or air source heat pump if possible. Heating is the largest single producer of emissions in the home.
Transport	Walk or cycle rather than use the car for short trips.
	Use public transport where possible.
	Use car sharing
Food	Eat less meat and fish
	Seek out food where there is less packaging, particularly plastic
	Minimise food waste
	Grow your own vegetables
Waste	Reduce, reuse, recycle

Biodiversity	
Consumption	Wear clothes until they wear out
	Use natural fabrics wherever possible
Education and Advocacy	Self-education – learn about the environmental impact of your lifestyle and assess your carbon footprint (weblinks)
	Encourage your fellow Rotarians, friends and family to reduce their carbon footprint and follow some of these steps
Offset energy use	Use the Ecosia browser, where each search contributes to tree planting in Sub-Saharan Africa to mitigate and reduce the effects of climate change. www.ecosia.org
	Contribute to one of a large number of charities which are trying to reduce climate change by planting trees or capturing carbon in other ways. Some in which Rotary or Rotarians are already involved in are www.sustainableglobalgardens.org.uk