

Steps towards a sustainable world

Tell your politicians, national and local, what changes you want to see; **write** to the companies and supermarkets that you buy from. **Find out** how your **pensions** and savings are invested; make changes if you are not happy. Work out **your carbon footprint** – use for example [WWF's footprint calculator](#); it will ask how much you fly and drive, what you eat, how much you spend. **Buy carefully**; buy second-hand; buy from charity shops and refill shops. **Donate** to charity shops. **Fly** as infrequently as you can. If you **drive** [check your tyre pressures](#), [take off the roof rack if you're not using it](#). When you buy a new car think about its emissions. **Car share**. **Look up** the carbon footprint of things - Mike Berners-Lee's [How Bad Are Bananas](#) is a good place to start (spoiler alert: bananas are OK). If you like gadgets buy a power meter and a thermal leak detector; get the [NationalGridESO app](#) and use power when it is greenest. **In the house** turn the thermostat to the left; fix drafts; fit a chimney balloon. Read your meters. Help wildlife by leaving part of the **garden** untidy, with a heap of leaves or sticks, and a bug hotel; **grow food**, even if it's just some rhubarb in a corner; compost; tell your garden centre that you don't buy peat. [Foods that are good for you are good for the environment](#), so cut down on beef and lamb, eat [local seasonal food](#), don't buy air freighted fruit and veg. **Try** non-meat alternatives – look at [best vegan burgers](#) and [best vegan sausages](#). **Plant a tree** to celebrate the birth of a child or to remember a lost friend or relative: the [Woodland Trust](#) and the [National Trust](#) will plant trees for you for not much money. **Buy a goat** [Oxfam](#) will sell you a one and deliver it to somebody who needs it more than you do. **Repair** things instead of throwing them away: go to your local Repair Café, or help out there. **Cycle**. **Recycle**, especially aluminium. Use both sides of a piece of paper. Whatever you choose to do, please do **something**.

V1.3 © Barnet u3a Climate Change and Environment Group 2023. To learn more about the group email u3asecondnature@gmail.com with subject STEPS. Other carbon footprint calculators are available. Other charities are out there. We know that there are newspapers other than The Guardian, but most of them are behind paywalls so we haven't linked to them.