

# Action Plan



**There are so many ways you can tackle climate change, contribute to a healthier planet and be part of the momentum for change. This checklist will help you achieve that...**

	To Do	Done
Calculate your carbon footprint: use a carbon footprint calculator to work out where to tackle your impact best eg <a href="http://www.footprint.wwf.org.uk">www.footprint.wwf.org.uk</a>		
Reduce your energy use: insulate your home, switch off devices, turn off lights in empty rooms, hang laundry to dry, choose energy efficient models when replacing appliances, turn down your thermostat. For more tips <a href="http://www.energysavingtrust.org.uk">www.energysavingtrust.org.uk</a> and get a smart meter to help you monitor usage.		
Water conservation: Shower rather than bath, fix dripping taps, and turn off taps when brushing your teeth and shaving. Use rainwater butts in the garden. Consider tap aerators, resource-efficient taps and shower heads.		
Review your transport: walk, cycle or use the bus or train when possible instead of driving or why not car share? Consider changing to an electric or hybrid car.		
Travel: aim to fly less. Calculate your emissions and offset e.g <a href="http://www.carbonfootprint.com">www.carbonfootprint.com</a> . Consider the pleasures of train travel and the fun of travelling a bit slower.		
Ethical banking: move your money from conventional banks that invest in fossil fuels to an ethical bank. Find your nearest bank at <a href="http://www.bank.green">www.bank.green</a>		
Love your clothes: repair, remake, and adjust. Make your clothes last by washing them less and wearing them for longer before replacing. Buy second hand whenever possible and sell your old clothes using apps like Vinted and Depop. Avoid fast fashion and buy from companies committed to sustainable fashion.		
Reduce: Reduce your food waste by writing a shopping list & meal planner and freezing leftovers. Rearranging your fridge so that the food inside lasts the longest is a simple trick to save food and money. Find out how at <a href="http://www.lovefoodhatewaste.com">www.lovefoodhatewaste.com</a>		
Eat less meat and dairy: try tracking your meat intake for a week and explore ways to reduce it e.g. meat free Mondays, veggie lunches		
Refill: Use a reusable water bottle and coffee cup when you're out and about. Download the Refill App to find the nearest participating locations.		
Refill: look out for refill shops where you live, save your old shampoo and shower gel bottles and refill them. It is often cheaper than buying new. Alternatively switch to shampoo bars and soap bars to avoid the plastic packaging altogether.		

	To Do	Done
Repair: electrical, mechanical and textile items can be repaired at your local repair cafe. Find your nearest one at <a href="http://www.horshamrepaircafe.org">www.horshamrepaircafe.org</a>		
Reduce: Over a week, add up all the plastic in your food shopping. Next time you buy something, think about if it is made of plastic or wrapped in it. Can you swap for a different product with less packaging?		
Recycle more: recycle as much as possible, if it can't go in the council blue top bins, check to see if it can go to TerracCycle at <a href="http://sussexgreenliving.org.uk/single-use">sussexgreenliving.org.uk/single-use</a>		
Compost: a large amount of food waste, as well as some paper and cardboard can be composted <a href="http://www.getcompositing.com">www.getcompositing.com</a>		
Gardening: improve the biodiversity in your garden by planting native species, growing fruit and vegetables, and making your garden wildlife friendly.		
Rethink: Take your family to explore the outdoors at the weekend, spending time in nature is great for reducing stress levels and improving mental health. Enjoy		
Share your knowledge: talk to your friends, families and colleagues about climate change and solutions. Get them involved.		
Get involved in your community: join local community groups that are involved in environmental issues e.g. repair cafe, allotments etc or find more ideas for creating a thriving community where you live at <a href="http://sussexgreenliving.org.uk/grow-thriving-communities">sussexgreenliving.org.uk/grow-thriving-communities</a>		
Use your voice: share your concerns over the climate and ecological crisis with your MP and councillors. If you have a specific local issue you want addressed, tell them what you would like them to do on your behalf.		

Find out more at [www.sussexgreenliving.org.uk](http://www.sussexgreenliving.org.uk)