



CLIMATE ADVICE

ENERGY

- Install solar panels on the roof.
- Replace oil or natural gas boiler with district heating or heat pump.
- Insulate your house and turn down the heat.

TRANSPORT

- Replace your car with a bike or electric bike – it reduces CO₂.
- Carry more passengers when driving or use public transport.
- Replace your petrol/diesel car with an electric model and stick to a one-car household.
- Cut down on flights and consider taking the train instead.

CONSUMPTION

- Avoid unnecessary purchases.
- Buy goods that are produced with consideration for the climate.
- Buy higher-quality products that will last longer.

FOOD

- Eat more vegetables & less meat.
- Eat seasonal, local foods.
- Avoid food waste by preparing only the food you can eat and don't buy too much at a time.

WASTE

- Sort your waste so we can recycle as much as possible.
- Repair what you have rather than buying new.
- Give things that you don't use anymore to charity.

CLIMATE ADAPTATION

- Design your garden so rainwater can drain down into the ground, rather than burdening the sewers.
- Let your garden grow wild - it will lock in more CO₂ in the ground & help biodiversity.

