



**CARBON WORKOUT GUIDE**

# HOW TO BE A CLIMATE CHAMPION



## CHOOSE VINTAGE FASHION

The global fashion industry is estimated to account for **10% of carbon emissions**, which is five times more than the entire aviation industry.

Buying fewer brand-new clothes is one of the easiest things you can do to reduce your carbon footprint.

### HOW?

- Herefordshire has some great second-hand/sustainable shops such as Cult Vintage, Red Zebra and FIT.
- There are also over 70 charity shops in Herefordshire, so get out to your nearest.

## BUY LOCAL

If we buy local produce and goods, we can cut down on our food miles and reduce our greenhouse gas emissions significantly.

### HOW?

- Try local grocery or zero-waste shops such as Fodder Whole Foods (bring your own jars), Drapers Lane Delicatessen or The Nest.
- If you are shopping in the supermarket, bring your own bag and plan a list so you aren't buying unnecessary items.
- There are also several environmentally friendly eateries in Herefordshire including Nutters, Seed and Source and Buds Vegan Kitchen.



## TRAVEL MORE SUSTAINABLY

Ditching the car for walking or biking cuts your carbon footprint and can also boost your wellbeing and mental health.

Even just one car-free day a week makes a difference.

### HOW?

- If you don't have a bike, Beryl Bikes are a great way to get around in Hereford.
- You could try convincing your parents/guardians that electric vehicles are the future - they're 85-90% more efficient than fossil fuel run cars!
- Taking public transport is also far more efficient than driving. In Hereford, a new electric bus called the Zipper will be making free trips around the city for the next two years.



# MAKE A DIFFERENCE AT SCHOOL

Be the change you want to see by taking action in your own school.

## HOW?

- Set an example by printing less or by using a lunch box to minimise packaging.
- Start an eco-council to bring together a group of people who are passionate about making a difference.
- Talk to your headteacher about your school's eco credentials. Ask about food waste, energy sources, building insulation, school transport and paper usage.
- Encourage your school to sign-up to **Let's Go Zero 2030** and work towards zero carbon by 2030. More than 1,200 UK schools are already taking part in the initiative.



# VOLUNTEER IN THE COMMUNITY

One of the most powerful things you can do is to work as a group to fight climate change on a larger scale.

## HOW?

- Organise or join a clean-up in an area such as the Wye, your local forest, or even your street. To request a free litter picking pack and arrange collection of litter bags, visit [herefordshire.gov.uk/stoppedrop](https://www.herefordshire.gov.uk/stoppedrop).
- Join an organisation such as **Herefordshire Wildlife Trust** and ask about working shifts to help out with their projects.
- **Friends of the Earth** might have opportunities to get involved in campaigning.

# JOIN IN THE CONVERSATION ON SOCIAL MEDIA

Social media is important for spreading knowledge about the impact of climate change.

## HOW?

- On Instagram, accounts to watch include [@sambentley](https://www.instagram.com/sambentley) for eco news you may not have heard about and [@wastefreeplanet](https://www.instagram.com/wastefreeplanet) for sustainable living ideas
- Follow Greener Footprints on **Twitter** and **Instagram** for news, tips, and events in Herefordshire





## LEARN MORE ONLINE

There are loads of great resources online that can tell you more about your climate impact and how to reduce your carbon footprint

### HOW?

- Try the [WWF's carbon calculator](#)
- On YouTube, [Our Changing Climate](#) covers topics such as climate anxiety and veganism.

## COMMIT TO POSITIVE CLIMATE ACTION

It's more likely you'll turn your good intentions into action if you commit to a plan and share it with others.

### HOW?

- Take the Greener Footprints pledge [here](#)
- Let us know what action you take and help inspire others – just email us at [info@greenerfootprints.co.uk](mailto:info@greenerfootprints.co.uk)
- Download free promotional Greener Footprints campaign materials [here](#) to share your progress on social media.



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