



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
- Download free promotional Greener Footprints campaign materials [here](#) to share your progress on social media.



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