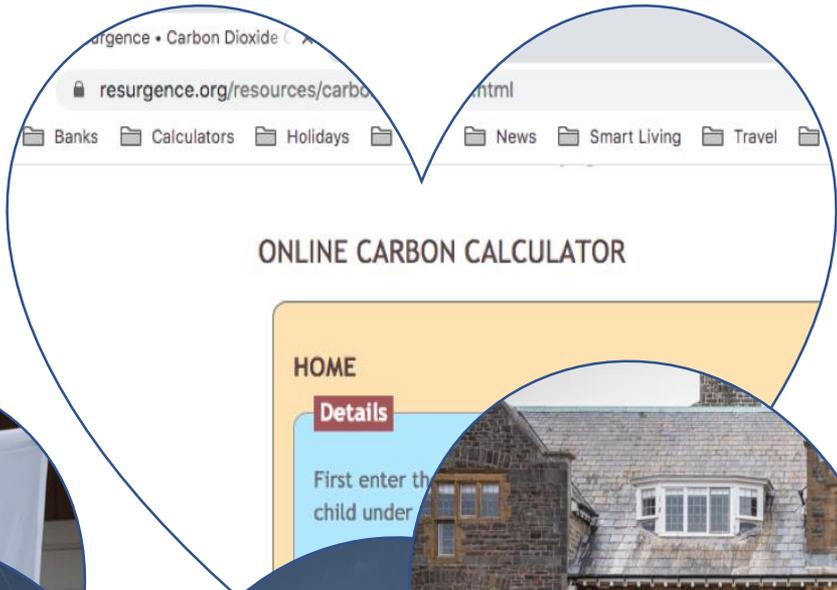




How to be a Carbon Saver

With Mukti Mitchell
of Carbon Savvy





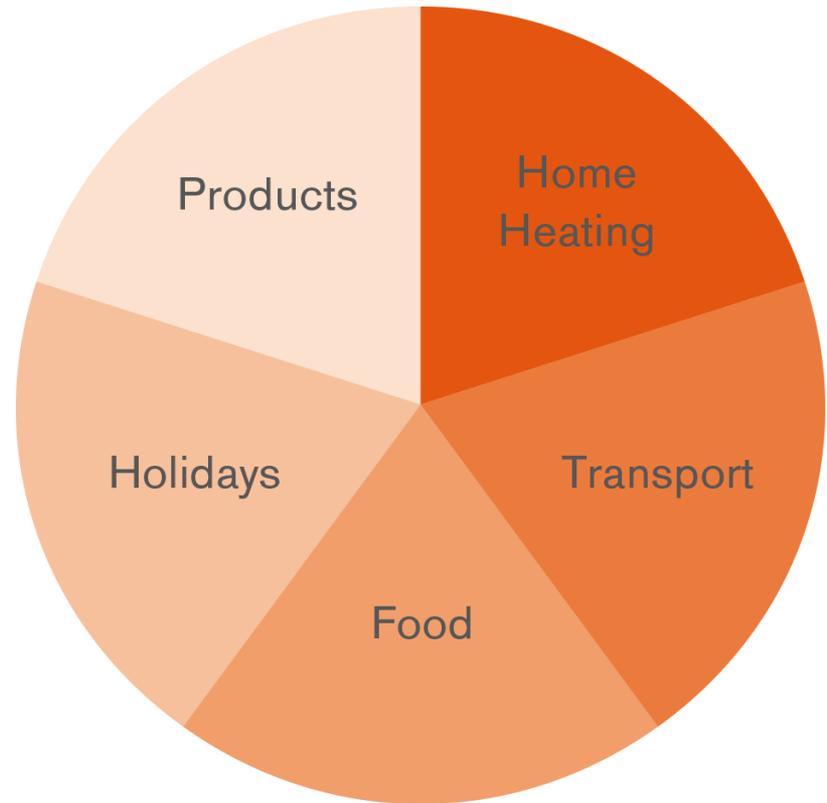
About me





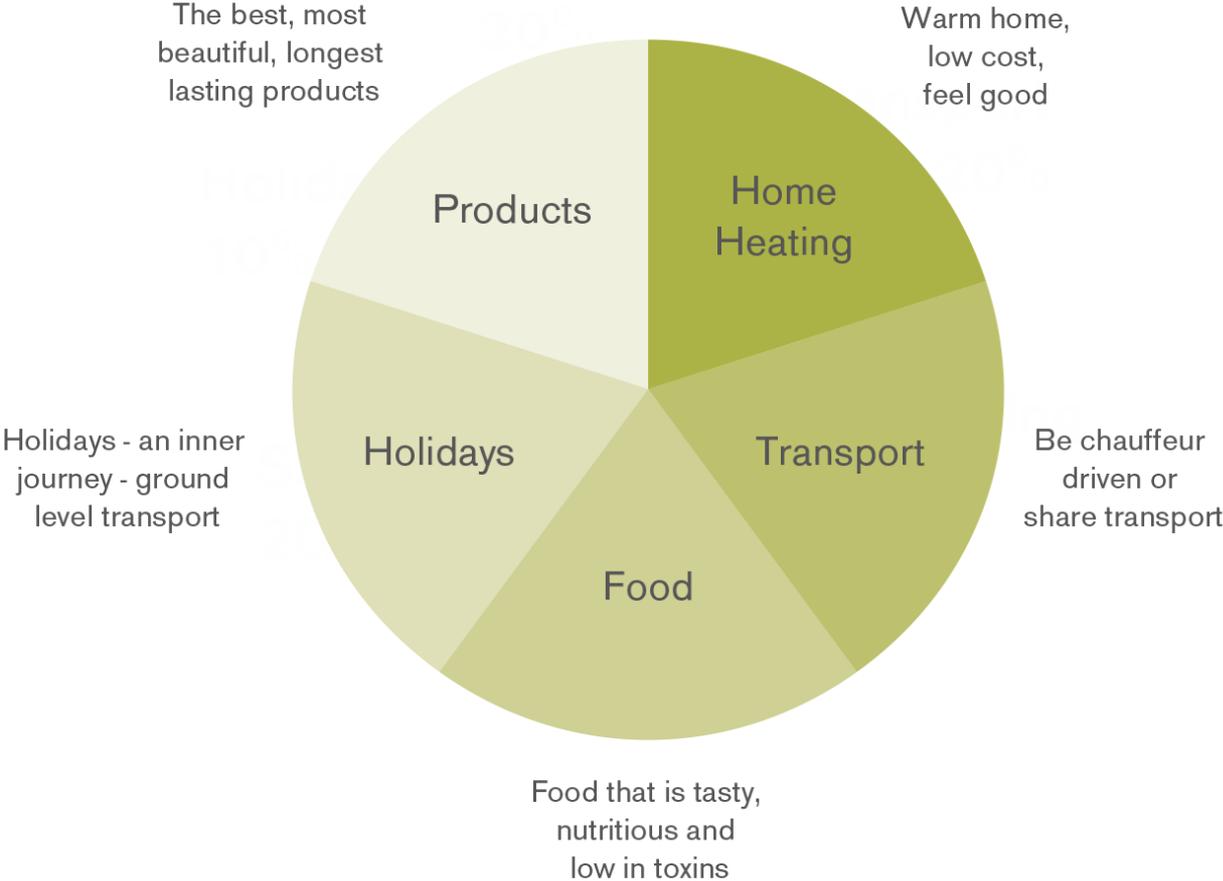
UK carbon footprints

A typical UK carbon footprint is 15 tonnes of CO₂ per person per year (including international manufacturing, aviation and shipping) in five main lifestyle areas





Raising quality of life





What Councils Can Do

- **Reduce emissions - buildings, transport, materials**
- **Ask the same from supply chains**
- **Set targets, objectives & milestones for the community**
- **Educate individuals & businesses on what they can do**
- **Raise morale - report successes, do visible activities**





What Businesses Can Do

- **Reduce emissions - buildings, transport, materials**
- **Use suppliers who are on track for net zero**
- **Engage and inspire staff and customers**
- **Publicise environmental plans and actions**
- **Make it positive and fun**





What Individuals Can Do

- **Reduce your personal footprint by 8% per year**
- **Raise your quality of life**
- **Share your stories with friends & family**
- **Vote with the ballot paper**
- **Vote with your voice**
- **Vote with your wallet**





The 10 Biggest Actions

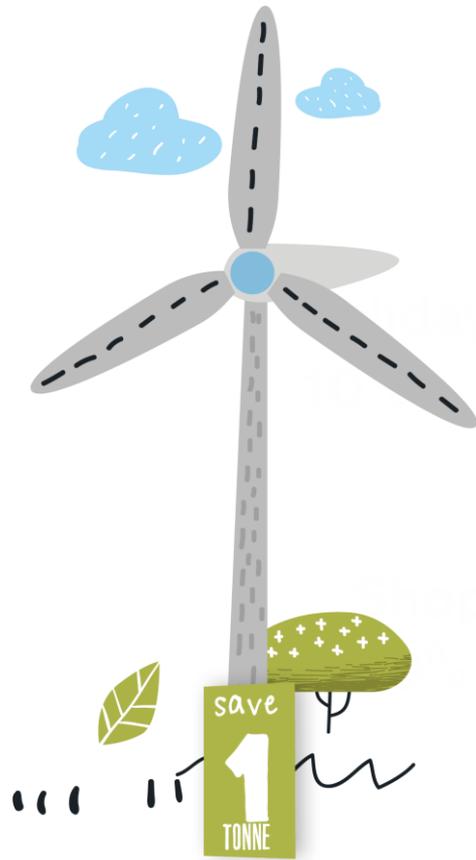
**The 10 most effective things
you can do to reduce your
carbon footprint and raise
your quality of life**





Insulate your home or office

Be warmer, save money on fuel bills and feel good.



Switch to a renewable electricity company

**A very easy step that gives
you peace of mind**



Travel to work differently

Share a lift on a 40-minute daily commute or use public transport for more social time, rest and recuperation (cycling and walking are the best of all!)



Downsize your vehicle(s)

**Or go electric. Save money
on fuel and insurance –
plus parking will be easier.**



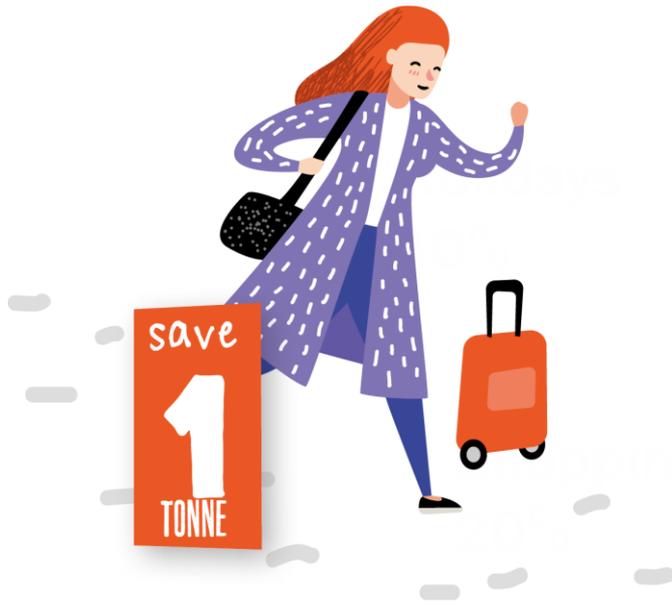
Source seasonal, local and organic food

**Improved flavour and nutrition,
less toxins for better health and it
supports wildlife.**



Eat less quantity, higher quality meat

British beef has $\frac{1}{4}$ of the footprint of international beef due to being largely grass-fed. Local, grass-fed meat can improve your health and support farmers.



Ditch a two-hour premium return flight

**Taking the train instead will
avoid airport stress, save
checking-in time and you'll
enjoy the journey far more**



Save a seven-hour economy return flight

Visit a closer destination and save time and money, or fly half as often and stay twice as long, for a more satisfying travel experience.



Repair, re-use and buy half your products second hand

**You'll save money so you can afford
higher quality products. Buying
from others also enhances
community spirit.**



Purchase high quality, long-lasting products

Saves shopping time, money and you'll have the pleasure of using top-quality products.

Every penny is a vote!



Benefits

These 10 actions can reduce CO2 emissions by 80% while raising personal well-being. Saving energy increases the financial resilience of organisations.

This virtuous circle of life encourages energy, enthusiasm and motivation - and is more attractive and influential





Tips to make it fun

- 1. Calculate your footprint to see your progress**
- 2. Bite size chunks – 8% per year**
- 3. Start with the easiest areas first**
- 4. Cut dull emissions, keep fun ones**
- 5. There's room for treats**
- 6. Monitor your enjoyment**





Calculate your footprint with the Carbon Savvy Taster Calculator

<https://calculator.carbonsavvy.uk/calculator/taster>

Your carbon footprint is personal just like your bank account - there is no need to disclose it to anyone



Carbon Savvy Services

- **Footprint Calculators**
- **Quality of Life Calculators**
- **Mailings & Articles**
- **Talks & Workshops**
- **Carbon Ambassadors Course**
- **Carbon Savers Course for Parishes & Businesses Sep 22**
- **Programmes for Councils & Businesses**

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DO YOU WANT TO COMMUNICATE ABOUT CARBON SAVING?

Carbon Savvy and The Resurgence Trust are joined by leading UK carbon experts to train Carbon Ambassadors in this exciting 8-session course.

Friday mornings 9-11 am from 6th May to 24th June

£89 Full / £55 Concession



Course presenter Mukti Mitchell is joined by:



MIKE
BERNERS-LEE



SATISH
KUMAR



JANE
DAVIDSON



LORD RICHARD
LAYARD



KIRSTY
SCHNEEBERGER



LUCY
PEDLER



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Find out more and book now at
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