

## Be inspired

### Home energy

Explore the Energy Saving Trust website.



Switch to a renewable energy supplier.



Change all your light bulbs to LEDs - even the tricky ones.



Insulate loft and walls. Draught proof doors and windows.



If you have a roof, research if it's suitable for solar panels.

### Food



Watch films:  
• Cowspiracy  
• Just Eat It

Try non-dairy milk: e.g. oat, hemp, soya, almond.

Make a vegan lunch - then make more vegan meals. Check out [vegansociety.com](http://vegansociety.com)



Cut out food waste. See [lovefoodhatewaste.com](http://lovefoodhatewaste.com)



Cut out beef. Only eat other meat occasionally.

### Getting about



Watch Healthy Air's video: <https://bit.ly/airfilm>

Share lifts for as many car journeys as possible.



Make sure your bike is roadworthy and use it.

Walk/cycle for short trips. Use public transport for longer journeys.

### Stuff



Watch films:  
• 'The Clean Bin Project'  
• 'A Plastic Ocean'

Join Freegle. Easy to do online. Allows you to find stuff you need and find a home for stuff you don't.



Get a reusable water bottle. Refill it to avoid plastic bottles.



Learn how to repair things - by sewing, fixing, upcycling.

### Spread the word

• Greta Thunberg <https://bit.ly/gretavideo>  
• Global population growth <https://bit.ly/growthbox>

Sign Sustainable St Albans' Climate Emergency petition. See [overleaf](http://overleaf).

Write to your bank/pension provider - ask them not to invest in fossil fuels.

Work out your carbon footprint and tell people about it. [footprint.wwf.org.uk](http://footprint.wwf.org.uk)



Join an environmental group and help others take action.



## Next steps

## Now we're talking!

## You're a climate hero