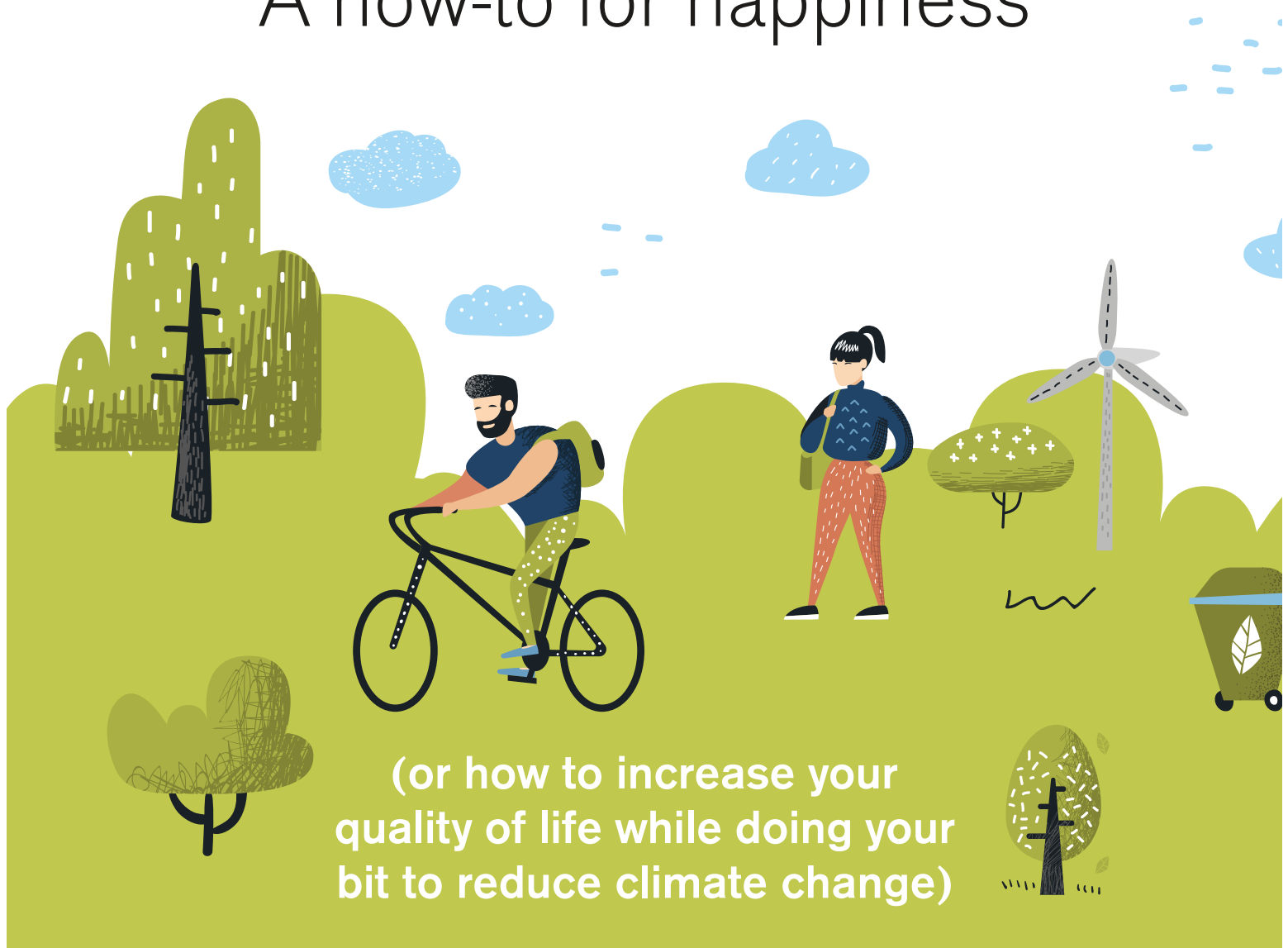


Get Carbon Savvy

A how-to for happiness



(or how to increase your
quality of life while doing your
bit to reduce climate change)

What's the problem?

Modern life can be frantic; time and money can seem to be ever-decreasing resources. Our lifestyles are also generating too much CO₂. This warms the Earth like a blanket, causing changes to our climate that put the survival of future generations at risk.

David Attenborough, Greta Thunberg and Prince William have highlighted the United Nations' warning that we have until just 2030 to cut global CO₂ emissions. 68% of UK Councils have committed to this goal. There are lots of ways to play your part, and the great news is actions that save CO₂ usually raise your quality of life.

Why is it happening?

Nations don't produce much CO₂ in their own right and nor do governments. Almost all CO₂ emissions are produced by the products and services bought by us as individuals.

It differs across the world of course: in China and India, annual CO₂ emissions per person are around 5 and 2 tonnes respectively, compared to 15 in the UK and 30 in the US, when taking into account foreign production for our use. We need to reduce this by 80% by 2030.



Insulate your home

Be warmer, save money on fuel bills, feel good about your home and get a high return on your investment.

Ready to take action?

These are the most effective things that you can do to increase your quality of life while reducing your carbon footprint



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.

What can we do?

Legislation plays a part but the real power is in us cutting our own personal carbon footprint. Just like voting, the cumulative effect is powerful.

How can we do it?

To work out your carbon footprint, use an online calculator (find one at www.carbonsavvy.uk).

Then read on to see how you can reduce it by 8% per year (it's easier than might you think).

If your annual carbon footprint is a UK typical of 15 tonnes, an 8% reduction equates to 1.2 tonnes. You'd then aim to save an additional 1.2 tonnes the year after, and so on.

Happily, this is not about taking away benefits and pleasures from life; most of the lifestyle changes required to reduce our personal carbon footprint also improve health and wellbeing, as well as saving money in the long run.



Downsize your car or go electric

Go from large to medium or medium to small and you'll save money on fuel and insurance – plus parking will be easier.

The happiness factor

We want lifestyles that are satisfying and healthy at the same time as solving the problem of CO₂ in the atmosphere.

What would happen if we slowed down, did things a little differently, connected with others in more meaningful ways, enjoyed better quality food and well-made products? These are just a few of the benefits that come with lifestyle choices that reduce our carbon footprint. Now that's savvy.



Travel to work differently

When social distancing permits, lift sharing on a 40-minute daily commute, using public transport or cycling will do more than save money and carbon. Lift sharing is social time, cycling provides exercise and public transport allows you to rest or read so you arrive refreshed.



Purchase high quality, long lasting products

Saves shopping time and money (in the long run), plus you'll have the pleasure of using top-quality products.

Find out your footprint
at www.carbonsavvy.uk



Ditch one two-hour premium return flight and take a fast international train instead

Avoid airport stress and time tied up in checking-in early. You'll also get to enjoy the beauty of the landscape en route.



Eat less quantity but higher quality meat

Less processed and imported meat and more fresh, local, grass-fed meat can improve health, make you a more creative cook and supports local farmers.



Switch to a renewable electricity company

Feel good about your electricity use and enjoy the benefits of what can be better customer service and more transparent billing.



Buy seasonal food from small scale, local and organic farms

Enjoy eating quality food without pesticides for improved flavour and long term health. When you do this you're also supporting our beautiful landscape with its hedgerows of birds, bees and butterflies. Local food keeps jobs in the local economy and often results in an enhanced shopping experience. Why not consider finding a local bulk buying group?



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

Save money, afford higher quality products and enhance community spirit.



The carbon footprint of printing this flyer is around 8g of CO₂. If after reading it, just one in a hundred people save a tonne of CO₂ it will have saved 1,000 times its own carbon footprint. Printed on 100% recycled paper.

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MAKING PERIOD HOMES WARMER

Carbon Savvy is sponsored by Mitchell & Dickinson, the experts in elegant secondary glazing and insulation for period properties. Find out more about how you can reduce your carbon footprint through insulation at:

www.mitchellanddickinson.co.uk or call 01237 429826

