



# Top twenty (or so) things we can all do to save money and arrest Climate Change.

We have based these actions on research and best practice from a number of reputable sources. Not everyone will agree with them all but that's understandable. They can be treated as a menu. What's most important is that we all take some action. All of the actions require some form of behavioural change. It takes time to embed change. As it becomes natural and habitual, the greater the chances of success. We have identified five areas of activity below:

1. Food: Our approach to the way we treat food will have a significant impact on our personal carbon footprints.

- Eat a plant-rich diet. We can still eat meat and dairy, but in smaller volumes
- Buy locally grown seasonal fruit and vegetables
- If you can, grow some fruit and vegetables at home. Even window boxes offer potential



Avoid food waste by:

- Buying what you need when you need it
- Buy loose products, in the required weight, in paper bags
- Avoid big shops as they generate waste
- Find a home for what you don't need, e.g. food banks, community fridges or composting
- Is the biggest single segment contributor to climate change, whereas food uses lots of emission generating segments. Here are a few things that we are sure work and hopefully, most people are aware of:

2. Energy: Is the biggest single segment contributor to climate change. Here are a few things that we are sure work and hopefully, most people are aware of:



- Understand what energy you are using - get smart meters
- Turn the central heating thermostat down
- Heat only the rooms you are using
- Turn off lights and appliances at the wall.
- Ensure dishwasher and tumble drier loads are as full as possible
- Use low temperatures for laundering

- When using the kettle, boil only what you need
- Keep doors closed to keep heat in and the cold out
- If you have a combi boiler, turn down the flow temperature
- If you can, take showers rather than baths and spend no more than four minutes in the shower
- Do you need to shower or bath every day?
- Get your energy from a sustainable source - do you know the greenest suppliers?

### 3. Clothing: Avoid sending clothing to landfill or incineration plants

- Avoid fast fashion - it doesn't last: buy quality because it does last
- Previously loved clothing is a real option. Many bigger brands and charities have previously loved offers
- For special occasions and for items you will seldom wear, hire rather than buy
- Always recycle unwanted clothing. There are plenty of ways to do it and plenty of demand
- If your children's school has formal uniform, blazer, PE kit etc., ensure it has a used uniform bank. School uniforms are very expensive.



### 4. Transport: reducing demand for petrol and diesel is a great way to save money and reduce emissions



- If you can, walk, scoot or cycle for short distance journeys
- Where possible use public transport. People with free bus passes should definitely use them
- Avoid flying. We all need a break and some sun, but there are many places in Europe accessible by train
- Leave the car at home one day a week, or ask yourself the question "do I really need to do this journey today"?

- EVs and hybrids are a growth area. The batteries are being reused for energy storage there are growing recycling capabilities. Technology will advance greatly over the coming years so, perhaps wait a little while before investing in this technology.

5. Other considerations: there are tactics we can employ to reduce companies' investments in fossil fuels development.

- Bank with a green bank. There are some very good ones.
- Subscribe to the Which? sustainability newsletter. it is packed with practical well researched advice
- Check out if your bank invests heavily in fossil fuel generation. The big banks are all into this and it may be a reason to switch
- If you are the beneficiary of a private pension or company/organisational scheme, understand where the pension is invested. If it's in fossil fuels, you may wish to challenge the trustees of the scheme
- In your personal and business life, if possible, buy from companies that are "B Corp" certified
- Avoid buying goods from countries with high emissions or produce fossil fuels. The UK is a big contradiction in this respect
- Plant trees without buying any. Ditch Google, Bing and other search engines. Get ECOSIA as they use half their profits to plant trees. Over 180 million so far!



## 6. Summary

For many people climate change isn't the issue. Cost of living is the issue. We believe these actions – whilst all personal choices - will help both.



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