



Wow. Being reminded that Climate Change is scary isn't very festive, is it?
But this is actually a positive message.

You can make a huge difference by doing a few simple things.
And if even half of us do half of them, it's going to be a great 2024!

7ACTS TO CHANGE TOMORROW

1

MEASURE YOUR OWN CARBON FOOTPRINT

Work out where you can make the greatest and fastest saving most painlessly. Ignore the offsetting offer. Offsetting doesn't work!

www.carbonfootprint.com/calculator.aspx

2

SWITCH YOUR BANK TO ONE THAT DOESN'T FUND THE CLIMATE CRISIS

This really is painless and all your direct debits all transfer seamlessly. For information:

www.makemymoneymatter.co.uk

www.switchit.green/

For action, switch to one of these banks:

www.triodos.co.uk

www.co-operativebank.co.uk

www.starlingbank.com

www.monzo.com

www.nationwide.co.uk/current-accounts/switch

3

MOVE YOUR ELECTRICITY SUPPLIER TO ONE THAT IS TRULY 100% RENEWABLE

www.octopus.energy/quote

www.goodenergy.co.uk

www.ecotricity.co.uk

4

REDUCE OR CEASE YOUR RED MEAT CONSUMPTION

Aim for a diet which is largely plant-based. If you want to eat meat occasionally, reduce portion sizes and move to (local) poultry and pork.

5

LESS IS MORE!

Heat less: Every 1°C is 7-11% emissions saving. Add jumpers, not bills.

Buy less: the easiest way to reduce emissions.

Buy better: preloved, or choose brands based on their climate commitment.

6

TRAVEL WISELY

Have meetings online. Walk or cycle beats trains and buses which beat car shares. Try your best not to fly (Eurostar to continental Europe is fast and very clean!)

7

ENCOURAGE ACTION

Engage those around you to take these actions: parents, loved ones and family, or close friends or colleagues.

YOU DON'T NEED TO BE PERFECT TO HAVE AN IMPACT.

From all of us at



Real Zero is a non-profit organisation dedicated to achieving a reduction in greenhouse gas emissions at the pace and scale required by the science i.e. as close to 'now' as possible.