



A few small actions you can take in 2024 to help protect our environment:

REDUCE, REUSE, RECYCLE



Make a conscious effort to minimise waste by recycling materials, reusing items and reducing single-use plastics. Composting organic waste can help reduce methane emissions from landfills. Consider taking part in a local community clean-up.

CONSERVE ENERGY



Use energy-efficient appliances and lighting. Practice energy conservation in your home; turn off lights and electronics when not in use. If possible, choose renewable energy sources like solar or wind power for your home. Opt for a green energy supplier.

SHOP SMARTER



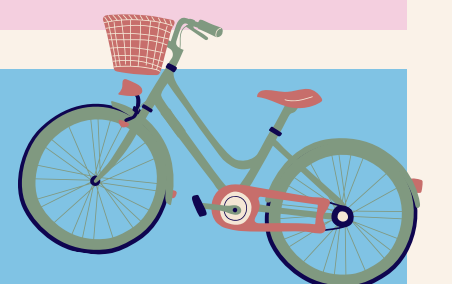
Buy less plastics and bring reusable shopping bags. Opt for products that are eco friendly, ethical, locally-produced and come with less packaging. Utilise recycling points at larger supermarkets for items that are unable to be recycled at home.

CHOOSE A PLANT-BASED DIET



Adopting a more plant-based eating pattern can have a significant positive impact on the environment and your health. If possible, buy locally-produced, organic and sustainably-sourced food. Or why not try growing your own fruit and veg!

USE ALTERNATIVE TRANSPORTATION



Use public transportation, carpool, bike or walk whenever possible. Consider purchasing a fuel-efficient or electric vehicle. Cut down on air travel if you can.



Together small changes make a BIG difference!

www.seathechange.org.uk