

Make 3 evening meals plant-based across the month.



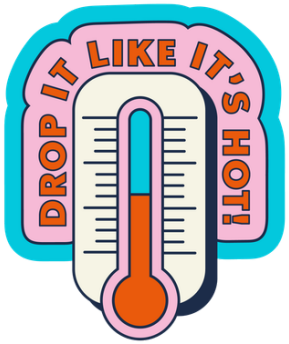
Make 4 journeys active across the month.



Meal plan to reduce food waste for one week.



Have a 'device-free' day.



Drop your heating by 1°C for a week.



Substitute 4 baths for 4 showers and limit them to 4 minutes.



Share 3 pieces of carbon-cutting advice.



Lower your washing machine temperature to 30°C for 3 washes across the month.



Opt for a refillable water bottle 3x a week across the month.

Completed by: .....

CUT YOUR CARBON

How many of the Cut Your Carbon challenges will you complete this November?

📌 Stick this checklist on your fridge and start cutting carbon today!

Make three evening meals plant-based across the month
Meat production is responsible for around 14% of the world's greenhouse gas emissions, so make three evening meals plant-based and discover how delicious cutting carbon can be!

Make any four journeys 'active' across the month
Transport creates nearly a quarter of the UK's carbon emissions. Active travel - such as walking, scooting, wheeling, or cycling - doesn't emit anything! So, get active and ditch the drive!

Meal plan to reduce food waste for one week
Research suggests that the average person wastes 95kg of food per year! At each stage of the life-cycle of wasted food, from production to rotting at landfill, carbon is produced. Plan your meals, shop smart, and waste less – it's good for the planet and your wallet!

Lower your washing machine temperature to 30°C for three washes across the month
Washing machines are energy-hungry! Drop the temperature to 30°C for three washes this month and cut carbon without sacrificing clean clothes. Cool it to care!

Have a device-free day
Electricity makes up about 25% of your home's carbon footprint. Power down non-essential devices for one day – no gaming, no streaming – and rediscover the joy of offline fun!

Turn down the heating by 1°C for a week
Heating is the top source of home carbon emissions in the UK. Turn it down by just 1°C for a week, layer up, and show your love for the planet – one cosy jumper at a time!

Share 3 pieces of carbon-cutting advice
To conquer climate change, we all need to work together. Share three pieces of carbon-cutting advice with people you know. You might remind a brother or sister not to waste food, challenge a grandparent to time their shower or share a plant-based recipe on social media.

Substitute 4 baths for 4 showers and limit them to 4 minutes
Capping your shower at 4-minutes long can save over 50 litres of water, whilst saving the energy required to clean, transport, and heat this water. We recommend using a 4-minute song as a timer that you can sing-along to!

Opt for a refillable water bottle 3x a week across the month
Switching from buying bottled water to using a refillable bottle is great for the environment. It reduces the amount of plastic waste that enters our oceans whilst cutting the carbon emissions produced in manufacturing.

Find out more about Cut Your Carbon in our 90 second explainer video

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