**Next Steps**

1. **Baby steps**

* Increased walking, cycling and use of public transport
* Hybrid vehicle
* Switch to [Ecosia](https://www.ecosia.org/) search engine – plants trees on your behalf
* Find out – does your bank/savings portfolio etc invest in fossil fuels? (Banks are generally the worst culprits)
* Start using your voice and your vote to bring about change – speak truth to power!
* Speak out online – sign petitions
* Think about the choices you make as a consumer
* Turn down your thermostat
* Improve your insulation
* Switch to a sustainable energy provider eg [Octopus](https://octopus.energy/), [Bulb](https://bulb.co.uk/), [Ecotricity](https://www.ecotricity.co.uk/) or [Ovo](https://www.ovoenergy.com/)
* Travel less. Think hard about the travel you do – and make it really ‘count’
* Shop locally eg Farmers’ market, farm shops, honesty boxes - and buy what is in season
* Recycle paper, glass, plastics etc – but aim to re-use/re-fill/even refuse in the first place
* Eat less meat and dairy
* Find your local [zero waste shop](https://www.thezerowastenetwork.com/) and remember to take your (clean) containers for re-filling
* Buy fewer new clothes
* Learn about your carbon footprint. [WWW](https://footprint.wwf.org.uk/#/) and [Giki Zero](https://zero.giki.earth/) both have easy-to-use calculators.

1. **Walking**

* Reuse/refill – only recycle when you really have no option
* Cycle, walk more
* Use public transport some of the time
* Switch some of your money to institutions that don’t invest in fossil fuels. Find out about [Triodos Bank](https://www.triodos.co.uk/).
* Use your voice: write to your MP, local councillors; use social media; write to newspapers
* Investigate and join national and local pressure groups eg Greenpeace, Friends of the Earth, WWF, local campaigns to save green spaces etc
* Generate your own energy (solar panels etc)
* Travel only by more sustainable means eg train; minimal air travel; avoid cruising
* Even less – or no – beef and dairy.
* Consider becoming vegan
* Switch to zero waste shopping for all dried goods, cleaning liquids etc
* Seek out ‘pre-loved’/second hand clothes, aim for natural fibres
* Electric Vehicle (EV)
* Sign up with Giki Zero and start bringing down your carbon footprint even further
* Take a look at ‘[Ethical Consumer’](https://www.ethicalconsumer.org/)

1. **Confidently striding**

* Switch to public transport
* No private car
* Don’t buy anything new
* Swap all your investments, savings, pension, mortgage etc to providers and Building Societies that do not invest in fossil fuels
* Use your vote: vote for candidates and parties that have climate change at the heart of their agenda
* Join in with more political/activist activity eg The Green Party, Extinction Rebellion (XR), local demonstrations, leafleting and canvassing
* Install an air source or ground source heat pump
* No air travel unless really necessary
* Community action eg ‘Guerilla gardening’ in your community
* Start your own campaign group
* Encourage children and young people in starting/joining school clubs/campaigns/school strikes
* Use knowledge gained from ‘Ethical Consumer’ to avoid certain products/companies eg palm oil/Nestle/Coca Cola

The waste pyramid – recycling should be a last resort.

Use your **voice**

Use your **vote**

Use your **choices** as a consumer