Carbon Footprint Guide

Climate change is a serious global issue caused by greenhouse gases. These gases occur in nature, but humans make extra gas because we burn and build things. When we do that, we heat the earth. That is called global warming, and it means we are changing our earth and making climates harder to live in.

What is a carbon footprint?

When we talk about a carbon footprint, we mean how much something (or some person) adds to climate change. We measure this in a unit of greenhouse gas: CO2e. An average person in the UK has a 6.5 tonnes carbon footprint each year.

Activity for home: Calculate your own footprint using www.carbonfootprint.com.

Baby steps lower your footprint

Small changes in your daily habits can make a big difference

- **Shop local**, and buy items made in the UK whenever possible.
- **Borrow** items from Oxford Party Library if you know you will only use them a few times.
- **Transport:** Walk, bike, or take public transport whenever possible
- **Electricity**: Service electrical appliances and turn off/ unplug them when not in use.
- **Water:** Fix leaky faucets, don't keep water running when not in use, collect rain water for your garden
- **Food:** Try eating more plants and less meat/dairy at each meal, and whatever you do: don't waste food!
- **Plant:** Plants and trees naturally lower carbon, so anywhere you can grow something, plant a seed!
- **Remember the 4 Rs of rubbish**
  - **Reuse**, resell, or donate items for others to use rather than binning them.
  - **Reduce** the need for new items by not buying more than you need or repurposing old items in new ways
  - **Recycle** items properly
  - **Repair** items yourself or take them to your local repair cafe (https://www.facebook.com/repaircafeoxfordshire/)

Giant leaps save the world

Not sure what to do with your waste? Use Oxfordshire County Council's Waste Wizard: https://tinyurl.com/OCCwastewizard
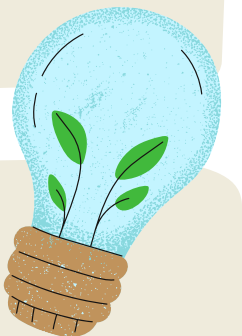
Food waste is a leading cause of climate change, and **we waste up to 50% of our food!** Please support units that save surplus from landfill like Oxford Food Hub (https://oxfordfoodhub.org) and Cherwell Larder (visit our weekly Food Waste Marketplace, Saturdays at Exeter Hall, Kidlington, OX5 1AB, 11am –4pm).

It takes a single tree 100 years to remove 1 tonne of carbon. We need to plant more. You can order native varieties from Woodland Trust: https://www.woodlandtrust.org.uk

Visit this site for some fun family activities around carbon footprints: https://francinemassue.weebly.com/cg-carbon-footprint-activity.html

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EAT TO SAVE THE EARTH

5-10% of the Earth's Carbon footprint comes from food waste.

The average family in Britain wastes £700 of food each year, contributing to 9.5 MILLION tonnes of food waste!

What can you do?

Plan ahead. Buy only what you will use, and if you can, shop surplus first. Visit Cherwell Larder's Food Waste Marketplace Saturdays at Exeter Hall, Kidlington (OX5 1AB), 11 am - 2pm, and eat in our surplus cafe!

Eat what you buy. Dedicate one night a week to loving your leftovers. Need inspiration? Climatarian Kitchen has tips: https://www.facebook.com/ClimatarianKitchen/

Eat more plants. Climatarian Kitchen's signature burger bulks out beef with mushrooms. You can do the same at home with any dish! At least 3/4 or your plate should be filled with plant based foods.

Shop local. £1 invested in local producers in Britain gives £7 back to the community including health and well-being and training for jobs! Follow Good Food Oxford (https://goodfoodoxford.org) for a list of local suppliers.

Grow your own food, and if you have waste: compost food waste, or feed it to the worms! Harvest @ Home provides DIY kits, garden starter kits, and advice on how to repurpose waste in the garden.

Save surplus. Oxford Food Hub distributes 20,000 meals a WEEK and supports over 150 local charities and community groups.
If your company has food surplus please get in touch: info@oxfordfoodhub.org

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