



TASTE THE SEASONS

The UK currently imports about half its food from overseas.

Fruit and vegetables grown far away have to be transported here in ships or on aeroplanes, fuelled by petrol and diesel. Soft fruit also needs to be refrigerated, which uses lots of energy.

Buying fruit and vegetables in season and grown nearby has a far lower effect on the environment than buying food shipped from far away. This also allows you to appreciate the changing seasons, rather than having the same food all year round.





SWITCH OFF FOR NATURE

A third of our greenhouse gas emissions come from generating energy, mostly as a result of burning oil, coal and gas.

Switching electrical devices off, rather than leaving them on standby, saves lots of energy. If all the Museum's visitors switched off their televisions and computers at night it would have the same effect as taking thousands of cars off the road.





REDUCE REUSE RECYCLE

People in the UK generate 200 million tonnes of waste each year, with 28 million tonnes coming from our homes. Nearly half of this is recycled but the rest goes to rubbish dumps, where it releases greenhouse gases. Rubbish also ends up in the seas and oceans where it causes pollution and kills wildlife.

One of the best ways to reduce waste is to try to use things that can be used over and over again, instead of disposable products such as paper cups and plastic bottles.





JOIN FORCES

Lots of people care about the environment. If you are one of them, you are not alone. Sharing the enjoyment helps encourage people to take their own interests further, to share ideas and celebrate successes.

Find out who else around you shares your interests. Go to events, talk to other people, join groups. Let other people encourage you, and encourage them. You can achieve much more together than you can on your own.





USE YOUR VOICE

If you care about the effect we are having on the planet, share your opinion. Let others know what matters to you.

Politicians are paid to listen to you, so if you're concerned about something, tell them. Find out who your Councillor or MP is and make sure they have heard your point of view.





GET GROWING

Plants and trees take carbon dioxide out of the atmosphere and release oxygen. They help create a nicer place to live and provide us with food.

Everyone can grow plants, it doesn't matter if it is on a windowsill, a balcony or in a garden. Growing your own food can be a lot of fun and can taste great. You can help your plants grow with compost made from your food waste.





FEEL THE MOMENT

Doing things that are important to you can make you feel great!
This great feeling helps you turn enthusiasm into more action.

Decide what is important to you, think how good you would feel
if you succeeded, and find time to make it happen. You'll enjoy it.





SHOP SMART

A lot of what we buy ends up not being used and going into rubbish dumps. This includes huge amounts of food, packaging and items that people no longer want.

You can help reduce this waste by buying what food you will eat, choosing products with less packaging, and thinking through what you want to buy.





TRAVEL LIGHT

The way we travel makes up 21% of UK greenhouse gas emissions. Most of these are produced by burning diesel and petrol, which releases carbon dioxide into the atmosphere.

There are lots of ways to 'travel light'. Using public transport or travelling with other people helps cut down on the amount of fuel used for your journey. Cycling and walking don't use any fossil fuels at all.





EAT THOUGHTFULLY

Food production generates around 30% of global greenhouse gases.

Meat production causes far higher emissions than growing plants. Cows and sheep have a particularly bad effect as they produce lots of methane, a bad greenhouse gas. Tropical forests are cut down to provide grazing for cattle.

There are lots of ways to reduce the impact of your diet. You could try going a day or more a week without meat, or switch from red meat to chicken or fish. Cutting down on dairy products such as milk and cheese is also good for the environment.

