



PRESENTS

HOME CHALLENGE

GO ZERO



AIM FOR CARBON NEUTRAL IN YOUR  
DAILY ACTIVITIES

Try our steps inside as a start and then go for  
more...

ONCE YOU SWAP YOU JUST CAN'T STOP







PRESENTS..

# HOME CHALLENGE GO ZERO

## WHY?

Every choice we make, even if it seems small, affects our Earth.

Remember, when we make choices that support clean, renewable energy, we're helping to reduce the need for fossil fuels in our communities. That means we're pushing for a change in how we get our energy for a cleaner, greener future!

AIR TRAVEL MAKES UP  
8% OF THE UK'S  
OVERALL GHG  
EMISSIONS

## WHAT?

There are some easy but impactful choices that you can make in your daily lives.

Some require input from the homeowner but others can be done as a consumer.

Take a look through our guide and choose the options that are best for you.

## WASTE CHALLENGES

### 1. KNOW YOUR RECYCLING

Check your local council guidelines and make sure that you are recycling everything that you can

Don't forget food waste recycling - you should separate your food waste out

Whatever can't get recycled, send to charity

**WHY?** Methane from landfill (in particular food waste) is up to 30x more potent than carbon dioxide as a greenhouse gas

**WHY? AGAIN?** When you recycle, you help reduce the carbon emissions linked to the production of new, unused products

### 2. SHOP AT ZERO WASTE SHOPS

Reduce your plastic waste by shopping at zero waste shops

#### WHY?

All plastic has a carbon footprint - using as little of it as possible can help you reduce your household impact

### 3. COMPOST

You can make your own composting bin easily and compost all raw organic food

#### WHY?

Home composting reduces the amount of food waste that goes to landfill, reducing emissions from transportation and methane and reducing the need to buy compost

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# TRAVEL CHALLENGES



## 1. CHOOSE TO WALK OR CYCLE FOR SHORT DISTANCES

Instead of getting a lift in the car with someone, check out the cycle routes. Electric bikes will take you further more easily

Walking is a great way to get extra exercise in when driving isn't necessary

### WHY?

25% of car trips within the UK were under 1 mile, and 72% under 5 miles

Imagine if we all walked or cycled these journeys



## 2. AVOID SHORT-HAUL AIR TRAVEL

If you can, opt to travel by train instead of air travel for shorter distances. The Eurostar and other train networks across Europe are often fast and affordable. Or choose a staycation instead

### WHY?

Air travel makes up 8% of the UK overall GHG emissions



## 3. MAKE YOUR NEXT FAMILY CAR ELECTRIC OR HYBRID

Electric cars are less carbon-intensive than petrol cars  
Talk to the person responsible for car purchasing and look into options  
There are lots of loan options available

### WHY?

An electric car produces around 33% less CO2 than the average UK car



# SHOPPING CHALLENGES



## 1. CHOOSE SECOND HAND

Challenge yourself each month to buy one item secondhand that you would usually buy new.

Use online retailers, charity shops or social media marketplaces

Each month, try to increase the amount of secondhand items that you buy

### WHY?

The clothing industry accounts for 8-10% of global GHG emissions



## 2. CHOOSE NON-PLASTIC ITEMS

Avoid buying plastic items. Plastic is made from oil and purchasing plastic items, particularly single-use ones, encourages the use of fossil fuels.

There is always an eco alternative, consider bioplastic items instead  
Check out our "Plastic Free Home Challenge"

### WHY?

Substituting plastic for bioplastic or other materials can decrease the product's carbon footprint by 73% or 90% respectively, each year



## 3. CHOOSE RECYCLED PRODUCTS

You can buy products that are made from recycled materials.

Always search and check the label for recycled materials. The higher the % the better for the environment

### WHY?

By choosing recycled products you help to reuse materials already in circulation, contributing to the circular economy



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# EATING CHALLENGES



## 1. REDUCE YOUR MEAT

Start by switching 1 or 2 of your weekly meals to be plant-based, then build up to more. Check out our Mooove Over Meat Home Challenge Pack

### WHY?

The meat and dairy industry accounts for ¼ of all global greenhouse gas emissions. By choosing plant-based and vegetarian options, you are helping to transition away from a meat-based society and promoting a more environmentally-friendly approach to food production



## 2. EAT SEASONAL FRUIT AND VEGETABLES

Get a seasonal calendar and choose your fruits and vegetables around this

Shop at local farmers' markets

### WHY?

Selecting seasonal fruits and vegetables not only lowers emissions from long-distance transportation but also decreases the energy footprint associated with cultivating out-of-season crops



## 3. SWITCH TO DAIRY-FREE MILK

There are many options for delicious, creamy, dairy-free milk

Start by using it in your cereal or opt for it in your take-away coffee - start gradually

### WHY?

Dairy milk has double the carbon footprint of plant-based milk. For each litre of milk processed, up to 2.5 litres of wastewater is produced



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# DIGITAL CHALLENGES



## 1. SET YOUR BROWSER TO ECOSIA

Type in Ecosia into your normal browser

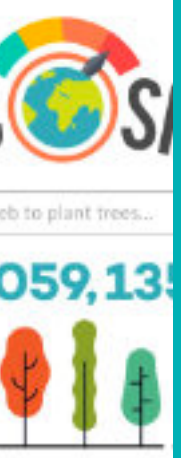
Follow the instructions on the website

### WHY?

Ecosia uses its profits to plant trees and support reforestation projects around the world. Each time you search with Ecosia you help plant a tree

### WHY AGAIN?

Ecosia is carbon negative - it generates all of its energy from its own solar plant!



## 2. REPLACE YOUR PHONE ONLY WHEN YOU NEED TO

Don't accept your automatic upgrade if you don't need to

### WHY?

By keeping your phone for 4 years instead of 2 you more than halve its carbon footprint



## 3. BUY SECOND-HAND OR REFURBISHED GOODS

You can find second-hand goods on many popular pre-loved sites

### WHY?

Not only are refurbished items much cheaper than buying new, but they are better for the environment avoiding additional carbon emissions and pollution



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ANOTHER WAY





# HOME CHALLENGES

SMALL STEPS THAT YOU CAN TAKE TO MAKE A DIFFERENCE IN YOUR HOME

40% OF THE UK'S GHG EMISSIONS COME FROM HOUSEHOLDS

## 1. USE A LOWER TEMPERATURE

Set your washing machine to 30 degrees or lower

Set your dishwasher to the eco setting

### WHY?

It takes much less energy to heat water to a lower temperature

## 2. DON'T OVERFILL YOUR KETTLE

Only fill your kettle with the amount of water that you need for your cups

### WHY?

If you fill the kettle to the top, you are using energy to heat water that will only go cold

## 3. FILL THE DISHWASHER BEFORE RUNNING IT

A dishwasher uses the same amount of energy whether it has 1 cup inside or 50. Make sure you make the most of this energy use

### WHY?

Almost 8% of our electricity bill is spent running the dishwasher

# HOME CHALLENGES

MORE COMPLEX CHANGES THAT REQUIRE THE HOME OWNERS INPUT

## 1. CHOOSE A GREEN TARIFF (RENEWABLE BASED ENERGY)

For the best advice take a look at The Energy Savings Trust for their info on the best tariffs, or choose an online comparison tool that specialises in green tariffs

### WHY?

How you get your energy has a direct impact on the demand for renewables. By demanding more renewable tariffs we will help make the switch to a renewable future faster

## 2. INSULATE

Loft and underfloor insulation, even draught proofing make a massive difference. Check if you are eligible for funding from the government, local council or local charity

### WHY?

By helping to keep the heat in your house, Insulation reduces fuel usage and is one of the easiest and cheapest ways to help keep your energy use down.

## 3. INSTALL A RENEWABLE

Take look to see if your property is suitable for solar panels, air source heat pumps or other renewable technologies. There are many online resources to help you choose the best option. Always check to see if you are eligible for funding

### WHY?

If you can get renewable energy straight from your own home, you reduce the dependence on energy corporations and know exactly where your energy comes from

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