



Make 3 evening meals plant-based across the month.



Make 3 journeys active across the month.



Meal plan to reduce food waste for one week.

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



Have a 'device-free' day.

Drop your heating by 1°C for a week.

Completed by: .....

# November is Cut Your Carbon month!

Eco-Schools is calling on young people across the UK to tackle carbon emissions, one simple action at a time. Complete these 6 challenges at home with family and friends to raise awareness and spark change.

At the end of the month, we'll count how many of you joined in, add up the estimated carbon saved, and celebrate your amazing efforts!

📌 **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 three 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!