

WANT TO FRESHEN UP YOUR WARDROBE?



Rather than looking online or in fast-fashion stores, try these for your new look:



depop



Etsy

- Charity shops
- Online resellers
- Trading with friends
- Upcycling old clothes



I PLEDGE TO STOP SUPPORTING FAST FASHION



PART OF THE 10 PLEDGES FOR THE PLANET

DO YOU HAVE TO DRIVE?



An easy way to reduce your carbon footprint is by switching your car travel to options that release less emissions.

Our favourites are:



- Doing a car share with friends



- Catching a train

- Taking a bus



- Walking



- Cycling



**I PLEDGE TO SWITCH TO
ECO-FRIENDLY TRAVEL**

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PART OF THE 10 PLEDGES FOR THE PLANET

DO YOU RECYCLE?



Recycling is a easy way to be sustainable and keep our planet green! To do it effectively, make sure you follow these simple steps:



- Wash the item of food residue
- Remove any labels
- Compress item
- Put in appropriate bin

**I PLEDGE TO RECYCLE
ANYTHING I CAN**

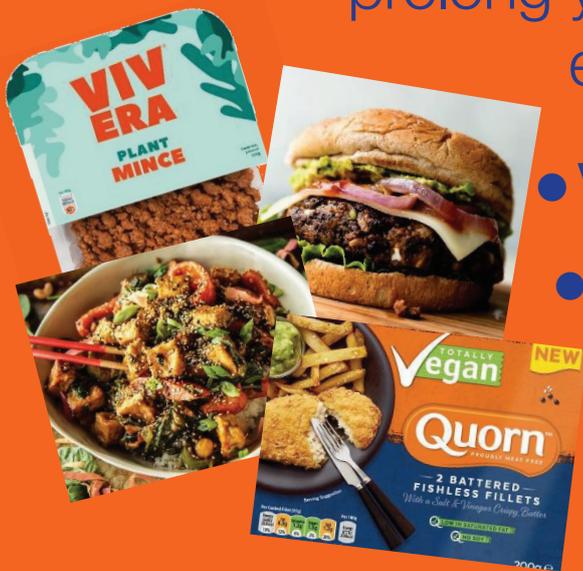
3

PART OF THE 10 PLEDGES FOR THE PLANET

HAVE YOU TRIED A MEAT-FREE MONDAY?



Little changes in your diet help your and the planet's health. Eating plant proteins as a substitute to beef can reduce your emissions 20 times and prolong your life span. Check out these easy swaps for your next meal:



- Veggie mince for pork mince
- Bean burger for beef burger
- Tofu for chicken
- Fishless fillets for cod

I PLEDGE TO HAVE TWO MEAT FREE DAYS A WEEK

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PART OF THE 10 PLEDGES FOR THE PLANET

DO YOU PICK UP YOUR LITTER?



Researchers estimate that over one million animals die each year after ingesting, or becoming entrapped in, improperly discarded rubbish. To prevent these deaths and keep our environment clean, make sure to:

- **Recycle any rubbish you can**
- **Dispose of the litter in a bin, if it cannot be recycled**
- **Hold on to the litter until you reach a bin or at home to dispose of it properly**
- **If you see litter in your environment, pick it up and dispose of it!**



I PLEDGE TO KEEP MY LOCAL ENVIRONMENT CLEAN

PART OF THE 10 PLEDGES FOR THE PLANET

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HOW MUCH DO YOU KNOW ABOUT YOUR PLANET?



The climate crisis is in the news all the time... but how much do you really know about caring for the planet? Check out these websites and take this quick quiz to find out how much you really know!



SCAN HERE FOR INFORMATION



SCAN HERE TO QUIZ YOURSELF

I PLEDGE TO LEARN MORE ABOUT CARING FOR MY PLANET



PART OF THE 10 PLEDGES FOR THE PLANET

DO YOU USE REUSABLES?



Of the 38.5 million plastic bottles used daily only half are recycled. As a result, 73% of beach litter is plastic. Do these things to reduce your plastic consumption:

- Carry a reusable water bottle or hot drinks cup



- Use metal or silicone straws

- Always bring your bags to the shop



- Buy loose fruits and vegetables

- Avoid using cosmetics that contain microplastics



I PLEDGE TO STOP USING SINGLE USE PLASTICS



PART OF THE 10 PLEDGES FOR THE PLANET

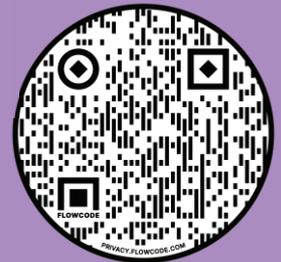
WHAT'S YOUR CARBON FOOTPRINT?



Your carbon footprint is the amount of carbon dioxide released into the atmosphere as a result of the activities you do. This should include the electricity used for charging your phone, how many miles a week you travel by car and how often you use the oven.



Scan this code to calculate your carbon footprint



I PLEDGE TO WORK OUT MY CARBON FOOTPRINT



PART OF THE 10 PLEDGES FOR THE PLANET

DID YOU SWITCH OFF THE LIGHT?



Approximately 40% of global CO₂ emissions come through the combustion of fossil fuels to generate electricity. If you turn off the light when you leave the room you can reduce greenhouse emissions by 0.15 pounds per hour.



**I PLEDGE TO TURN OFF ELECTRICS
WHEN I'M NOT USING THEM**



PART OF THE 10 PLEDGES FOR THE PLANET

WHEN WAS THE LAST TIME YOU TALKED ABOUT THE CLIMATE CRISIS?



Spreading awareness about how we can help the planet is so important. Make sure that you raise the issue of the climate crisis with friends, family or local MPs and get your voice heard.

Together we achieve climate justice!



**I PLEDGE TO TALK MORE ABOUT
CARING FOR THE ENVIRONMENT**



PART OF THE 10 PLEDGES FOR THE PLANET