

Small Changes

What Can I Do?

Big Benefits

Eat a Plant Rich Diet



Changing what we eat reduces carbon emissions, improves human health, and conserves resources



beef 1 kg = 59.6 kg CO₂eq peas 1 kg = 0.9 kg CO₂eq

BENEFITS: Healthier for you and the planet

Poore et al., Science, 360, 987-992 (2018)

Buy Second Hand



Give second hand goods a new lease of life, help the environment and save money



1 new cotton shirt = 2,700 litres water

BENEFITS: Save money and save water

WWF, Handle with Care, Spring 2014

Manage Energy Use



Install a smart thermostat to track your energy use and control your heating and cooling remotely



Every 1°C cooler = 10% more energy use

BENEFITS: Save money and save energy

Canstar Blue

Seek Active Transport



Choose sustainable transport options to reduce carbon emissions. Active transport is good for your health



~75% less CO₂

BENEFITS: Better fitness and reduced traffic pollution

Our World in Data, Which form of transport has the smallest carbon footprint?, 2020

Act for Change



Use your voice to make a difference



Our biggest climate change protest took place in 2019 in 185 countries with millions of people

BENEFITS: People power can change legislation

The Guardian, Across the globe, millions join biggest climate change protest ever, 2019

Restore Nature



Going outdoors helps improve cognitive function, physical and mental health



Restoring wildlands and improving farmlands will achieve 30% of global carbon capture targets

BENEFITS: Improved personal and environmental health

Roe et al., Nat. Clim. Chang., 9, 817-828 (2019)

Learn to Adapt



Climate change is forcing us to live differently, learning will be core to our ability to adapt



If 16% of high school students received climate change education, we could reduce 19 Gt of CO₂ by 2050

BENEFITS: A future for our children with less CO₂

Asian Development Bank, Four Ways Education Can Fight Climate Change, 2022

ACT NOW to Save Money, Improve Health, Reduce Climate Change and Protect Coral Reefs!

