



# How to reduce your carbon footprint

Achieving a carbon neutral Reigate & Banstead by 2050 will only be possible if we all reduce our contribution to climate change. Here are some ideas for changes you could make and the impact they could have on your carbon footprint.

We've also highlighted some changes that are easy to do for a quick win  or good for saving you money without costing a lot upfront .

	<b>Low impact</b> Try a simple quick win to get you started. Lots of small changes will all add up. 	<b>Medium impact</b> Some of these changes could also see you saving money immediately.	<b>High impact</b> These changes are more likely to require significant financial investment. Keep an eye on our website for potential funding schemes.
Energy at home	<ul style="list-style-type: none"> <li>• Draught proof your home, including blocking up any open chimneys </li> <li>• Change to LED light bulbs </li> <li>• Don't overfill the kettle - boil only the water you need </li> </ul>	<ul style="list-style-type: none"> <li>• Turn the thermostat down by 1°C and you could reduce the energy you use for heating by 10% </li> <li>• Get solar PV or solar thermal panels for your roof</li> <li>• Use smart heating controls</li> <li>• Take a shower instead of a bath and you could save up to £250 annually </li> </ul>	<ul style="list-style-type: none"> <li>• Switch to a renewable energy tariff </li> <li>• Double glaze windows and doors</li> <li>• Install roof and wall insulation and save up to £350 each year</li> <li>• Replace your gas boiler with a heat pump, after you've insulated your home</li> </ul>
Transport	<ul style="list-style-type: none"> <li>• Practise eco driving; for example - driving at 50 mph uses less fuel than 70 mph </li> <li>• Car share</li> </ul>	<ul style="list-style-type: none"> <li>• Walk or cycle more, particularly for short, local journeys </li> <li>• Switch from driving to taking public transport more often</li> </ul>	<ul style="list-style-type: none"> <li>• Switch to an electric car</li> <li>• Fly less and fly economy class - try staycations for leisure and video conferencing for business </li> </ul>
Food	<ul style="list-style-type: none"> <li>• Buy locally grown and seasonal food</li> <li>• Cook at home more instead of getting takeaways </li> <li>• Look for reduced or no packaging options when you shop</li> </ul>	<ul style="list-style-type: none"> <li>• Cut down on dairy</li> <li>• Eat all the food you buy so that you waste less </li> </ul>	<ul style="list-style-type: none"> <li>• A plant-based diet is best, but try cutting down on red meat - producing 1kg of beef emits up to 50 times more greenhouse gases than 1kg of peas </li> </ul>
Outdoors	<ul style="list-style-type: none"> <li>• Avoid artificial fertilisers which have a high carbon footprint</li> <li>• Keep food waste out of landfill to reduce methane - turn it into compost (or recycle it as food waste) instead </li> </ul>	<ul style="list-style-type: none"> <li>• Plant a tree in your garden - each tree can soak up 1 tonne CO<sub>2</sub> in its lifetime</li> <li>• Ditch the petrol mower and use an electric one, or let your grass grow a bit to help wildlife</li> <li>• Stop buying peat based compost - buy peat free or use your own </li> </ul>	<ul style="list-style-type: none"> <li>• Join or volunteer with a nature conservation organisation like Surrey Wildlife Trust, Tree Wardens Network or one of our local community tree planting groups</li> </ul>

**Note about the data:** the facts and figures used above are sourced from Energy Savings Trust and Energise Sussex Coast, WWF, RHS and Friends of the Earth.

Visit [reigate-banstead.gov.uk/sustainability](https://reigate-banstead.gov.uk/sustainability) for more information, advice and tips.