

Household carbon footprint in the UK has shrunk from 15 tonnes CO<sub>2</sub>e in 1990 to 8 in 2017, thanks to both the government and individuals taking action. In St Andrews, people involved in our projects between 2015 and 2018 reduced carbon emissions by 750 tonnes. In early 2019, Scottish and UK governments have taken on a target of net-zero emissions by 2050, speeding up our decarbonisation programme in recognition of the scale of the climate crisis. Below are some things you can do now to help achieve this goal, and make St Andrews a better place to study, work and live. For more tips see Greener Scotland website:

<http://www.greenerScotland.org/>

All actions are important: ★★★★★ higher impact

★ lower impact

Home Energy	Travel
<ul style="list-style-type: none"> <li>• Install a ground source or air-source heat pump ★★★★★</li> <li>• Switch to a renewable electricity provider ★★★★★</li> <li>• Turn down your thermostat by 1°C ★★</li> <li>• Don't overfill the kettle ★</li> <li>• Take short showers instead of baths ★★</li> <li>• Draught proof your home ★★</li> <li>• Get a free home energy check and advice on home improvement grants (<i>St Andrews Environmental Network</i>). ★★</li> </ul> <p><b>Green bonus:</b></p> <ul style="list-style-type: none"> <li>• Homes which are cosier in winter and cooler in summer.</li> <li>• Saving on energy bills.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep to the speed limit when driving ★★</li> <li>• Walk or cycle for short trips ★★ (<i>Transition BikePool, University Staff Go E-bike scheme</i>)</li> <li>• Halve your car mileage ★★★★★</li> <li>• Switch to an electric car (<i>St Andrews e-Car Club</i>) ★★</li> <li>• Reduce your flights by 75% ★★★★★</li> <li>• Join a lift sharing scheme and share your commuting (<i>University Liftshare</i>) ★★★★★</li> </ul> <p><b>Green bonus:</b></p> <ul style="list-style-type: none"> <li>• Health benefits from active travel and feeling more connected with nature and community</li> <li>• Safer and less congested and polluted streets and roads</li> <li>• Less time spent in traffic jams during your commute</li> </ul>

Diet	Consumption and Waste
<ul style="list-style-type: none"> <li>• Reduce meat consumption by 50% ★★★★★</li> <li>• Stop eating cheese and butter ★★★</li> <li>• Reduce food waste by 50% ★★</li> <li>• Reject all frozen food except that stored from the garden/allotment ★★</li> <li>• Stop buying all air-freighted food ★★</li> <li>• Eat only seasonal fruit and vegetables ★★</li> <li>• Join a local, organic veg box scheme (<i>The Tree Shop</i>) ★</li> <li>• Grow your own vegetables, salads and fruits ★ (<i>Transition Edible Campus, Botanic Garden Urban Farm and Community Garden</i>)</li> </ul> <p><b>Green bonus:</b></p> <ul style="list-style-type: none"> <li>• Climate-friendly diet is also healthier for you.</li> <li>• Plant-based diets reduce impacts of agriculture on water quality, erosion, and loss of plants and animals.</li> <li>• Gardening is good for your mental and physical health.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid disposable items ★</li> <li>• Recycle or reuse everything that can be recycled or reused (<i>Transition ReUse</i>) ★★</li> <li>• Work less, earn and spend less, enjoy more leisure time (every £1 spent causes 0.5kg of carbon emissions) ★★★★★</li> <li>• Join a tool library to avoid buying less frequently used tools and equipment (<i>Transition ToolShare</i>) ★★</li> <li>• Avoid buying overpackaged items ★</li> <li>• Invest £2,500 in renewables projects ★★★★★</li> </ul> <p><b>Green bonus:</b></p> <ul style="list-style-type: none"> <li>• Less pollution and cost from landfill disposal</li> <li>• Less plastic in the oceans</li> <li>• Greater sense of personal wellbeing</li> </ul>
Community	
<ul style="list-style-type: none"> <li>• Talk to your friends and colleagues about climate change and actions you are taking ★★★★★</li> <li>• Tell your representatives in local and national governments that climate change is of concern to you and what actions you want them to take. <i>For resources see: Stop Climate Chaos Scotland.</i> ★★★★★</li> <li>• Join a community group, project or organisation taking action on climate: <i>Transition University St Andrews (lots of projects!)</i> ★★★★★</li> </ul> <p><b>Green bonus:</b> Connecting with others in the community, decreasing social isolation and increasing your sense of wellbeing.</p>	