

Collective / societal impact

Smaller individual impact

Medium individual impact

Larger individual impact

Smaller emissions impact

“Not all actions are equal – some change your footprint more, others influence society or culture”

Greater emissions impact

All figures are indicative estimates based on typical UK assumptions **Actual impact varies by person and home**

Consume far less stuff
(clothes elec, furniture)
~0.2–0.4 t CO₂e / year

Renewable elec tariff
~0.1–0.3 t CO₂e / year

Pescatarian diet
(with regular prawns)
~0.3-0.5t CO₂e per year

Reduce food waste
~0.2–0.3 t CO₂e / year

Minor energy efficiency eg LEDs,
~0.1–0.2 t CO₂e / yr

Install solar panels

~0.7-1.1t CO₂e per year

Assumes c.4kW array

Cut beef out from 2 meals per week
~0.6–0.8t CO₂e per year
Assumes cuts c.150g beef

Swap cows milk to oat milk

~0.5t CO₂e per yr
Assumes family @ c.5L per week

2 x adults RTN train to S. France instead of flying

~0.8-0.9t CO₂e per year

Vegetarian diet
(no meat or fish)

~1.0t CO₂e per year

Could be more depending on previous diet / dairy

Fully plant based diet
(no animals or dairy)

~1.2–1.6t CO₂e per year

Vegan diets emit ~75% less emissions, use ~75% less water, and cause ~60% less habitat loss.

Insulate your home

~0.7–1.2t CO₂e per year

(assumes standard size Uk house loft + cavity wall)

Switch petrol car to electric car

~1.3–1.7t CO₂e per year

Depends on grid mix and vehicle efficiency, and improving all the time.

Replace gas boiler with air-source heat pump

~1.8–2.0t CO₂e per year

(assumes no change to insulation)

Switch petrol car to no car

~2.0–2.5t CO₂e per year

15,000 km/year in a petrol car emits around 2.2 t CO₂e

Stop or reduce flying
(figures below are per person)
~0.3t CO₂e for every return internal UK flight
~0.4t CO₂e for every return EU short haul flight
~0.9t CO₂e for every return EU longer haul flight
~2.0t CO₂e for every return INT long haul flight
(examples = Ldn-Edin / Ldn-Spain / Ldn-Turkey / Ldn-Thailand)

Figures above are for economy class flights. Premium economy, business and first class are higher.

Recycle plastic

Buy and sell second hand

Like & share social media posts

Sign and share petitions

Support a climate group, £ financially

Boycott corporates / brands for the climate and tell them why

Vote Environmentally

Get involved in community action and causes / volunteer your time

Join national and local climate groups

Set up a sustainability group at work or community

Talk to family and friends about your actions and encourage them

Educate yourself
Eg. attend Climate Club!

Write to and engage with your MP regularly and positively

Attend marches or demos

Divest your finances to a green bank provider

(bank, savings, pension)

Non Violent Direct Action

Civil Disobedience