**Carbon Footprint and Pledge Menu**

Since the industrial revolution (around 250 years ago) the level of CO2 in the atmosphere has been steadily rising. The main cause for this is burning large amounts of fossil fuels (coal, oil and gas). This problem has got a lot more serious since the 1950s when industry around the world increased rapidly. As levels of CO2 in the atmosphere have risen so have global temperatures. Even small temperature changes can have huge consequences for our planet. Scotland has pledged net zero carbon by 2045. Almost everything you do has an impact on the size of your carbon footprint.

Penicuik Carbon Challenge are here to support you in reducing the size of your footprint.



How big are your Carbon Feet?

The WWF footprint tool will help you calculate your footprint and show you how you are doing in comparison to Scotland’s average and our climate change targets.

<https://footprint.wwf.org.uk/#/>

**Sign up to one or lots of our carbon challenge pledges to reduce your carbon footprint**

**If you are keen to find out more sign up for one of our Carbon Conversations Courses**

**PCC Pledge Menu**

**Energy and Water**

1. Turn of lights and appliances when not in use

2. Replace all my light bulbs with LED alternatives

3. Switch to a green electricity tariff like Good Energy or Ecotricity

4. Make sure my home is well insulated

5. Replace my boiler with a condensing boiler

6. Generate my own power using solar energy

8. Install a biomass boiler

9. Turn my thermostat down by 2 degrees

10. Use a shower rather than a bath or a power shower

11. Use a watering can rather than a hose to water your garden

**Food**

1. Reduce the food I waste

2. Increase the proportion of organic food in my diet

3. Eat a diet high in plant based items and low in dairy and meat

4. Try growing some of my own food

5. Support local shops as much as possible

6. Eat fruits and vegetables that are in season and locally grown

7. Compost your food waste

8. Buy in bulk to avoid excess packaging – try a local refillery

**Stuff**

1. Reduce the amount of clothing I buy by buying good quality items that will last

2. Join the local library

3. Download music rather than buy CDs

4. Try to repair and mend things that are broken rather than throwing away

5. Keep my mobile for as long as possible rather than upgrading every year

6. Use charity shops and online second-hand marketplaces to do more of my shopping

7. Make sure anything I get rid of is passed on to someone or recycled

8. If I need a new appliance try to buy an A-rated one

9. Try to support companies that are environmentally responsible

10. Buy all of my Christmas presents second hand

**Activities**

1. Keep fit by jogging and cycling locally rather than driving to an indoor facility

2. Enjoy the great outdoors with friends and family

**Recycling**

1. Recycle all of my waste possible

**Travel**

1. Give up driving short distances (less than 3 miles)

2. Walk to my local shops rather than drive to the supermarket

3. When I replace my car buy a more efficient one or consider switching to an electric vehicle.

4. For medium to long distances (over 100 miles) chose to travel by train more often

5. Give up flying in the UK

6. Take my holiday in the UK rather than abroad

7. Find someone to car share with for my commute