

“Right now, we are facing a man-made disaster of global scale. Our greatest threat in thousands of years. Climate change. If we don’t take action, the collapse of our civilisations and the extinction of much of the world is on the horizon.”

David Attenborough



We have a Climate Emergency

We have just 11 years to cut our global carbon emissions by 50%. Source: UN Climate Report 2018

The earth needs Climate Heroes!
With everyone’s help we can do this.

1. Take action yourself with our Climate Hero action plan opposite. Go to stalbansfoe.org for more ideas.

2. Call on the council to take action; sign the Climate Emergency petition at sustainablestalbans.org/petition



Start with small steps, then bigger, until you are a Climate Hero!

	Home energy	Food	Getting about	Stuff	Spread the word
Be inspired	 <p>Explore the Energy Saving Trust website.</p>	 <p>Watch films: • Cowspiracy • Just Eat It</p>	 <p>Watch Healthy Air's video: https://bit.ly/airfilm</p>	 <p>Watch films: • The Clean Bin Project • A Plastic Ocean</p>	<p>Watch TED • Greta Thunberg https://bit.ly/gretavideo • Global population growth https://bit.ly/growthbox</p>
Getting started	 <p>Switch to a renewable energy supplier.</p>	 <p>Try non-dairy milk: e.g. oat, hemp, soya, almond.</p>	 <p>Share lifts for as many car journeys as possible.</p>	<p>Join Freegle. Easy to do online. Allows you to find stuff you need and find a home for stuff you don't.</p>	<p>Sign Sustainable St Albans' Climate Emergency petition - see opposite.</p>
Next Steps...	 <p>Change all your light bulbs to LEDs - even the tricky ones.</p>	<p>Make a vegan lunch - then make more vegan meals. Check out vegansociety.com</p>	 <p>Make sure your bike is roadworthy and use it.</p>	 <p>Get a reusable water bottle. Refill it to avoid plastic bottles.</p>	<p>Write to your bank/pension provider - ask them not to invest in fossil fuels.</p>
Now we're talking!	<p>Insulate loft and walls. Draught proof doors and windows.</p>	 <p>Cut out food waste. See lovefoodhatewaste.com</p>	<p>Walk/cycle for short trips. Use public transport for longer journeys.</p>	 <p>Learn how to repair things - by sewing, fixing, upcycling.</p>	<p>Work out your carbon footprint and tell people about it. footprint.wwf.org.uk</p>
You're a climate hero	 <p>If you have a roof, research if it's suitable for solar panels.</p>	 <p>Cut out beef. Only eat other meat occasionally.</p>	 <p>Use the train not the plane for holidays. seat61.com for advice.</p>	<p>Check Freegle, eBay and charity shops first to avoid buying new.</p>	 <p>Join an environmental group and help others take action.</p>

