

Sign up to Count Us **IN** StAlbansCountUsIn Make your actions count

	Home	Food	Travel	Lifestyle	Voice
Be inspired	<p>Explore the Energy Saving Trust at energysavingtrust.org.uk</p> 	<p>Check out Meat Free Mondays. Watch Seaspiracy.</p> 	<p>Check out 'Sustrans'. Search #PlaylistsForEarth</p>	<p>Watch: - River Blue - The Story of Plastic.</p>	<p>Join a climate action/campaign group.</p> 
Getting started	<p>Switch your energy to a green supplier/tariff.</p>	<p>Eat seasonal, choose organic and local. #growyourown</p> 	<p>Use the car less. Lift share, combine journeys.</p> 	<p>Wear clothes to last. Wash at 30 degrees.</p> 	<p>Talk to friends. Start a Climate Conversation. StAclimateconversation</p>
Next steps	<p>Dial it down. Turn down the heating by a degree or two.</p>	<p>Cut food waste. See lovefoodhatewaste.com</p>	<p>Walk and cycle more.</p> 	<p>Use less plastic: refuse plastic water bottles.</p> 	<p>Speak up at work. tosimplesteps</p>
Now we're talking	<p>Insulate your home e.g. loft and windows.</p>	<p>Protect the rainforests. See Rainforest Alliance.</p> 	<p>Drive electric. Try a car club.</p> 	<p>Repair and reuse. Buy less stuff.</p> 	<p>Tell your politicians to put climate at the top of the agenda.</p>
You're a climate hero	<p>Get some solar. solarstreets.co.uk/stalbans</p>	<p>Eat more plants. bosh.tv/recipes</p> 	<p>Fly less or not at all. For train travel see seat61.com</p>	<p>Green Your Money. Bank and invest ethically.</p>	<p>Invite other people to join the team at. StAlbansCountUsIn</p>