

What's your #ClimatePledge?

#ClimateActionWeek



Pledge	Information and suggested social media post
Ditch the disposables	Did you know that the fossil fuel industry has deep routes in plastic production and is investing billions in expansion. 99% of plastic is made from crude oil or fracked gas, and it represents 70% of ALL marine litter in the EU?! The Single Use Plastics Directive came into force in July 2021 banning plastic cotton buds, cutlery, plates, stirrers, chopsticks, straws, expanded polystyrene containers and all oxo-degradable plastic products...but will all these convenience products be replaced by another mountain of waste? And what about drinks?! Does your compostable cup actually get composted correctly? Does your recyclable cutlery get incinerated or shipped to the Global South or manufactured into a new product?
Cycle more	Cycling dramatically increases aerobic fitness, reduces the risk of heart disease and strokes, and lowers blood pressure and cholesterol while boosting energy levels. And because it is a low-impact exercise you can do it until you are 110. Danish research has shown that its cycling citizens live seven years longer than those who don't cycle.
Embrace slow fashion	Do you really need another pair of jeans? Why not re-wear the ones you have, upcycle them or opt to buy second hand from a charity shop or Depop? Charity clothes shopping is a win-win-win! Clothes live a second life, you avoid buying brand new clothes, helping the circular economy reduce emissions AND you are helping a good cause. Donate your old clothes to the charity shops too!

Renew your energy	To name a few of the benefits of renewable energy - Carbon emissions are much lower; the fuel supplies will not run out (unlike fossil fuels); wind, sunshine , wave and tidal power is widely available in Ireland and doesn't need to be imported; it's not subject to the price variations of fossil fuels; money stays in economy & more local jobs. Go to switcher.ie to see which companies supply the Greenest electricity - it's easy to change your provider.
Drive less	If your commute is just 8km each way and you usually drive, then you will travel 3,760km to and from work over the course of a year. If your car has a fuel consumption rate of 9.5 litres per 100km you will use about 370 litres of fuel on that commute. If a litre of fuel costs €1.35, the cost of your car commute comes in at about €500, add €300 to cover tyres, servicing and repairs and the total cost is €800
Green your money	Did you know that the money you keep in your bank is actually used by your bank to make investments and generate profit? That's fine, except that your bank might invest your money in sectors that clash with your convictions - fossil fuels, other polluting sectors, arms, tobacco, etc. Switch to a Greener bank, make ethical investments and make sure your pension is also tied to ethical investments. Talk to your bank or employer today!
Try #MeatlessMonday	Meatless Monday is a global movement that encourages people to reduce meat in their diet for their health and the health of the planet. Eating less meat and more healthy plant-based foods can help reduce the incidence of chronic preventable diseases, preserve precious land and water resources, and combat climate change. Meatless Monday has been adopted by a wide range of participants, including home cooks, schools, hospitals, restaurants, media and whole communities in over 40 countries around the world.
Buy local and seasonal	Did you know that More energy is needed to transport, refrigerate and store food that is imported from other countries and often, more packaging is needed to keep it fresh. This #ClimateActionWeek for your #ClimatePledge try eating local, seasonal foods you can help reduce the environmental costs associated with your food!
Plant native trees	Trees are beneficial in so many ways. To name just a few - many insects, birds and animals depend on native trees for food and shelter. Trees also help reduce flood risks and soil erosion, while improving air and soil quality, not to mention absorbing carbon dioxide, to help with climate change. Our most common native trees include oak, ash, hazel, birch, Scots pine, rowan and willow.

Reduce and refill	We have all heard of Reduce, Reuse, Recycle - but did you know it's best to do so in that order of priority? Reducing our consumption habits and reusing what we have are steps we should take before recycling. Considering we need to drink 2 litres of water per day, that's equal to four plastic bottles, so saving a whopping 1,460 plastic bottles per year by using a reusable bottle instead! Or saving 365 disposable coffee cups, for just one cuppa a day in a reusable cup!
GIY	Did you know that food grown by yourself tastes much better and the sense of reward is enormous! Do you have a garden in your home? Why not grow your own fruits and vegetables for #ClimateActionWeek as your #ClimatePledge? Fruit trees & fruit bushes will provide delicious fruit to you every year and gardening with vegetables is a wonderful way to slow down and reconnect with nature.
Choose to reuse	As well as #ClimateActionWeek, did you know that it is also National #ReuseMonth? In honour of this why not choose to reuse as part of your #ClimatePledge this week? This can be done by using reusable water bottles and coffee cups, opting for reusable bags instead of plastic ones and reusing/upcycling clothes you already have.
Fly less	For those of us that do fly, it is likely to make up a significant slice of our personal carbon footprint. This is because, mile for mile, flying is the most damaging way to travel for the climate. We are not here to shame anyone and we accept that flights can be important, to see loved ones for example. But consider flying less and looking at other forms of travel, such as for holidays travelling by train, ferry and/or cycling .
Use public transport	By using public transport instead of driving a car, you are helping to reduce traffic congestion and improve air quality. You can also do your homework on the bus, if you really need to and catching up on emails on the train is about the most relaxing way there is to do so, which surely has well-being benefits too.
Walk more	Before hopping in the car to go to the local shops, consider that walking increases fitness, reduces risk of heart disease and stroke and gives us stronger bones and improved balance. It's also a great way to 'switch off' and relax after a day at school or work. All these benefits before we start to think about saving money, reducing greenhouse gas emissions and reducing air & noise pollution levels.

Talk about climate change	<p>Informing and educating someone on the dangers of climate change can help inspire and urge people to want to make a change no matter how small.</p> <p>As part of your #ClimatePledge for #ClimateActionWeek, take a friend aside and have a discussion about climate change and what we can do about it. Start by listening though, this is most important. And have a positive climate news story ready to drop into the conversation.</p>
Connect with nature	<p>One of the most beneficial things we can do for our health & well-being is to go outside and connect with nature. It can help remind us why we care about nature so much. Even better if you can do so with others. Stay curious and you will be rewarded with the wonders of nature forever. For your #ClimatePledge for #ClimateActionWeek, why not head outside and connect with nature or opt to do a #2minutestreetclean?</p>
Stop food waste	<p>Did you know that 10% of global carbon emissions are caused by food waste? And if food waste was a country, it would be the third highest emitting country in the world?! Always try to use whatever was last into the fridge first, embrace your refrigerator, reuse your leftovers, compost the right way and make sure you are buying fruit and vegetables that are in season.</p>