



**BUILDING A
SUSTAINABLE
FUTURE**

HAPPY 50th EARTH DAY

APRIL 22, 2020

Today we celebrate Earth Day where awareness is raised on protecting the environment and measures we can take both personally and globally. This year our focus and participation will undoubtedly be distinctively altered considering the acute changes in our lives and communities across the globe, unified by the COVID 19 pandemic. With this in mind let's consider the current positive impacts and things we can do while at home.

CARBON FOOTPRINT

As most of us are currently working from home we are less reliant on cars, public transport and airplanes. Less travel decreases the demand and consumption of fossil fuels which lowers our carbon emissions and footprint.

Commercially, decreases in workplace energy usage in offices and the slowdown in manufacturing also reduce emissions.



HOMEWORKING

Despite commercial demands decreasing; those who are working from home will increase our energy and water usage, and ineffectively increase our household waste production.

Influenced by this year's Earth Day, consider these tips on how making small changes at home can ultimately have a positive impact on our environment and planet.



1. Switch it Off



Any appliance not in use including lights, electrical appliances and Air Conditioning in some regions.

Fact: Filling the kettle with only the amount of water as you need has the potential to stop 2M tonnes of carbon dioxide being released into the atmosphere, in addition to saving households a huge £1.1 billion in the UK!

2. Save Water



Stop a running tap when brushing your teeth or washing dishes. If every individual saved 1-2 litres of water per a week, imagine the water saved if thousands are doing the same.

Fact: Dual flush toilets typically use 4-6 litres of water compared to the old-style flush systems which use a massive 13 litres per flush!

3. **Reduce, Reuse & Recycle**



Reducing the waste, you produce by reusing items such as plastic containers and cardboard boxes.

Fix and DIY not buy- Keeping the things you already own is usually more effective than replacing them.

The carbon has already been spent to deliver that appliance etc. to your home.

If not reusing recycle products we no longer have a use for. However, also know what to throw and ensure materials are place into the correct recycling container.

Fact: Annually we produce about 3% more waste than the previous year. This might seem a small amount but consider if we carry on at this rate, we will double the amount of waste we produce every 25 years.

4. **Go Paperless**



Consider subscribing online for newspapers and magazines and unsubscribe from junk mailing lists. This will decrease paper usage and waste production.

Fact: Turning a single tree into on average 17 reams of paper results in around 50kg of carbon dioxide being released into the atmosphere. Additionally, trees are also 'carbon sinks' and every tree that is not cut down for paper usage is able to absorb carbon dioxide gases. The average tree can absorb around a ton of carbon dioxide in its lifetime.

5. **Shop Local & Deliver**



Shopping locally reduces the requirement for car journeys reducing the amount of emissions into the environment. Alternatively, where required by the vulnerable and home-bound, home delivery service reduces the volume of traffic on the roads.

Fact: Shopping locally, not only reduces the carbon footprint but promotes locally sourced fresher produce and supports the local economy. Walking to the shops also encourages us to get out and enjoy the environment!