



I Pledge To Reduce Climate Change by:



- Walking & cycling to work/school/the shops
- Eating less meat (and fish!)
- Switching to a green energy supplier & reducing my energy usage
- Buying sustainable items e.g. without palm oil, less packaging etc.
- Reducing what I use, reusing and upcycling items & recycling
- making a stand for better public transport or against cheap air travel
- Growing some of my own fruit and vegetables & wasting less food
- Taking the bus more (or an electric car)
- Talking about Climate Change, and considering it in all I do
- Choosing a train over a plane
- Changing my lightbulbs to LEDs
- Contacting my MP/ MSP to get the government to reduce carbon emissions and support low carbon energy practices

Talk About Climate Change!!

More on www.aberdeenclimateaction.org/pledge