

KEEPING YOUR COOL

KEEP COOL WITHOUT FANS OR AIR-CONDITIONING (& SAVE MONEY)

A **well-insulated home** will help by reducing the amount of heat that comes in. So will the following actions:

INDOORS

- Shut windows & doors when hot outside.
- Open windows & doors when cooler outside to let cool air circulate.
- Close curtains & blinds, if the sun is shining directly onto the windows - best if pale colours - best of all are outdoor shutters.
- Reduce physical activity or do it outside when it's cooler.
- A cellar may be cooler, just as caves are cooler in Summer.
- Switch off devices on standby*.
- When outside, stay in the shade to avoid getting hotter.



Blind with some sunlight coming through trees. Better with thicker blind.

FOOD

- Plan meals that require little (or no) cooking time.
- When the weather is cooler, cook ahead and freeze some salad ingredients.
- Keep food cool outdoors by covering with a damp cloth.
- Open your fridge and freezer as little as possible - they produce heat (at the back)*.



* Saves money too.

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REDUCING CARBON EMISSIONS FROM FOOD

WHICH FOOD TO CHOOSE

Some foods have much higher carbon footprints than others. Methane is another greenhouse gas (emitted particularly from cattle).

- Eat less meat and dairy (especially beef).
- Eat locally grown food (unless grown in a heated greenhouse).
- Grow your own food.
- Find out carbon (& methane) emissions from different foods from a recently published book & website:

FOOD and CLIMATE CHANGE - WITHOUT THE HOT AIR by Sarah Bridle, download **free**:

takeabitecc.org

- Climate Calculator: **free** tool to find the climate impact of your food choices.
- Climate Food Flashcards: A **free** downloadable resource - a fun way to find out about the greenhouse gas emissions from producing different foods.

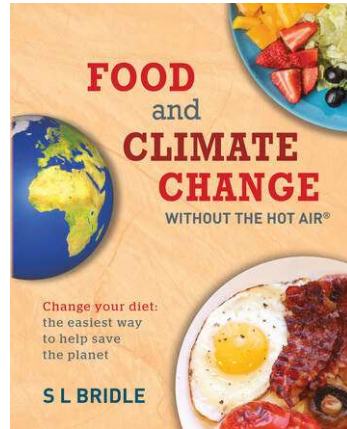
AVOIDING FOOD WASTE (& SAVE MONEY)

A large amount of food is thrown away (bread most of all), so we can save carbon & methane emissions and save money:

- Buy only what you can eat - learn from what didn't get used last time*.
- For visitors, provide food that *you* like; then you can eat it up later*.
- Freeze sliced bread - can be used for making toast*.
- Freeze leftover food when possible (not some salad ingredients!)*.

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