



A Leaner and Greener Lent

Auditing your personal carbon footprint

Auditing your personal carbon footprint in detail enables you to set goals to reduce it and to offset the carbon you can't eliminate.

Climate Stewards have versions of their calculator suitable for individual households: www.climatestewards.org/offset/

Take action by looking at 'Count us in'. This website recommends 16 manageable steps you can take to reduce your own carbon footprint and to challenge world leaders. Each step shows the impact and the effort required. As you pledge to join, your personal CO₂ saving is aggregated with others around the world. It is an inspiring global drive to reduce our collective footprint: www.count-us-in.org/en-gb/

The audits all point to things you can do to reduce our personal carbon footprint. Top tips are 'consume' (buy) less, eat less red meat and reduce your travel.

Flying particularly is a problem as, mile for mile, it is the most damaging way to travel for the climate. More than 80% of the world has never flown, many of whom suffer most from climate change. If you do fly, air travel will take up a large percentage of your carbon footprint. Offset it into projects which improve carbon efficiency around the world - whether by tree planting or more efficient cooking methods. Offsetting is controversial as it is still better not to fly! Climate Stewards provide an easy way to pay a calculated offset: www.climatestewards.org/offset/ (select the aeroplane icon).