

HABITS WORTH CHANGING IN RESPONSE TO THE CLIMATE CRISIS

A STORY ABOUT CHIP THE PEANUT WHO GETS SEPARATED FROM THEIR TOFFEE APPLE MUM. WHILE TRYING TO FIND HER AGAIN, CHIP DISCOVERS WHAT REALLY MATTERS.

ILLUSTRATED BY ALANAH KNIBB

1. WALK, RUN, SCOOT OR WHEEL ALL JOURNEYS UNDER 5KM.

IN SCOTLAND, TRANSPORT CONTRIBUTES A LOT TO THE EMISSION OF GREENHOUSE GASES.

HALF OF ALL JOURNEYS IN SCOTLAND ARE MADE BY CAR OR VAN. HALF OF THOSE ARE LESS THAN 5KM.



SO, BY WALKING, CYCLING, SCOOTING OR WHEELING THESE JOURNEYS...

...WE CAN MAKE A DIFFERENCE.

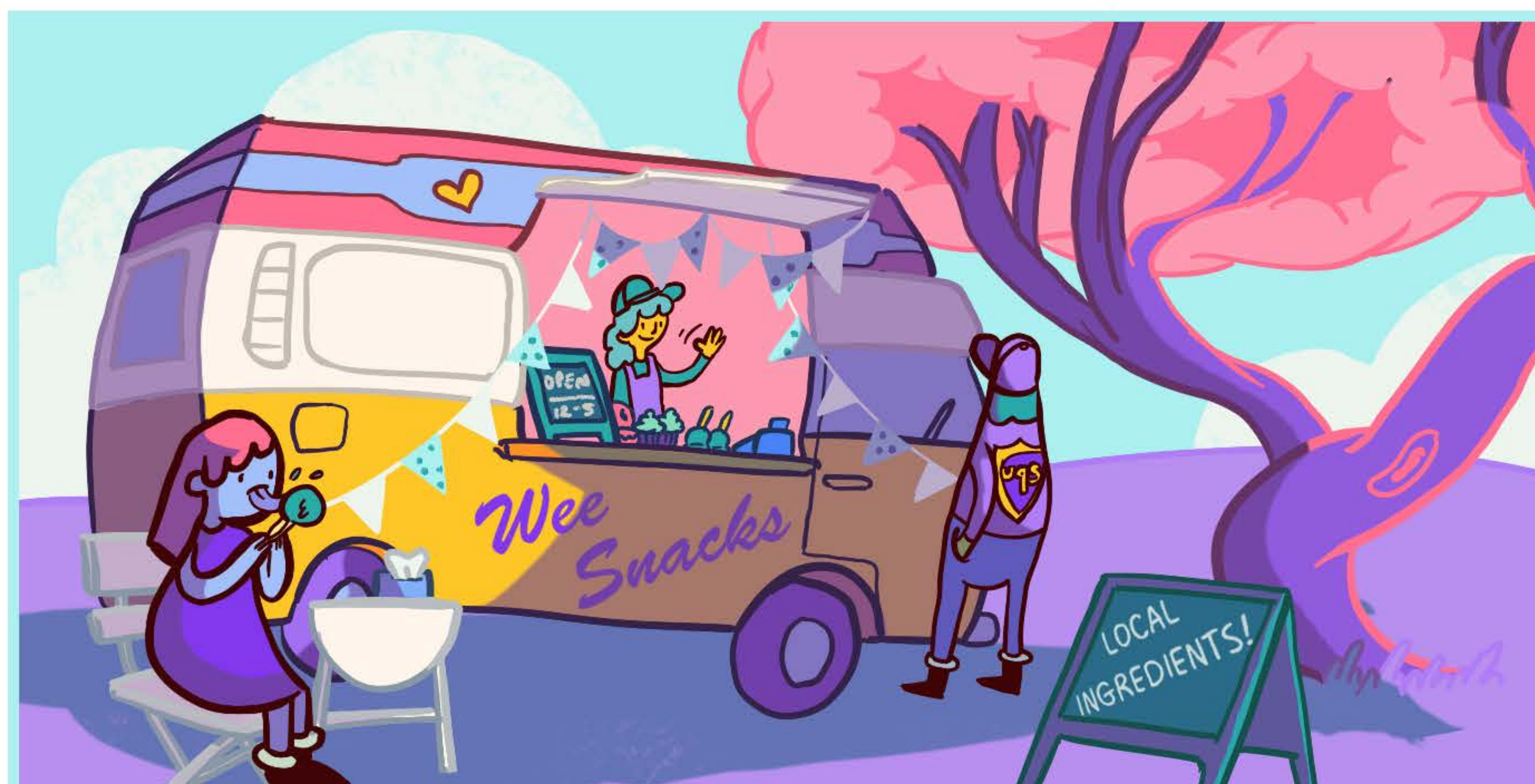
2. EAT FOOD WHICH IS LOCAL AND SUSTAINABLE.

APPLES BOUGHT FROM A SUPERMARKET IN JULY MIGHT COME FROM ARGENTINA (7000 MILES AWAY).

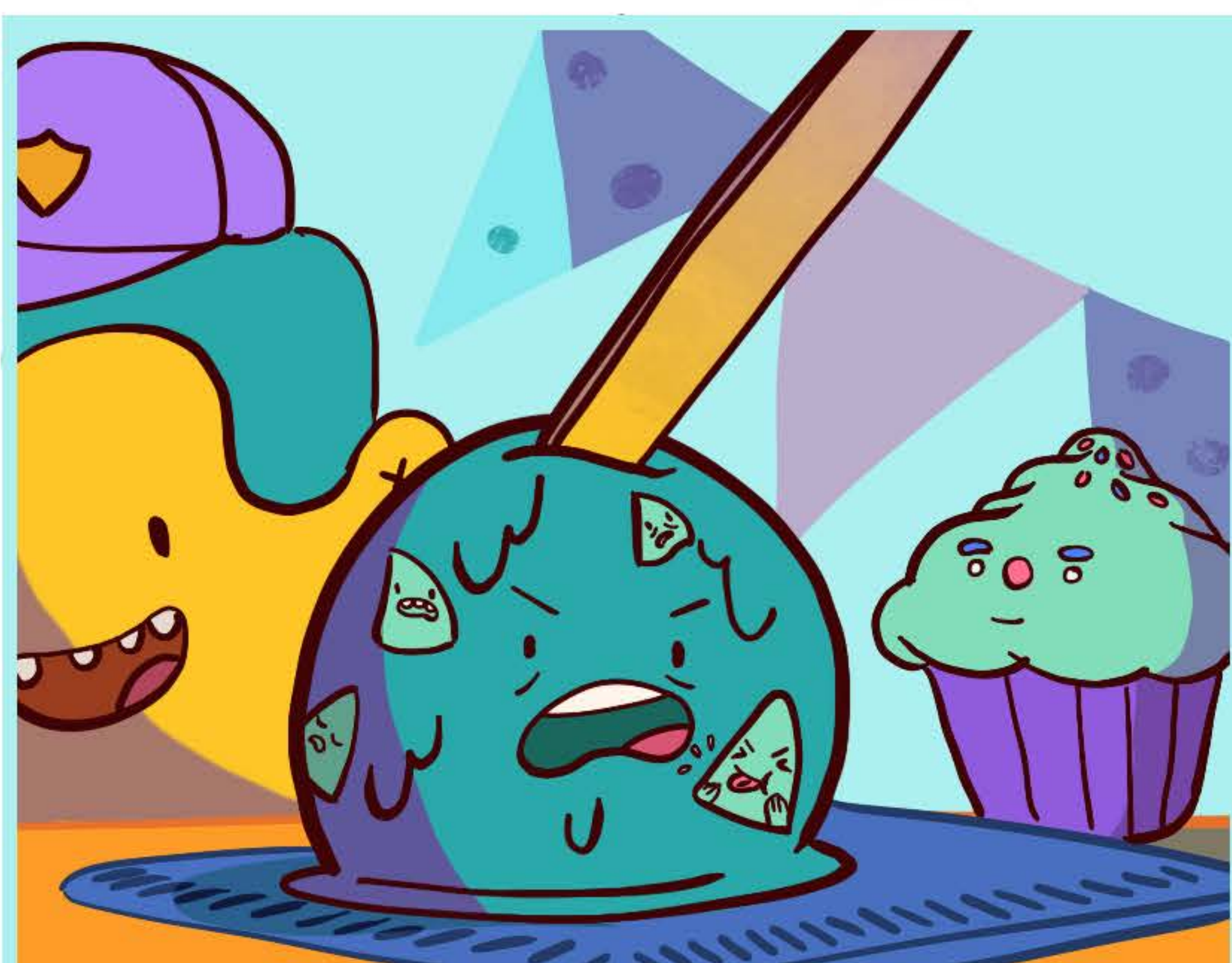


BANANAS MIGHT COME FROM COLOMBIA (5000 MILES AWAY).

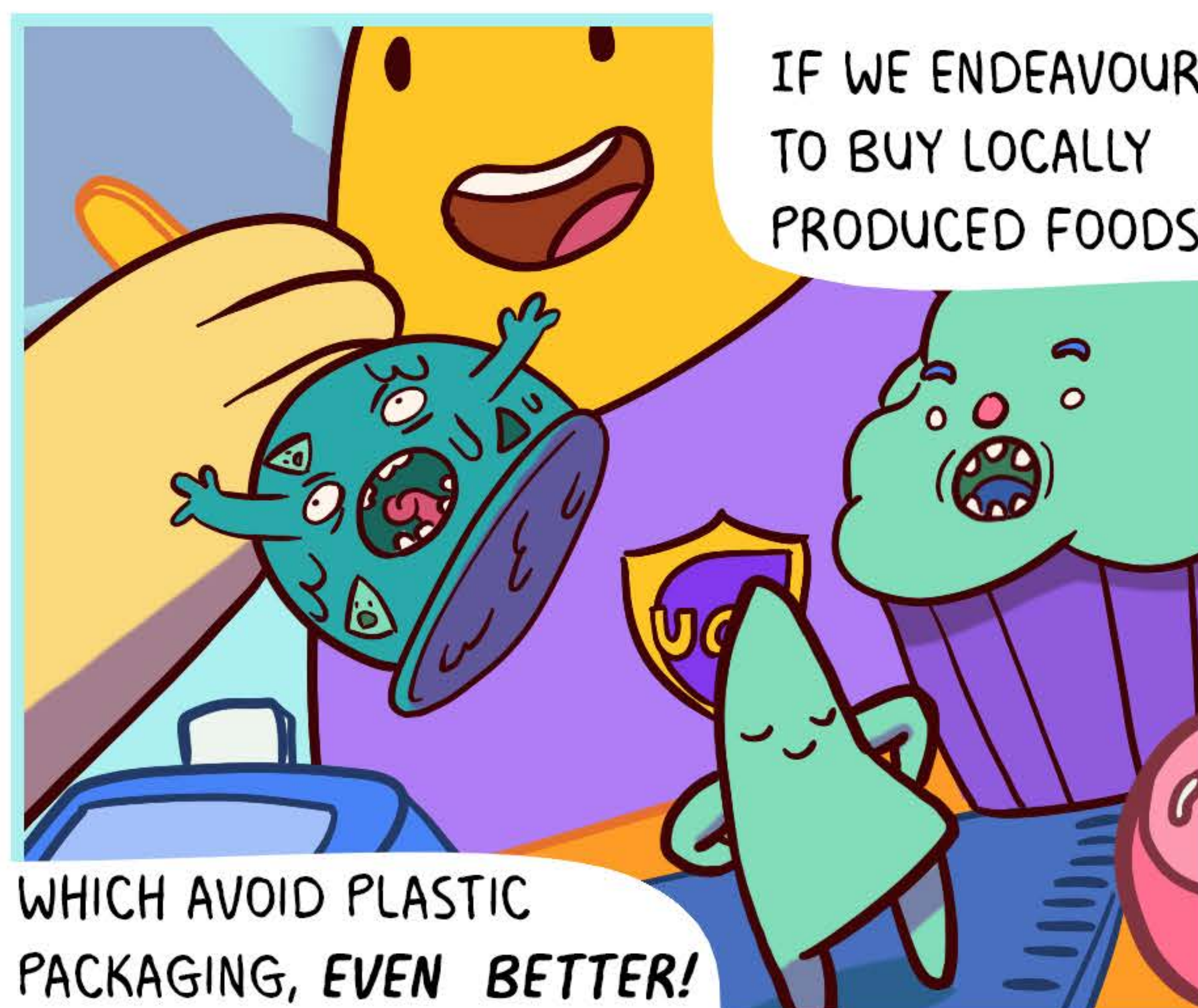
IF WE LEARN WHAT IS GROWN LOCALLY AND WHEN...



WE CAN EAT FRESHER FOOD WHICH HAS INVOLVED LESS TRANSPORTING AND SO CONTRIBUTED LESS TO THE PRODUCTION OF GREENHOUSE GASES.



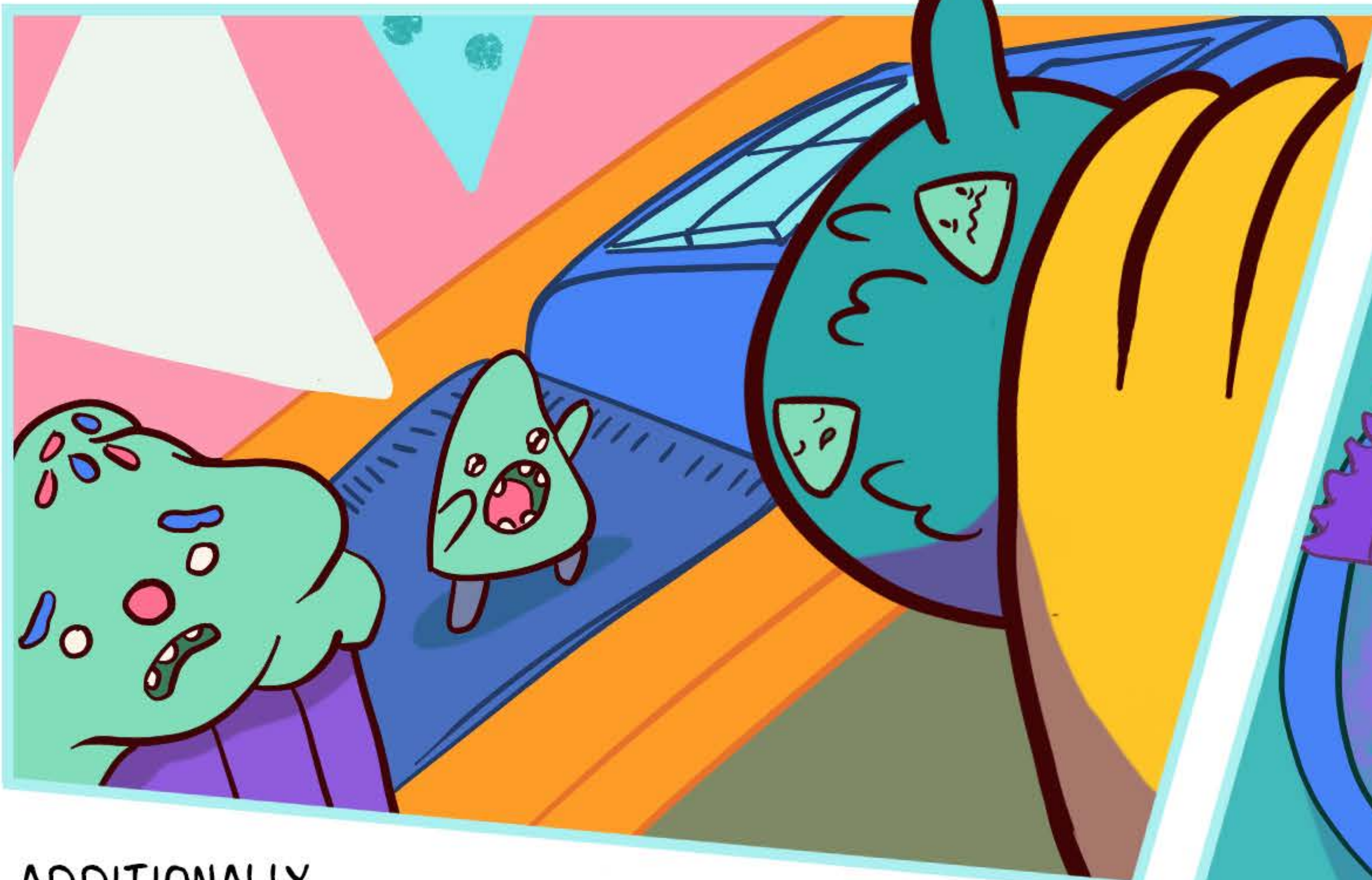
WE ALSO SUPPORT THE LOCAL SUPPLIERS TO BUILD AND GROW THEIR BUSINESSES.



IF WE ENDEAVOUR TO BUY LOCALLY PRODUCED FOODS

WHICH AVOID PLASTIC PACKAGING, EVEN BETTER!

3. REDUCE FOOD WASTE



FOOD WASTE IS A **BIG PROBLEM** IN SCOTLAND. IN 2013, THE AVERAGE COST OF FOOD WASTED PER HOUSEHOLD IN SCOTLAND WAS **£460**.

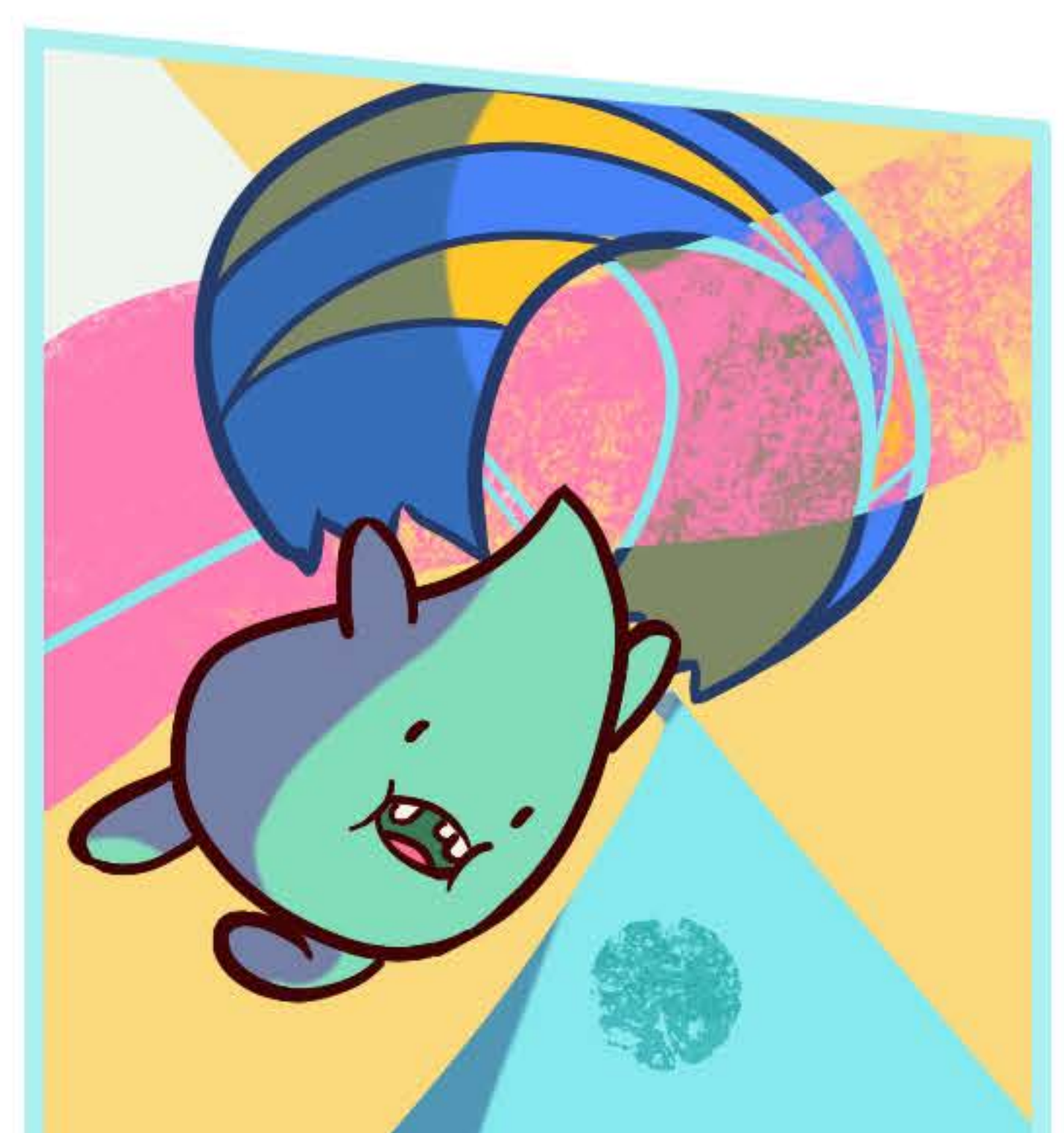


THINK OF THE RESOURCES WHICH WENT INTO PRODUCING, PACKAGING, TRANSPORTING AND SELLING THAT FOOD!

ADDITIONALLY, FOOD SENT TO LANDFILL WILL DECOMPOSE AND PRODUCE **METHANE** WHICH DOES 3 TIMES AS MUCH DAMAGE TO THE ATMOSPHERE AS **CARBON DIOXIDE**.



WE CAN **REDUCE FOOD WASTE** AND MAKE A DIFFERENCE...

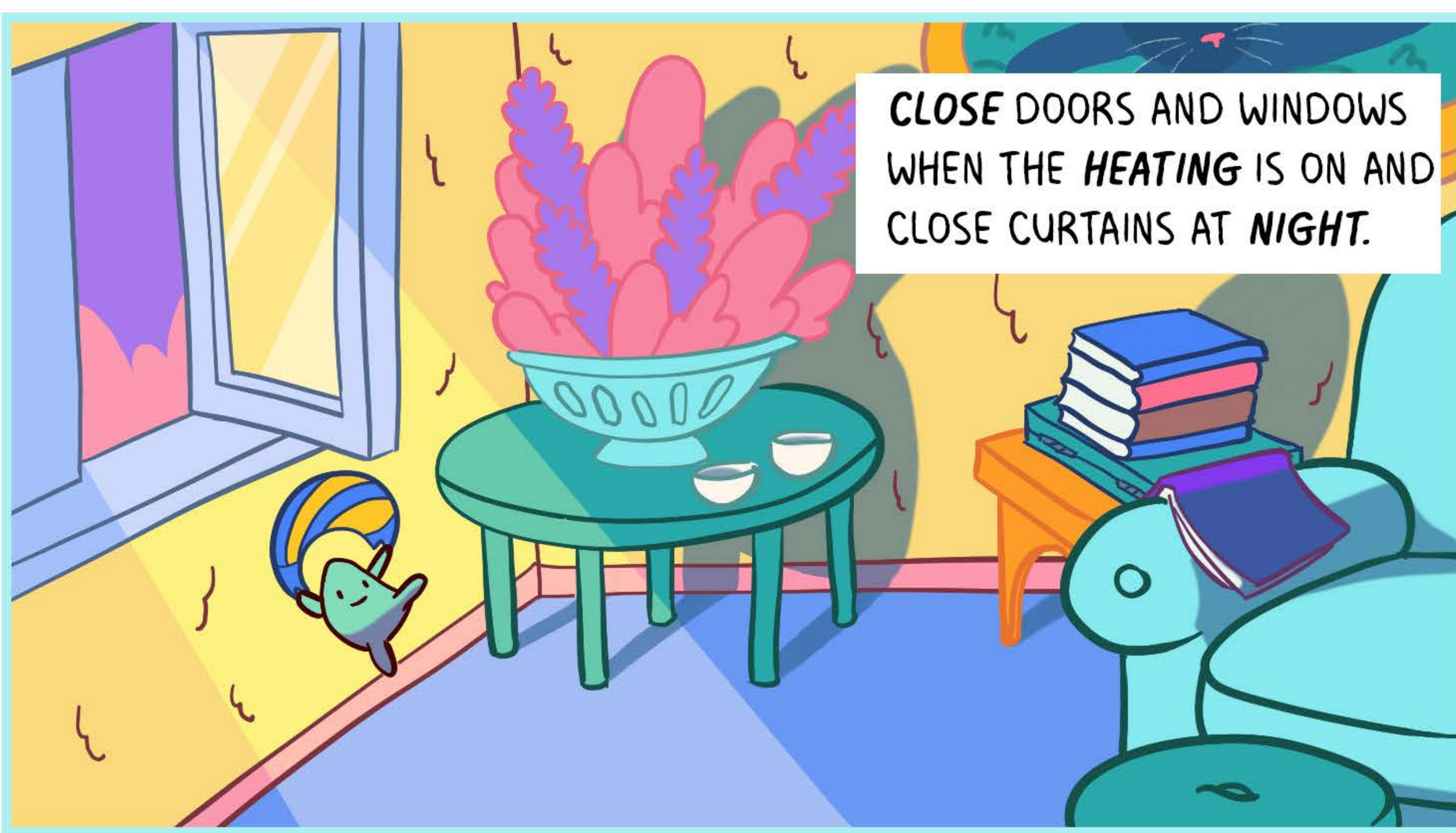


...BY THINKING **CAREFULLY** WHEN WE BUY FOOD AND THROWING FOOD IN THE **COMPOST**.



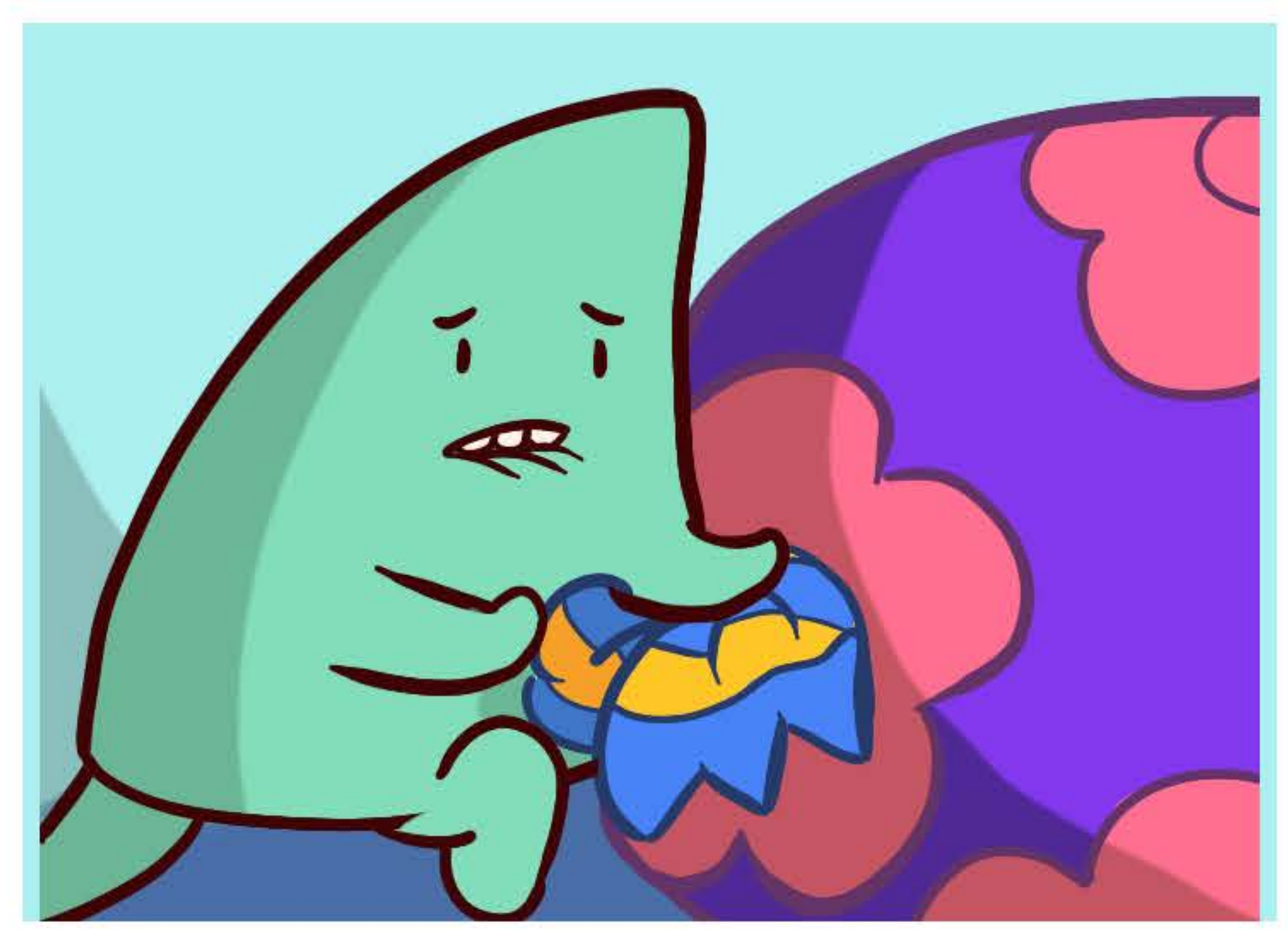
4. ENSURE HEAT IS NOT ESCAPING FROM YOUR HOUSE.

BE A DRAUGHT-BUSTER.



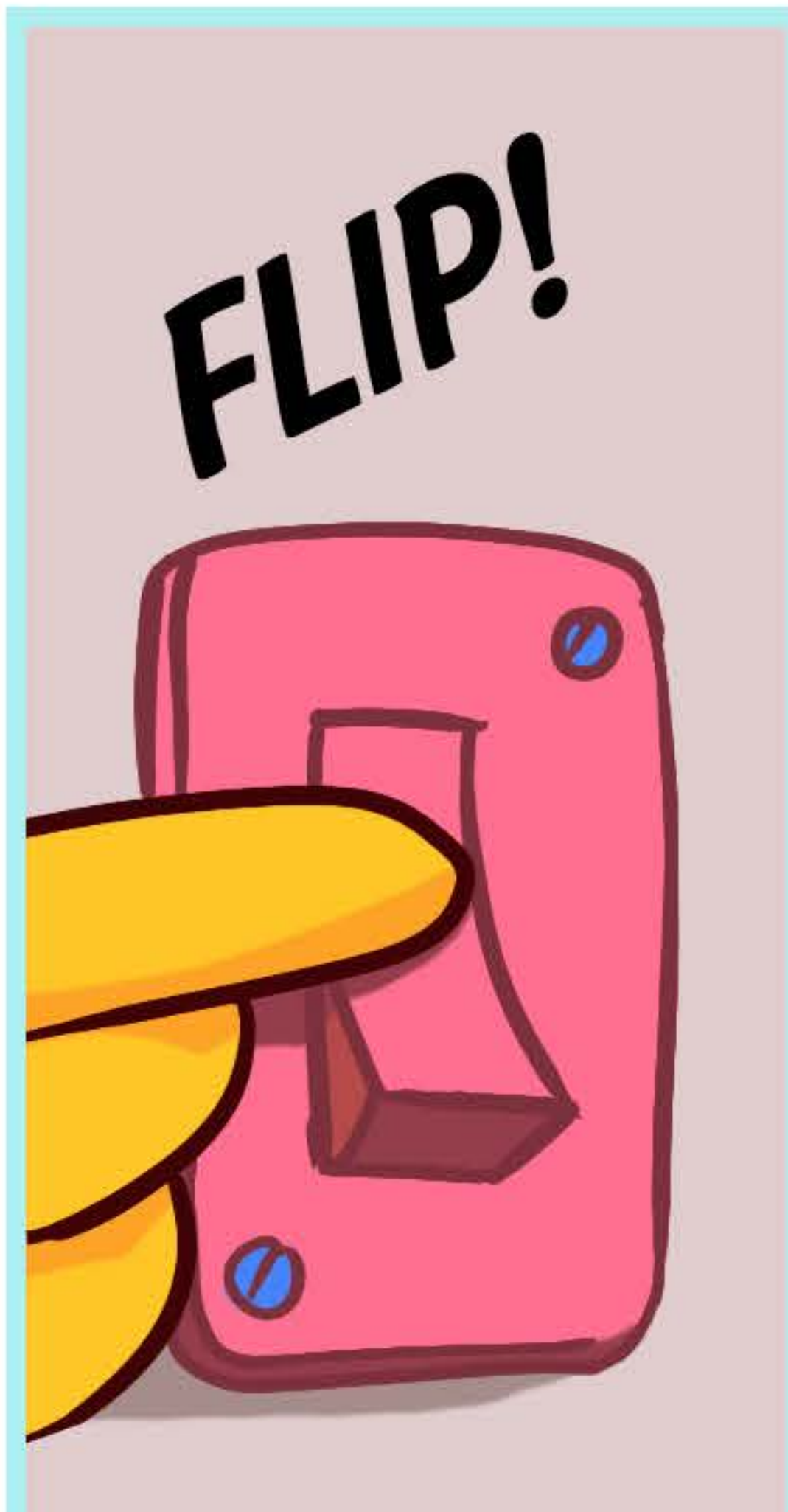
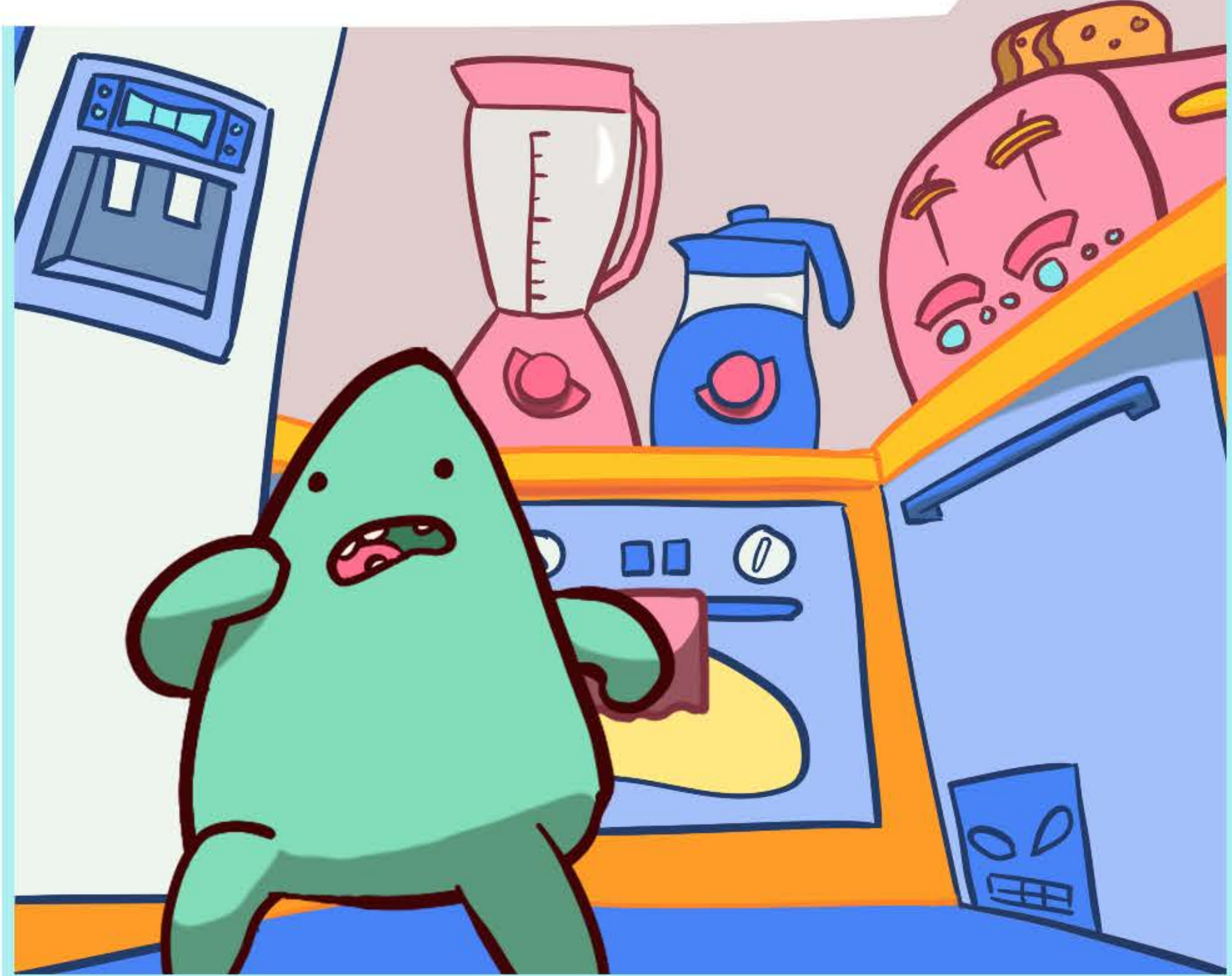
CLOSE DOORS AND WINDOWS WHEN THE **HEATING** IS ON AND CLOSE CURTAINS AT **NIGHT**.

USE A DRAUGHT EXCLUDER WHERE THERE ARE DRAUGHTS UNDER DOORS.

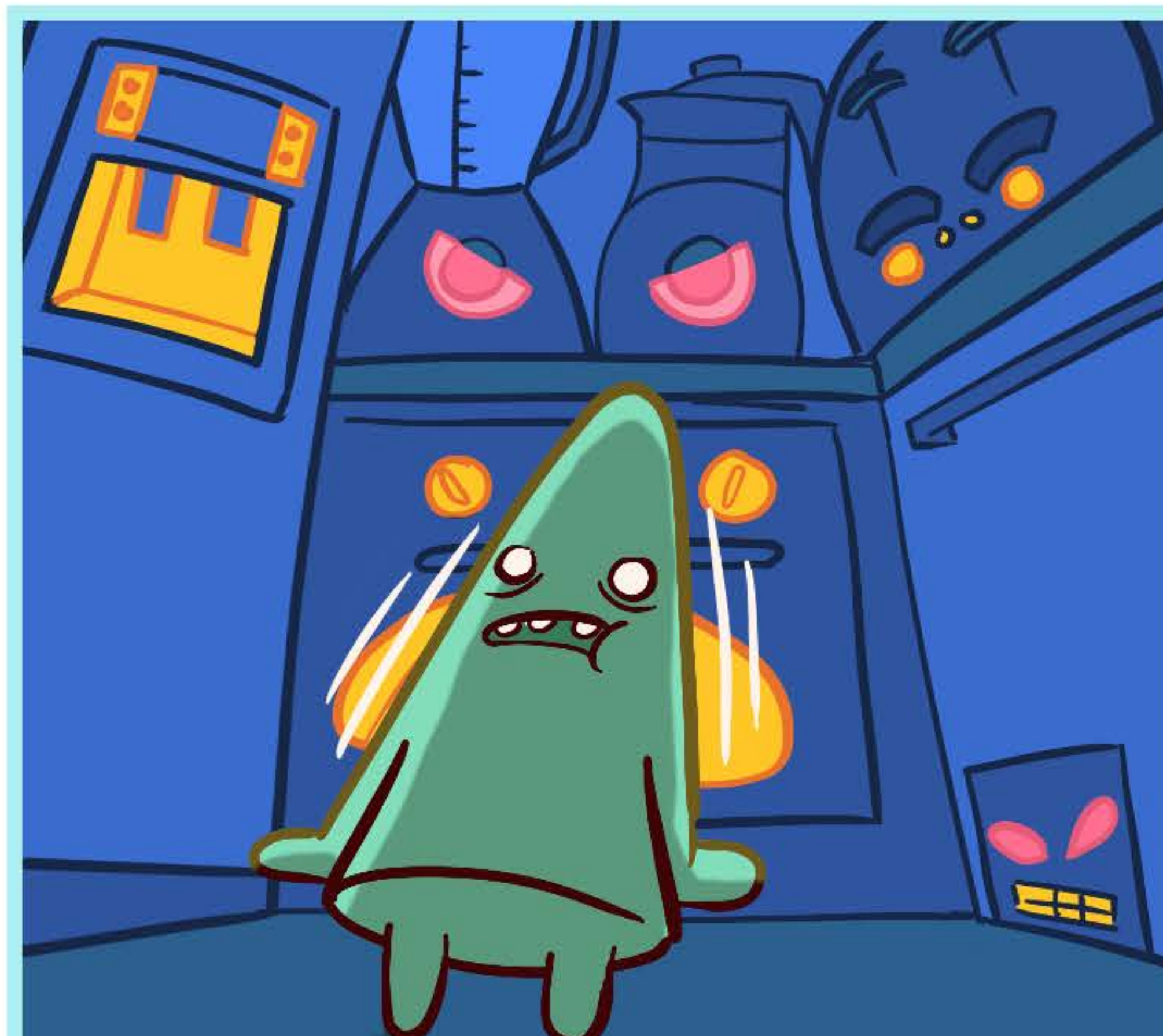


YOU CAN MAKE ONE OUT OF THE LEG OF AN OLD PAIR OF **TROUSERS** STUFFED WITH OLD **PLASTIC BAGS**.

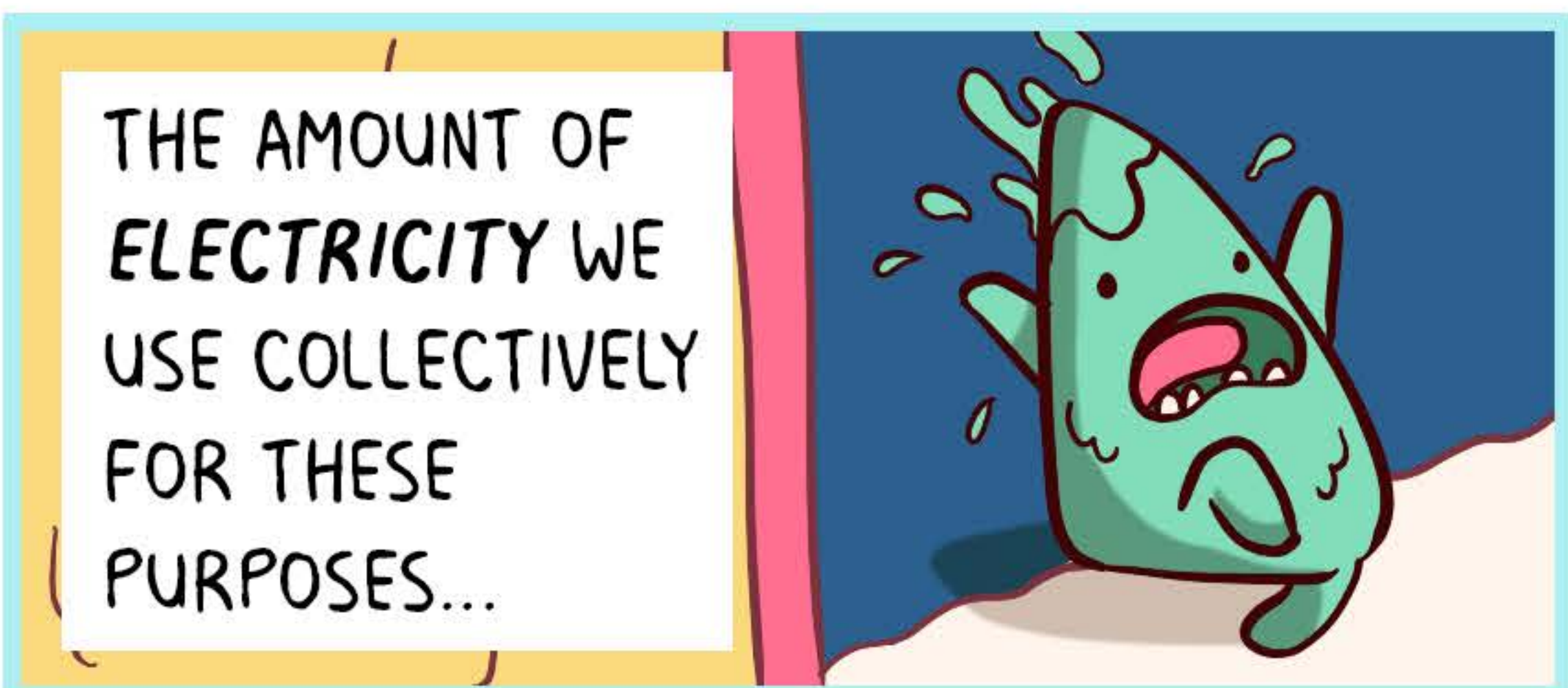
5. WATCH OUT FOR ENERGY VAMPIRES IN YOUR HOUSE – SWITCH THEM OFF.



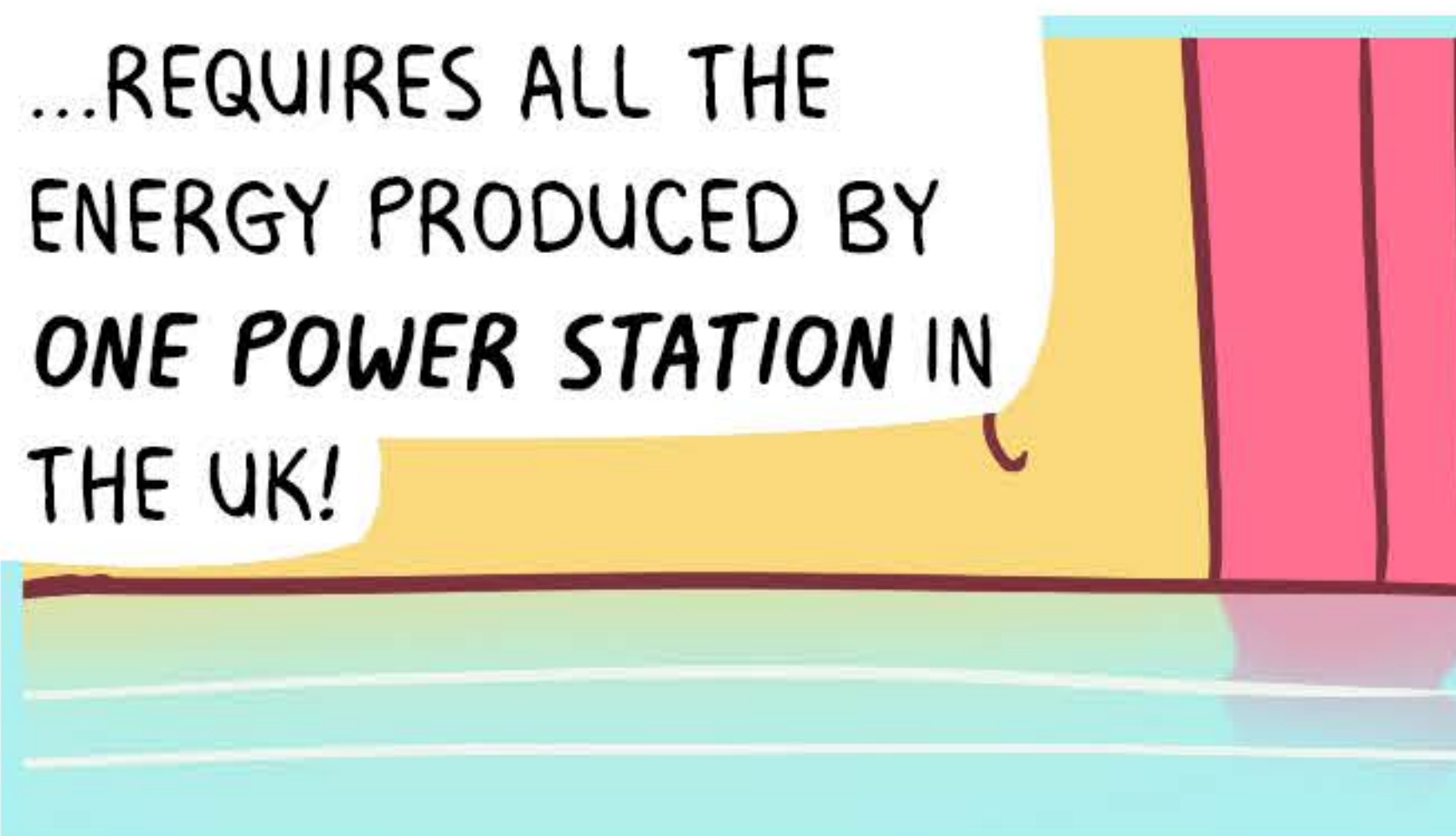
SWITCH OFF LIGHTS.



DON'T LEAVE GADGETS ON **STANDBY**. ONLY CHARGE DEVICES FOR AS LONG AS THEY NEED CHARGING.



THE AMOUNT OF **ELECTRICITY** WE USE COLLECTIVELY FOR THESE PURPOSES...



...REQUIRES ALL THE ENERGY PRODUCED BY **ONE POWER STATION** IN THE UK!



6. **REDUCE WATER USE**

$\frac{3}{4}$ OF THE EARTH'S SURFACE IS COVERED IN WATER.



2% (CURRENTLY) OF THAT IS **FROZEN WATER**.

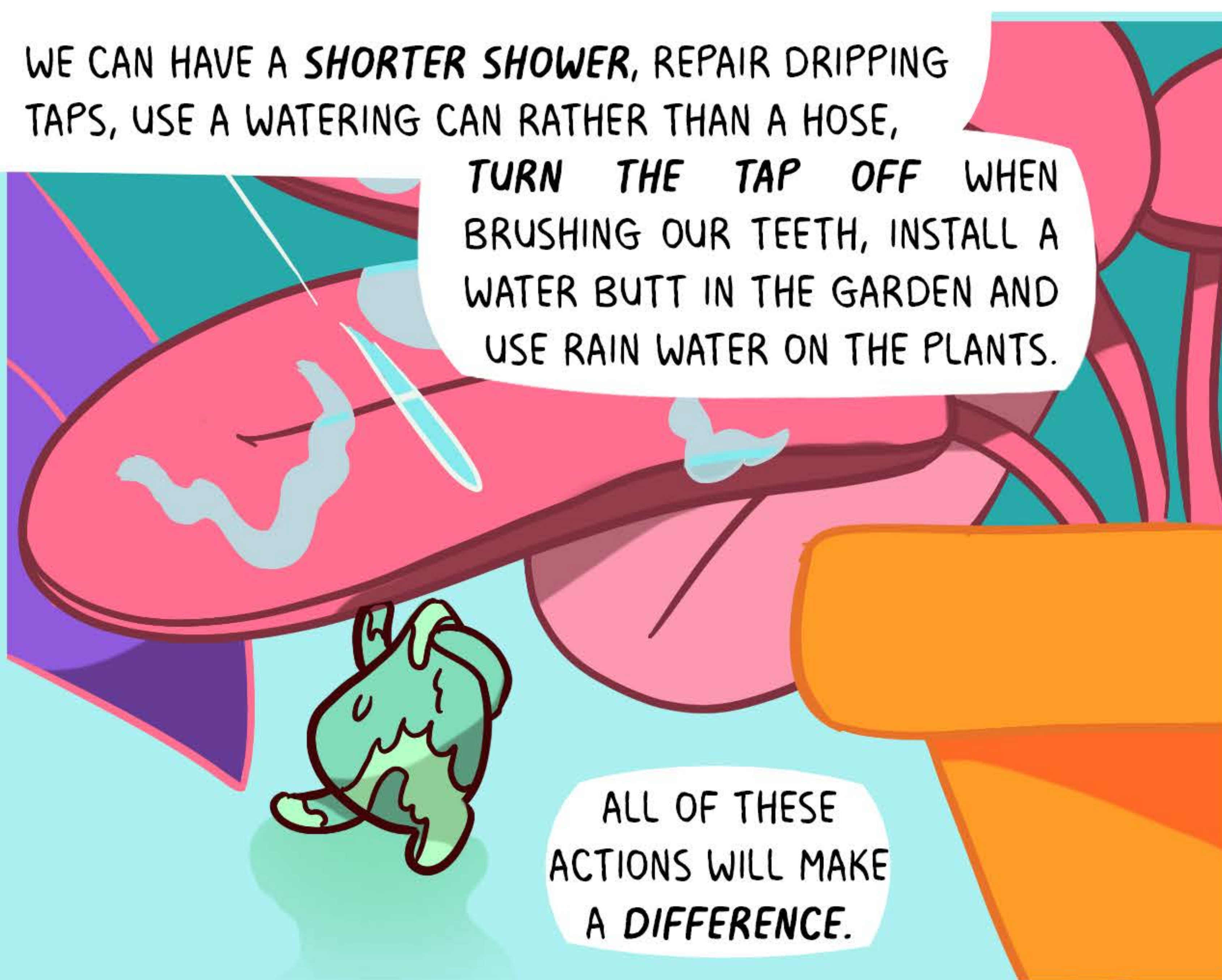
1% IS **DRINKING WATER**.

97% IS **SALT WATER**.

IN SCOTLAND WE USE, ON AVERAGE, **150L PER PERSON PER DAY**. THIS ALL HAS TO BE PROCESSED, WHICH IS A **COSTLY BUSINESS**. REDUCING OUR CONSUMPTION ...



... REDUCES THE **ENERGY** USED IN PROCESSING **THAT WATER**.

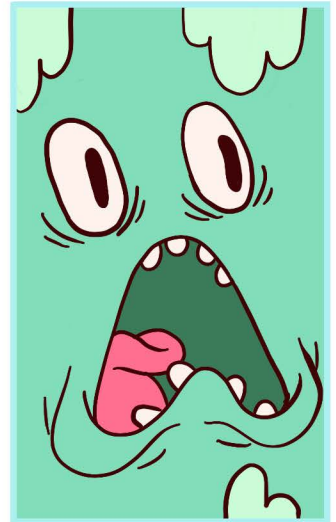
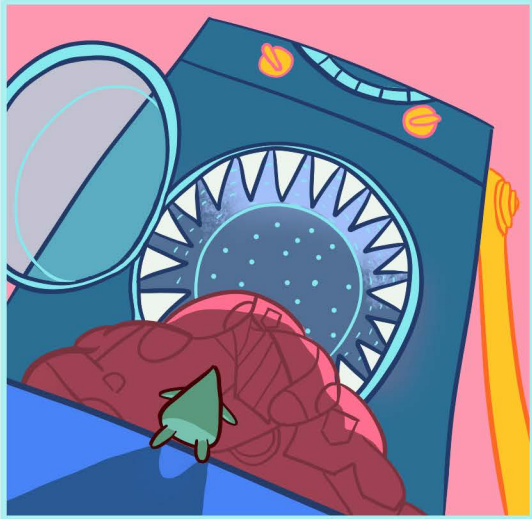


WE CAN HAVE A **SHORTER SHOWER**, REPAIR DRIPPING TAPS, USE A WATERING CAN RATHER THAN A HOSE,

TURN THE TAP OFF WHEN BRUSHING OUR TEETH, INSTALL A WATER BUTT IN THE GARDEN AND USE RAIN WATER ON THE PLANTS.

ALL OF THESE ACTIONS WILL MAKE A **DIFFERENCE**.

7. THINK HARD WHEN BUYING CLOTHES.



RETHINK – DO YOU NEED IT? WILL YOU WEAR IT? IS IT WORTH IT?



REDUCE – BUY LESS STUFF AND MAKE IT LAST
REPAIR – BROKEN? FIX IT (OR GET IT FIXED)
RECYCLE – CAN IT BE PASSED ON, OR ADAPTED?

REFUSE – DON'T BUY IF YOU DON'T NEED IT, WON'T WEAR IT VERY OFTEN OR IF IT WILL FALL APART.

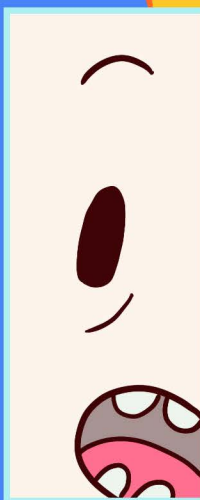


ROT – NATURAL FIBRES CAN BE COMPOSTED.

MAKE USE OF CHARITY SHOPS AND, IF YOU HAVE TIME, FIND SOMEONE TO TEACH YOU HOW TO **SEW** AND **ADAPT** THINGS TO FIT YOU BETTER.



IT CAN BE FUN, IT IS CREATIVE AND IT CAN MAKE A DIFFERENCE.



8. KEEP YOURSELF FIT AND HEALTHY

STAY HEALTHY SO YOU'RE IN A GOOD PLACE TO **ADOPT** THESE CHANGES. THERE IS A **GOOD CHANCE** THAT A GRADUAL SHIFT TOWARDS A MORE SUSTAINABLE LIFESTYLE WILL CONTRIBUTE TO **BETTER HEALTH** AND VICE VERSA.



YOU CAN MAKE A DIFFERENCE TO YOURSELF, TOO.