

Week one – use of transport

We all know that petrol and diesel engines burn irreplaceable fossil fuels and that short journeys have high fuel consumptions. High altitude flying dumps greenhouse gases directly into the upper atmosphere. We expect to buy all kinds of fruit and vegetables at any time of year. Our attitude to transport is costing the earth.

Actions

Choose two or three of these:

- Walk or cycle everywhere
- Cut your car journeys by X%
- No car journeys less than one mile
- Replace your car with a second-hand model, and one that has a lower CO₂ output
- Use public transportation whenever practicable
- Car share whenever possible – school run, work, shopping trips
- Sell your car and buy a bicycle
- Commit not to travel by air this year

Research and campaigning

Choose one of these:

- Look at the country of origin of the food you buy and choose items that have travelled less
- Campaign for wider use of bio-diesel (fuel made from vegetable oils)