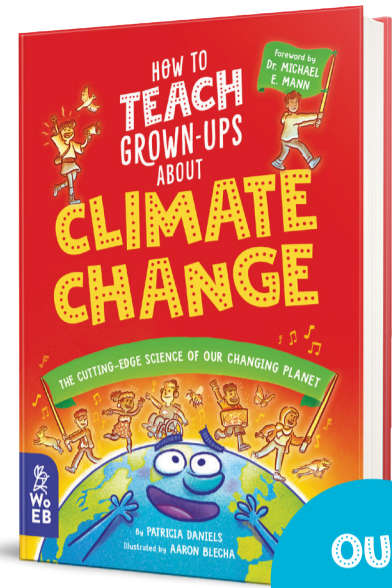


# CLIMATE CHANGE

## 10 THINGS YOU AND YOUR GROWN-UP CAN DO



OUT NOW!

1. **GIVE YOUR OLD STUFF A SECOND LIFE.** Find out where you can recycle items, such as electronics, and donate used clothing to charity shops.
2. **BUY USED CLOTHING,** instead of new, which saves both money and carbon!
3. **REPLACE YOUR OLD-STYLE LIGHT BULBS** with LED (light-emitting diode) bulbs.
4. **CUT DOWN ON FOOD WASTE** by writing the date when you bought or cooked your food on its package. Put the oldest items on the top shelf of your fridge, and use those first.
5. Try out fun **VEGETARIAN OR VEGAN RECIPES** on Meatless Mondays and share them with family and friends.
6. When possible, use **PUBLIC TRANSPORT** – buses, underground or trains – instead of petrol-powered cars to get around.
7. Stop buying bottled water. Try **REUSABLE WATER BOTTLES.**
8. **TURN OFF OR UNPLUG YOUR ELECTRONICS** when you're not using them.
9. **PLANT A TREE** in your garden or neighbourhood. If you live in a city, find out if your city is one of the official Tree Cities of the World.
10. **KEEP TALKING ABOUT CLIMATE CHANGE!**

