

## Eco-thoughtfulness

Being **eco-thoughtful** encourages us to think about all the small things we can do which will have a positive impact on our own lifestyles as well as the environment. If we all make these small changes, collectively we can have a huge impact in tackling issues such as climate change.

### Carbon Footprints

Everyone has a **carbon footprint** - it's a measure of how much carbon dioxide you create and how much you personally contribute to climate change. The things which contribute to our carbon footprint are energy use for heating and lighting our homes and powering our appliances, energy use at school and work, our transport and the products we buy.

As part of being eco-thoughtful you can estimate your own carbon footprint using a carbon calculator - take a look at the Act on CO2 website:

<http://actonco2.direct.gov.uk/index.html>.

### Where else can we be eco-thoughtful?

As well as being more eco-thoughtful about the things we do we can consider the environmental impact of the things we buy. Among the things which could be considered on a trip to the supermarket are:

- How far the food has travelled;
- The processes it went through to be produced- is the food organic or has it been intensely farmed?;
- The packaging on the food;
- The people who produced the food;
- How far you travel to buy your food and the transport you use.



### Where to start?

A good place to start is by choosing your **5-a-day**. Five actions which you can take to reduce your carbon footprint and which can become part of your daily routine.



### What is sustainability?

Living sustainably means living within the earth's **environmental limits**. It also means considering the combined economic, social and environmental implications of our resource use. In all aspects of our lifestyles there are opportunities to choose more **sustainable options**.

If everyone in the world today lived as we do in Europe we would need three planets to support us - so there is certainly room for improvement!

The following websites provide useful information about being more eco-thoughtful:

For more tips about a **greener lifestyle** check out the greener living guide here:

[www.direct.gov.uk/en/Environmentandgreenerliving/index.htm](http://www.direct.gov.uk/en/Environmentandgreenerliving/index.htm).

Fairtrade Foundation: [www.fairtrade.org.uk](http://www.fairtrade.org.uk).

Soil Association: [www.soilassociation.org/](http://www.soilassociation.org/).

BBC: [www.bbc.co.uk/food/food\\_matters/foodmiles.shtml](http://www.bbc.co.uk/food/food_matters/foodmiles.shtml).

Ethical Consumer: [www.ethicalconsumer.org/aboutec/tentips.htm](http://www.ethicalconsumer.org/aboutec/tentips.htm).

Every Action Counts: [www.everyactioncounts.org.uk/en/fe/page.asp?n1=2&n2=20](http://www.everyactioncounts.org.uk/en/fe/page.asp?n1=2&n2=20).