

Aquila Green Group

Your impact and things you can do to help



How can we start to make change?

Green Group – Lunch and Learn

Your impact and what you can do

Travel

What's the impact?

- Cars account for just over 18% of UK emissions and transport emissions as a whole account for a third of the UK's total
- Increased sales of SUVs mean the car industry is missing reduction targets
- Return flights:
 - From London to New York generates about 986kg of CO₂ per passenger
 - Return from London to Rome = a carbon footprint of 234kg of CO₂ per passenger: more than the average produced by citizens of 17 countries annually



What can I do?

- Be aware of your impact
<https://mapmyemissions.com/home>
 - To drive 35 mins from Wandsworth into the Bermondsey office costs 4.49 lb of CO₂-e (7.8 miles)
 - To take public transport (train) for 52 mins from Wandsworth into the Bermondsey office costs 0.73 lb of CO₂-e (9.27 miles)
- To cycle produces 0 lb of CO₂-e
- Consider the impact of your car model
- Offset your carbon emissions when flying

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Waste

What's the impact?

- Each year, one person on average gets through 90 drink cans, 70 food cans, 107 bottles and jars and 45kg of plastic.
- The average person throws away 6 trees of paper per year.
- Each Christmas as much as 83KM² of wrapping paper end up in landfill – enough to cover an area larger than Guernsey!
- UK households throw away between £250 and £400 of potentially edible food every year.



What can I do?

- Reduce products bought in packaging – use 'refillable shops'
- Invest in reusable, sustainable items, including face masks!
- Check your local recycling rules to recycle everything you can
- Consider if printing is necessary
- Have you considered using newspaper or brown paper as wrapping paper at Christmas which can be recycled?

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Food

What's the impact?

- If wasted food was a country, it would be the third largest producer of carbon dioxide in the world, after the United States and China
- Just in relation to food eaten - the average US home has a carbon footprint of 8.2 tonnes
- Cattle farming accounts for 80% of the deforestation rate of the Amazon Rainforest – nearly a football pitch per minute
- Agriculture contributes significantly to the loss of biodiversity through intensive farming and the use of toxic organic pesticides



What can I do?

- Reduce your food waste as much as possible through meal planning and buying only what is needed
- Replacing red meat with vegan options or even carbon-light chicken will cut your dietary footprint by almost half / or eat higher quality meat less often
- Buy local and in season, where possible to reduce the carbon footprint of your fruit and vegetables
- Switch to non-dairy alternatives

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Plastic

What's the impact?

- The estimated plastic produced worldwide since the 1950s is equivalent to the weight of more than 800,000 Eiffel Towers. And only 9% of it has been recycled
- 1 million plastic water bottles are bought around the world every minute
- Ingestion of plastic kills an estimated 1 million marine birds and 100,000 marine animals each year and more than 90% of birds and fish are believed to have plastic in their stomach



What can I do?

- Reduce your use of single-use plastic wherever possible, this includes the use of re-usable water bottles, shopping bags, coffee cups, straws and food packaging.
- Clean and dry all of your plastic packaging before putting it in the recycling bin – dirty plastic cannot be recycled!
- Buy clothes from sustainable retailers, or reduce your use of fast-fashion

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Water

What's the impact?

- Conventional washing up uses around 63 litres of water per session, and up to 150 litres
- A bath can use up to 100 litres, a shower uses about a third of this
- We use an average of nearly 150 litres of water a day in our homes; our great grandparents managed with about 18 litres



What can I do?

- Turn off the tap when you brush your teeth to save 8 litres of water per minute
- Use a modern dishwasher, which uses only 15 litres of water per cycle
- Take showers over baths but beware - modern power showers can use more water than a bath if you shower for more than 5 minutes

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Energy

What's the impact?

- If everyone boiled only the water needed every time they used the kettle, we'd save enough electricity in a year to power the UK's street lights for nearly 7 months
- Leaving your photocopier on standby overnight releases as much greenhouse gas over a year as driving from Cambridge to Paris and back again
- Leaving your fan running overnight over the summer period wastes enough energy to power your iPhone for 25 years



What can I do?

- Fully turn off all electrical appliances whenever they are not in use
- Switch to a renewable energy provider such as Bulb, Octopus Energy or Green Energy UK
- Use smart meters and smart tech to monitor energy usage and only heat homes / switch on lights when needed
- Only heat your home to the extent to which it is fully necessary – start with warm jumpers and socks in the winter!