

Make a Difference with Science-Based, High-Impact Climate Solutions

Climate change can seem overwhelming but together we can do simple things to help our planet and reduce our bills, one manageable step at a time.



Prevent food waste, buy what you need, plan meals, use leftovers, make soup, casseroles and smoothies, [compost](#), [Community Fridge](#), [Olio](#), [Too Good To Go](#), [Love Food Hate Waste](#)



Food choices, less meat, a greater variety of [beans and legumes](#), local, loose and organic if possible, less dairy products, consider swapping dairy milk to [oat m*lk refills](#).



Grow your own food, organic herbs, [cut and come again salads](#) on window sills in peat free soil. Potatoes, beans, tomatoes, fruit and vegetables in your garden, help with a [community allotment](#) or garden. Plant pollinator plants, trees and wildflowers. Leave wild areas and different lengths of grass for wildlife.



Reduce energy use, switch to renewable energy, insulation, draughts, LED lighting, turn off lights, avoid leaving appliances on standby, heating timers, turn down the thermostat and put on a jumper.



Chemicals in toiletries and detergents are environmental hazards, use biodegradable, natural products and try to use less water.



Transport, limit flying and driving as much as possible, walk, cycle, bike repairs, public transport, car share.



Reduce, refill, repair, repurpose and share - buy less, refuse packaging, carry reuseable water bottle, cup, cutlery and bags, use [refill shops](#), visit a [Repair Café](#), learn a repair skill, avoid single-use cloths and tissues, knit reusable dishcloths, use cotton handkerchiefs, choose second-hand or reused items, charity shop, [Horsham Community Freebay](#).



Recycle [Why recycle?](#) [West Sussex Recycles](#), [Boots scheme](#), charity shops, return [single use plastics](#) to supermarkets.



Ethical Money - Switch to ethical banking, savings, pensions and investments, and tell them why you switched. [Ethical Consumer](#), [Just Money Movement](#)



Support small, local, independent, organic and Fairtrade business
[The Good Shopping Guide](#), [Fairtrade Horsham](#)



Get involved - Climate anxiety, grief and overwhelm are real, but so are hope and the power of small meaningful actions. Share your feelings and find motivation coming together to face these global issues, join a [climate action group](#), help an [Eco Church](#), conservation group or charity, share good news stories through your conversations and social media.



Power down, with digital detoxes, unsubscribe from unwelcome emails, regularly delete no longer needed files, emails and photos, your browsing history and data. Use energy-saving device settings, turn cameras off during webinars. [Ecosia](#) browser uses profits to plant trees.



Speak to your MP, councillors, companies, organisations, public consultations and petitions. The Ecocide law vision is for an enforceable framework to deter destructive practices, safeguarding the natural world and all our futures. <https://stopecocide.earth>



Make your actions contagious by talking about why climate change matters, and what people can do. Spark ideas for changes at home, work and school. Use [Creation Care](#) online households survey. Calculate, cut and contribute to compensate for your unavoidable carbon emissions by supporting community carbon projects. [WWF](#), [Climate Stewards](#)



Enjoy nature, take time out to enjoy the beauty of creation, walking, planting, tending, volunteering, resting, enjoying nature films and images.

Horsham
Eco Churches

