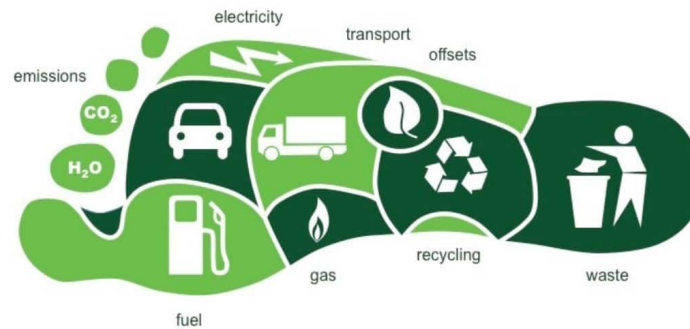


# How to keep your carbon footprint low: The six Rs

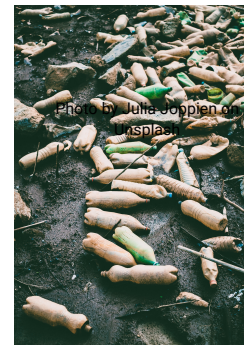


Everything we use has an environmental impact. The idea of a carbon footprint is a good way to measure this impact. What can we do to try to reduce our personal carbon footprint? To help us, we think about the six Rs, these are:

## Refuse, Reduce, Reuse, Repair, Recycle, Rot

### Refuse

When you think about buying something, ask yourself "Do I really need this?" "Why do I want to buy this?" Lots of people carry a reusable drink bottle and this makes it easy to say "No," to buying yet another drink in a plastic bottle.



### Reduce

If you really can't avoid doing something, can you do it less? Maybe decide on a minimum distance for car journeys - if it's less than that, walk.



### Reuse

Remember those reusable bottles we have so we can refuse another single-use one? Lots of people also have a set of drinking straws that can be used and washed over and over again.

# How to keep your carbon footprint low: The six Rs



## Refuse, Reduce, Reuse, Repair, Recycle, Rot

### Repair

In the modern world we have become used to the idea of things being disposable. If something breaks, we get a new one. People used to try to repair broken things before replacing them. Many towns now have a repair café where people can go to get help with mending things.

Some of the telegraphy objects in our museum cannot be replaced - our fantastic volunteers are brilliant at mending these for us!



### Recycle

You probably already recycle a lot of home waste, like newspapers or cereal boxes. More and more materials can be recycled, not just paper, card, bottles and cans. But it's not always easy to know where to take them. Perhaps you could get together with some friends and ask the council to tell everyone more about recycling.



### Rot

You know to avoid wasting food by only buying what you need. But the food waste we can't avoid, like banana skins and potato peel, can be used to make compost to help new plants grow. In some places, the council collects this food waste from homes which don't have their own gardens. Does your council do this? Maybe you could ask them.



Photo by Lenka Dzurendova on Unsplash