

Climate Challenges: Food

- Try to reduce how much meat you consume by having meat free days**
Substitute meat with lentils, beans or replacement meats. You can make a chickpea curry instead of a chicken curry, or simply use Quorn chicken or similar meat-free alternative.
- Remember to reduce the meat consumption in your pet food too**
Dundee-based company Bug Bakes (bugbakes.co.uk) uses sustainable insect protein, eco-friendly fruit and veg and plastic-free packaging to provide dog food.
- Buy food locally, and try to buy food that is unpackaged. You can use your own containers here:**
[Sea No Waste seanowaste.co.uk](http://seanowaste.co.uk) (Arbroath), Autumn Wren www.autumnwren.co.uk (Forfar), A Longer Table www.alongertable.net (Kirriemuir), Birchwood Emporium www.birchwoodemporium.com, The Little Green Larder (Dundee), Love Your Planet loveyourplanet.uk Broughty Ferry.
- Buy food produced locally**
Check where your food is coming from when shopping and aim to buy food produced as close to home as possible to reduce airmiles and the carbon footprint of your food.
- Try to reduce your own food waste**
Make a meal plan for the week, base your shopping list on that plan and don't stray from it! Only buy what you need. Use any leftovers to make other meals or snacks - websites like <https://scotland.lovefoodhatewaste.com/recipes> let you type in ingredients and find meals you can make.
- Try to help reduce local food waste**
The Dundee West End Community fridge collects food that shops are going to throw out. Open from 11am-2pm every day, it's a great way to reduce food waste and is completely free! The TooGoodToGo app follows a similar principle, allowing you to pick up bags of food from shops in the area at a greatly reduced price in order to stop it from going to waste.
- Avoid using clingfilm and tin foil to wrap your left-overs**
Invest in wax wraps to use on a daily basis, or re-use jars. If using clingfilm or tin foil is unavoidable, wash it thoroughly afterwards and reuse!

Climate Challenges: Tread lightly (Transport)

- Choose to walk for shorter journeys**

This helps cut carbon emissions, and reduces congestion and pollution. Walking is also great for your health and wellbeing and you don't need any special equipment to get started. If you're a car-user, you will also cut down on fuel and parking costs.
- Take up cycling**

You might be nervous about getting on a bike for the first time or be worried about road safety. There's lots of advice, resources and support available. Try [Cycling Scotland](#) for all the information you need to get started, and see what is happening at the Dundee Cycling Hub <https://www.anguscyclehub.org/> There is the one-off expense of getting kitted out, but once that's done, you could save on travel costs and have an enjoyable, healthy activity to take part in for years to come.
- Consider an electric bike**

They are ideal for anyone who might find cycling physically challenging – ebikes are less physically demanding than regular bikes, but still allows the rider to be active. To apply for an eBike interest-free loan, contact Home Energy Scotland on 0808 808 2282 or visit www.homeenergyscotland.org
- Take the bus or train instead of the car**

Check out the bus or train timetables for journeys that you take regularly by car. For those over 60, you can even make use of your bus pass and travel free, as well as avoiding all the stress of driving.
- Consider an electric car**

If you need to drive, and your car needs to be replaced, loans to help with the higher cost of an electric car are available for both new and used cars. <https://energysavingtrust.org.uk/grants-and-loans/electric-vehicle-loan/> Over the lifecycle, emissions from an electric vehicle are at least three times lower than a conventional car.
- Drive efficiently**

Double up journeys: do shopping on your way home from work or try to do all your errands together. Share lifts with friends if you can. Turn off the engine if you're stationary for more than a minute. Idling for 10 seconds uses about as much fuel as it takes to restart the vehicle. Ensure that your tyre pressures are correct. This not only improves safety but also fuel efficiency.
- Avoid flying if you can**

For holidays, try looking for locations closer to home. Or if you need to travel, see if you can use other forms of transport (like trains and ferries) that get you there with a much lower carbon footprint.

Climate Challenges: Live Simply

- REDUCE**
Buy fewer clothes and buy clothes to last. Buy second-hand. Make repairs. If you only buy clothes when you really need to, and spend your money on better quality [sustainable clothes](#) or second-hand items, you can reduce your carbon footprint and make your money go further.
- RE-USE**
Donate any unwanted usable electrical goods, sofas, bikes etc. to the [Community Re-Use Hub](#) in Dundee who will give your unwanted items a new lease of life by repairing them and making them available to members of our community who need them the most. They may even be able to collect items from you.
- REPAIR**
Next time something in your home is not working properly, why not see if you can **fix it** rather than throwing it away? Repairing your belongings cuts down on carbon pollution, saves you money and gives the satisfaction of the achievement, too.
- RECYCLE**
Make a trip to your local recycling centre with any waste electrical and electronic equipment, batteries, oil, metal or even rubble.
Or recycle old batteries in your local supermarket.
- DITCH DISPOSABLES**
Buy cleaning products and other items in refillable cartons and cut down on packaging.
Dundee: [The Little Green Larder](#) [Birchwood Emporium](#) Broughty Ferry: [Love Your Planet](#)
Use a refillable water bottle instead of buying bottled water.
Use rechargeable batteries instead of single-use ones.
- GIVE PLANET FRIENDLY GIFTS**
Why not start planning for Christmas? Buy gifts in a charity shop; gift a membership, subscription or experience. Gift a tree in the Caledonian Forest <https://treesforlife.org.uk/support/plant-a-tree/>
Make your own gifts or gift a charity donation.
- USE COMMUNITY FACILITIES**
Rediscover your local library. Not only can you save on buying books, but tools for home improvements and equipment can now be borrowed from the [Dundee Community Toolbox](#)

Climate Challenges: Gardening

- Plant** a native tree or woody stemmed shrub. These are the best for carbon capture, they help prevent soil erosion and provide shelter for wildlife. Consider flowering ones for pollinators and berries for food. Collect leaves for leaf mould and leaf piles for insect homes, shelter, and nesting. [Most Reliable Shrubs and Trees - BBC Gardeners' World Magazine \(gardenersworld.com\)](https://www.gardenersworld.com/most-reliable-shrubs-and-trees/)
- Look after** your soil by using **peat free** compost or Discovery compost bought from Riverside recycling hub. [Discovery Compost | Dundee City Council](https://www.dundee.gov.uk/discovery-compost/) Increase organic matter (compost, 'green crops e.g., clover) to help restore the chemical composition and microorganisms to support plant growth. There are 16 elements that plants need from the soil. [The Importance of Soil for Climate Change Mitigation: Panacea or Red Herring? \(nomamente.org\)](https://www.nomamente.org/the-importance-of-soil-for-climate-change-mitigation-panacea-or-red-herring/)
- Support Wildlife and don't be TOO TIDY.** Choose pollinator friendly perennials [Plants for Pollinators advice and downloadable lists / RHS Gardening](https://www.rhs.org/plants-for-pollinators) , leave grass longer as it produces flowers, seeds and is refuge for insects. Leave some nettles for butterfly caterpillars, dandelions for early pollinator food, leaves, stems of perennials and dried seed heads e.g., sunflowers for winter food and shelter. Planet Friendly Gardening [RHS - Inspiring everyone to grow / RHS Gardening](https://www.rhs.org/inspiring-everyone-to-grow)
- Water** – Try to change (even a little) from 'mains to rains'. Prepare for next summer by installing a water butt or re-cycled containers or buckets. Put saucers under pots to prevent water loss. Remember that every little helps. Some good tips here [BBC - Breathing Places - Collect rainwater](https://www.bbc.com/gardeners/collect-rainwater)
- Mulching** – For aiding carbon retention and conserving water consider mulching bare areas with environmentally sourced bark, Discovery or own compost is ideal especially in the autumn. [Mulches and mulching / RHS Gardening](https://www.rhs.org/mulches-and-mulching) This will suppress weeds, conserve water, and help with carbon leakage.
- Growing flowers** Out of season flowers are the most carbon heavy items you can buy pound for pound e.g., lilies imported from the Netherlands carry 3.5kg a stem. Consider growing a metre square for cutting and prepare now. Plant perennials, annuals suitable for cutting, roses etc. and if you do buy, please look at the label and buy British: <https://www.farmgatefloraldesign.co.uk> You can give bunches as gifts or donate to your church to reduce their carbon footprint.
- Seasonal** – The best tips for gardeners of course varies with the seasons but we can plan. How about identifying a patch or planter for food e.g., vegetables, fruit, herbs etc. [Vegetables in containers / RHS Gardening](https://www.rhs.org/vegetables-in-containers) or join a group who grow their own?
- To be **mindful gardeners** we must look after ourselves. Choose a spot, plant a seat, and relax and enjoy. [Mental health and wellbeing – How gardening can help / RHS Gardening](https://www.rhs.org/mental-health-and-wellbeing-how-gardening-can-help) No garden? then consider volunteering. [Dundee groups recognised for nature work | Dundee City Council](https://www.dundee.gov.uk/groups-recognised-for-nature-work/)

Climate Challenges: Energy Saving

- Turn down your thermostat(s) by 1 degree**
Save yourself money on your fuel bills, as well as reducing your carbon emissions.
- Switch off appliances and avoid standby**
Your dishwasher, microwave, washing machine, tumble dryer and electric oven will all eat up electricity when left on standby. Try to get into the habit of turning them off at the plug to save energy and save yourself some money.
- Save energy when you cook**
Heat water in a kettle, rather than on the stove.
Don't put more water in the kettle than you need – boiling extra takes more time and energy.
Always cover your pots and pans – the water will boil faster and use less energy to heat your food.
Don't open the oven door repeatedly – you'll let out hot air and waste energy. If you can, take a look through the glass door instead.
- Use a water efficient shower head and shower for 1 minute less**
Most of us underestimate the energy water companies need to treat and pump water into homes – Scottish Water is the largest user of electricity in Scotland. Then there's the energy required to produce hot water at home.
- Replace lightbulbs with LEDs and turn off lights in unoccupied rooms**
Energy-efficient lighting helps lower electricity bills and carbon dioxide emissions, all without reducing the quality of light in our homes.
Halogen bulbs are no longer sold in shops, since 1 October 2021, so now might be a good time to replace any old halogen bulbs with energy efficient LEDs.
- Launder efficiently**
Wash laundry at 30deg and line dry clothes to avoid tumble drying.
- Insulate your loft**
A quarter of heat is lost through the roof in an uninsulated home. If you have a loft space, insulating your loft is an effective way to reduce heat loss and reduce your heating bills.
<https://energysavingtrust.org.uk/advice/roof-and-loft-insulation/>