

NET ZERO CARBON

A Practical Guide to Help
You Reach Net Zero Carbon

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Working in partnership with:





WHY NET ZERO MATTERS

Reaching net zero carbon means we don't add more greenhouse gases to the air than we can take out. It's key to slowing down climate change, protecting nature, and building a better future for everyone.



THE POWER OF YOUR EVERYDAY CHOICES

At MECC, we believe that small changes really do add up. That's why we've made it easy by breaking things down into, Home, Travel, and Lifestyle. Just one simple change in your daily routine can make a big difference over time, your choices truly matter!

We need to cut global emissions by 50% by 2030 to reach net zero by 2050.



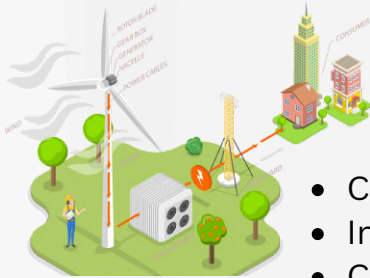
IN YOUR HOME



Small changes you can make in and around your home to reduce your carbon footprint

Cut Energy Use:

- Switch to LED bulbs and energy-efficient appliances.
- Insulate walls, roofs, and floors to reduce heating needs.
- Use a smart thermostat to optimize energy use.



Switch to Green Energy:

- Choose a renewable electricity supplier.
- Install solar panels if possible.
- Consider a heat pump for low-carbon heating.

Reduce Waste:

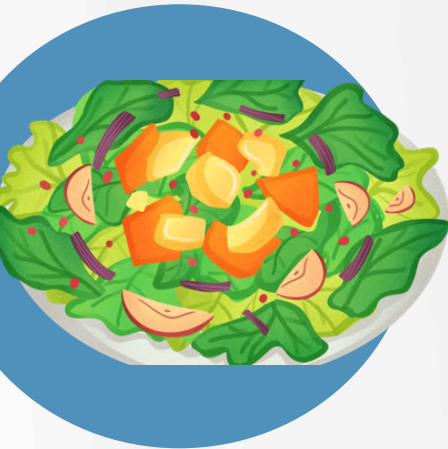
- Recycle properly and compost food waste.
- Buy durable, reusable items instead of single-use plastics.
- Repair before replacing.

TRAVEL SMARTER



Drive Less, Drive Clean:

- Walk, cycle, or use public transport where possible.
- Switch to an electric or hybrid vehicle.
- Carpool or share rides to reduce emissions.



EAT FOR THE PLANET

Low-Carbon Diet:

- Eat more plant-based meals and less meat and dairy.
- Choose locally sourced and seasonal produce.
- Avoid food waste, plan meals and store food properly.

SHOP SUSTAINABLY



Buy Better:

- Support businesses with strong environmental practices.
- Choose quality over quantity, buy less, but better.
- Look for eco-labels and certifications.
- Buy second-hand or sustainable brands.
- Wash clothes at lower temperatures and line dry.
- Repair and reuse before recycling.

OFFSET & ADVOCATE



Share Your Knowledge:

- Talk to friends, colleagues, and local leaders about climate action.
- Support policies and organisations driving systemic change.
- Encourage your workplace, school, or community to commit to net zero

YOUR JOURNEY TO NET ZERO



**INSULATE
YOUR HOME**



**OFFSET
EMISSIONS**



**EAT
PLANT-BASED**



**SHOP
SUSTAINABLY**



**REDUCE CAR
TRAVEL**



WASTE LESS

YOUR NET ZERO CHECKLIST

- Switch to green energy
- Insulate your home
- Reduce car travel
- Eat more plant-based meals
- Cut waste and recycle
- Buy sustainably
- Offset emissions
- Talk about it!



MECC IS HERE TO HELP YOU!

Think MECC can help you? We offer free advice, support and guidance. Get in touch with us today, visit www.mecctrust.co.uk

Want more everyday tips on how to lower your carbon emissions at home? Why not sign up for our monthly newsletter MECC-ZERO where you can find all things energy, retrofit and community!

SCAN HERE TO READ OUR LATEST EDITION



Start Saving Our Planet Today.

