help save the earth in three easy steps

Eat less meat

Did you know that the meat industry is responsible for approximately 20% of the world's greenhouse gas emissions (https://foodhero.com/en/blogs/reduce-meat-consumption)

By eating more veg it is not only good for the environment it is also great for your body too! Why not try a "Meat Free Monday"

Refuse single use plastics
Did you know that it is estimated that by 2050 there will be more plastic in the sea than fish by weight (https://www.plasticpollutioncoalition.org/).

It not only takes lots of the earth's resources to make plastic but it is also can take up to 1000 years to decompose in landfills.

Why not try keeping hold of your plastic bags and reusing them next time you shop.

Plant a tree
did you know that one and a half acres of forest is cut down every second?
(https://www.conserve-energy-future.com/various-deforestation-facts.php)
Trees are really important to the earth as not only are they used for providing us with materials for tools and shelter, but they also do crucial jobs for our ecosystem such as: Providing us with the air we breath Preserve the soil Provide a living environment for some wildlife.

If you have space, why not plant a tree yourself, alternatively you could help raise money to plant more trees in and around your local area.

Resources are updated regularly — the latest version is available at: ncce.io/tcc.

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