

Climate change is happening. The situation can feel overwhelming. But there are small, achievable changes we can all make in our lives to lessen the impact. Start today. Find out what you can do right now to make a real difference. Climate change won't wait. We've arrived at a fork in the road and we need to join together to act, now.

We can all contribute in small ways by reducing our personal carbon footprint to help mitigate the speed and effects of climate change. Here are some ideas of changes we can make in our lives that have an impact.

We can make a difference! Let's show the world what's possible when we come together to take action.

What can we do to slow climate change?

There are many online lists of actions you can take to help slow climate change – we'll cover some of them on this page. We hope you'll spot one or two that fit into your lifestyle or circumstances, or prompt you to find out more.

1. Change your diet

A diet rich in plant-based foods is a good choice when it comes to contributing to reducing climate change. In fact, it's estimated that by reducing your consumption of animal protein by half, you can cut your diet's carbon footprint by more than 40%

Beef production alone requires 20 times more land and emits 20 times more greenhouse gas emissions per unit of edible protein than common plant-based proteins such as beans, peas and lentils.

It's not just the (now infamous) cows' burping of methane gasses that is the problem! The diet that is often fed to livestock – maize and soy – are potential sources of food in themselves. Meanwhile, animals require a lot of water and other resources, and some of the land used for livestock is the result of clearing forests.

You don't need to go vegetarian or vegan to make a difference. Small shifts in diet choices can make a huge impact globally and having a more flexible diet as a 'flexitarian' can really help.

Buying local, seasonal produce is a great idea too – it cuts down on the energy used to transport and store your food before it hits your plate.

2. Travel smarter

Over the last couple of years, led by the Covid-19 pandemic, the Zoom meeting has become a new concept reducing physical travel, but virtual working can also reduce carbon emissions.

Getting rid of your car can reduce your emissions by about a quarter of the average yearly emissions contributed by each person in the developed world. Choosing the most efficient vehicle and going electric where possible can make a big difference.

Flying less has an even greater impact. A transatlantic round-trip by air releases about 1.6 tonnes of CO₂ – that's almost as much as the average annual emissions of many people in the developing world.

There's no need to become a hermit or forgo all overseas travel. Start by looking at your usual schedule and identifying opportunities where you can make small, regular changes that add up to something bigger. For example, maybe you could cycle to work once a week, rather than driving.

5. Share the voices of those on the front line of climate change

The stories and articles we share with friends and family via email or social media make a difference. If you see an interesting social media post about climate change or green solutions, share it so folks in your network see it too.

Every week, we bring you stories of people living in communities on the front line of climate change. People like Melanio (pictured) in Peru. Floods, made worse by climate change, were damaging lives and livelihoods in Melanio's community. He learned that reforestation could protect from flooding by strengthening the soil and slowing flood waters. Now he's joining with others to plant trees and restore the natural habitat.

Help spread the word about the impact of the [climate crisis](#) on those hardest hit by sharing stories like Melanio's with your network. Sharing the problems people face can help raise awareness of the issues, but also of local solutions that work, which can help these ideas spread.

