

## Pledge 1

I pledge to ring my electricity supplier over the next 24 hours and see if I can switch to a renewable electricity tariff (if not I will find one)!

### Why should I?

If you are currently on a “brown” tariff, your energy bill money is supporting fossil fuel use. As Yorkshire transitions to a zero carbon economy, investment needs to switch to clean energy sources – your bills can be part of this.

### Help needed?

The Energy Saving Trust has advice on [Switching Suppliers](#).

### Going the extra mile

- Notice your energy use: say a thank you prayer every time you switch on a light, put the computer on or feel the warmth of your radiators.
- What about my gas? There are tariffs for carbon neutral gas with some biogas for example from [Good Energy](#) and [Ecotricity](#).



## Pledge 2

I pledge to buy local seasonal produce as much as possible – starting with at least 2 meals a week.

### Why should I?

Locally produced food not only supports our local Yorkshire farmers, it also cuts out food miles. On average 19% of the carbon footprint of food comes from transporting it.

### Help needed?

Most foods state country of origin, so start reading the labels. To find out what UK fruit, veg and fish is in season try this [Love British Food guide](#). Local green grocers, farm shops and fruit and veg box usually stock more local produce than supermarket chains.



### Going the extra mile

- Pray for our farming community, the guardians of the countryside, and on the front line of changes in diet and land use.
- What sort of food do you eat? Find out more about the carbon footprint of different food types at [Laura's Larder](#) e.g. what's the difference between rice and potatoes? Pledge to change 2 meals a week.

## Pledge 3

I pledge to educate myself about the science and impacts of climate change.

### Why should I?

Our climate is changing rapidly and we are all being effected. God weeps for the destruction we are causing to his beautiful intricate creation. With His help we can change this. This decade is critical for humanity to make changes that will enable the planet to sustain human life, so we all need to understand what's happening and how we can make a difference.

### Help needed?

You could start by watching David Attenborough's [Climate Change the Facts](#) or reading the Wikipedia page on [Global Warming](#).



### Going the extra mile

- Sign up for informative monthly intercessory prayer mailings from [Pray and Fast for the Climate](#).
- Why not attend one of the Diocesan Environment [training courses](#) or find your local "Zero Carbon" or "Climate Action" community group and join.

## Pledge 4

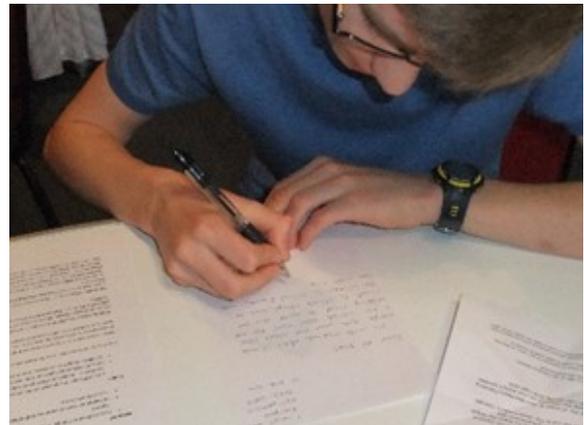
I pledge to contact my MP and my friends and make these pledges too.

### Why should I?

While individually we can make a big difference to our own carbon emissions, there are some parts of our lives that are determined by government policy. Our political leaders, both local and national need to implement policies that help us all reduce our impact. Unless we tell our politicians this is an important issue to us, the electorate, they won't see it as a priority.

### Help needed?

Find your MP [here](#). Not sure how to write a letter to your MP or what to ask them? [Hope for the Future](#) is a Christian climate engagement charity that has all the resources you need.



### Going the extra mile

- For more impact you can ask to meet with your MP and share your concerns about climate change. Why not contact your local councillor as well and discuss what changes could be made in your local community?
- Make sure your local politicians and their action in the climate emergency are prayed for at church.

## Pledge 5

I pledge to walk, cycle, use public transport to travel to work or a regular journey at least once a week. Or register with your local lift share community e.g. [liftshare.com/uk/community/wy](https://liftshare.com/uk/community/wy)

### Why should I?

Carbon emissions from transport are a significant part of most UK resident's carbon footprint, on average emitting 1.5 tonnes of CO<sub>2</sub>. Not all

Mode of Transport	Grams CO <sub>2</sub> / person /mile
Walk or Cycle	0-2!
Bus or Coach (long distance)	80
Train ( Modern)	100
Car share (3 people)	120
Urban bus	170
Small Car (1 person)	280
Large car (1 person)	430

modes of transport are equal. Think about travelling less and differently.

### Help needed?

Look up your local bus and train services. Register with a car share scheme like [West Yorkshire Liftshare](https://liftshare.com/uk/community/wy). Find a good local taxi company.

### Going the extra mile

- Take the opportunity to pray as you walk, notice God's creation around you and intercede for it.
- Organise a lift to church scheme if your church does not already have one.
- Do you still need a car (or a second car)? You could join a car club (such as [Enterprise](https://www.enterprise.co.uk/)) or hire a car when you need one.

## Pledge 6

I pledge to worked out my own carbon footprint using one of the many easy to use carbon calculators e.g.

[www.climatestewards.org](http://www.climatestewards.org)

### Why should I?

It's hard to know if you are making progress on reducing your impact of God's creation if you don't measure it. Using a carbon calculator can help you understand what the most polluting parts of your lifestyle are and which bits aren't an issue. You may be surprised by what you find!

### Help needed?

There are a range of different carbon footprinting tools online. [Climate Stewards](http://ClimateStewards.org) have an easy to use one.



The screenshot shows the 'At home' section of the Climate Stewards website. It features a 'Quick Tip' box at the top stating: 'Quick Tip: if you get all of your home energy from renewables you can enter "100" in the "% from renewables" field and your footprint will show up as "0" so you can still track it.' Below this, there are input fields for 'Electricity', 'Natural Gas', 'Coal', 'Heating Oil', and 'LPG'. Each category has an 'Amount' input field, a unit dropdown menu (kWh, kg, or litres), and a '% renewables' input field. A 'Calculate' button and a 'Reset' link are located at the bottom of the form.

They are a Christian charity that uses donations for offsetting to support tree planting and other environmental projects. Take a look at their "[Duplo Footprint](#)" page for more information about an average UK person's footprint.

### Going the extra mile

- Explore your carbon footprint in more detail on the [United Bank of Carbon](#) calculator. Read "[How Bad are Bananas](#): the carbon footprint of everything" by Mike Burners-Lee.

## Pledge 7

I pledge to do a 'home energy check' to find out how I can save energy in my home. I will contact the Energy Saving Trust on 0800 512 012 or [visit their website](#).

### Why should I?

The average household emits 1.5 tonnes of carbon dioxide from their home energy use, that's from generating electricity or using gas/oil for heating, lighting, cooking and electric gadgets. Lots of that energy is wasted as many of our homes are inefficient. For example being drafty, poorly insulated, old inefficient boilers or old light bulbs.

### Help needed?

Use the Energy Saving Trust [Home Energy Efficiency](#) pages to find out more.

### Going the extra mile

- Investigate how you could heat your home renewably or generate your own electricity. You could start by looking at the Energy Saving Trust [Renewable Energy](#) pages.
- Give your home energy a Sabbath rest for one day a week. For example, fast from using your computer, the washing machine or hot water for a day.



## Pledge 8

I pledge to turn my thermostat down or use a thermometer to reach the lowest comfortable temperature, typically between 18-21°C & think about putting on a jumper instead.

### Why should I?

For the average household, turning the heating down by just 1°C could reduce your footprint by up to 300 kgCO<sub>2</sub> per year (and save you money).

### Help needed?

The Energy Saving Trust have advice on [thermostats and controls](#). Lots of energy is wasted heating spaces we are not using. Make sure you have and use radiator controls and thermostats.



### Going the extra mile

- Light a candle and pray for all those suffer from extreme heat events and forest fires.
- Could you drop your thermostat level another degree and invest in some vests or a rug? Can you turn your heating off completely over the summer months?

## Pledge 9

I pledge to reduce my holiday air miles by 50%.

### Why should I?

Getting a plane off the ground uses a lot of fuel and we usually travel long distances by plane. This means flights are the “binge drinking” equivalent of our annual carbon footprint. A short haul flight emits an average of 416 grams of carbon dioxide per passenger mile and a long haul flight 363 g CO<sub>2</sub>.

### Help needed?

Consider a “staycation” and explore your local area. There are plenty of fantastic destinations in the UK to enjoy. If you want to go abroad use the [Man in Seat 61](#) website for ideas and help with continental travel. For more ideas search for no-fly holidays.

### Going the extra mile

- Could you pledge not to fly this year? Sign the [Flight Free UK](#) pledge.
- Thank God for the privilege of employment rights and holidays. Pray for improvement in workers’ rights worldwide.



## Pledge 10

I pledge to research 'Driving in a greener way' by internet search or by booking a lesson to learn eco-drive techniques.

### Why should I?

Simple changes to how you drive can make a big difference. You can save 10% on your fuel consumption by dropping your speed from 70 to 60mph when driving.



### Help needed?

Try an internet search for driving tips for lower carbon emissions. Sites such as [15 Easy Ways to Reduce Your Driving Emissions](#) will come up. Contact a local driving instructor and ask if they offer lessons for lower emissions driving.

### Going the extra mile

- Talk to your friends and family about what you have found out. Encourage them to investigate greener driving for themselves.
- Encourage your church to provide cycle racks, electric car charging points and engage with the local authority on transport policy.