

## **Making the Transition**

Here are some actions we can take to give us a healthy future

### **Energy**

*Buying electricity generated from renewables* – This is a really simple one – cuts our consumption of fossil fuels and takes our money away from the fossil fuel companies who have been lying about climate change for the last 40 years. Sensible choices are Bristol Energy Green Tariff, Good Energy or Green Energy. (A lot of the other green tariffs are basically a legal scam). For dual fuel, Green Energy use biomethane, Good Energy use biomethane/offsetting to make the gas they sell carbon neutral.

*Using less energy* – Using LED lighting, and keeping houses well insulated / low on drafts, and keeping the thermostat down. Also saves money! Surveys on where you may be losing heat available from C.H.E.E.S.E (Award winning Cold Homes Energy Efficiency Surveys – use thermal imaging- <https://cheeseproject.co.uk>)

*Divestment* – Telling providers to get out of fossil fuels and telling the Council to divest Avon Pension fund from fossil fuels. This is supported by the biggest union involved.

### **Food**

*Eating less meat* (especially beef and lamb) and trying to buy organic when possible. The antibiotics being fed to factory farmed animals are a real health risk. I stopped buying meat years ago, and don't miss it. It was just habit.

*Pulse and Super Pulses* – are books people may find interesting. By local citizen (and inspiring cook / UN Special Ambassador in the Year of the Pulse) Jenny Chandler

*Eating seasonal, local veg* is enjoyable, and a Veg Box may be worth considering. The Community Farm at Chew Magna are a worthwhile local organisation who could provide one.

### **Transport**

*Avoiding, use of fossil fuels*, especially flying is often easier than people think. I've basically given up flying and find my holidays just as enjoyable, if not more so.

### **Shopping**

*Reduce / re-use / re-cycle* is the mantra. Repair cafe in Bedminster will often be able to fix things – toasters, televisions, coffee grinders. Currently communication via their Facebook page.

If you would like updates by e-mail, Richard – [rjt\\_hancock@yahoo.co.uk](mailto:rjt_hancock@yahoo.co.uk) - for the local Transition mailing list.