

# Make One Change

## Cork County Cuts Carbon



### Love Slow Fashion

Why not re-wear or upcycle the clothes you already have or buy second-hand from a charity shop!



### Buy Local and Seasonal

Enjoy local and seasonal foods and reduce your food miles!



### Reduce and Refill

Say no to disposable coffee cups or plastic bottles!



### Walk More

Leave the car at home! Reduce greenhouse gas emissions and money, all whilst getting fit!



### Nominate A Friend to “Make One Change”

It takes everyone getting involved!



### Connect with Nature

Go outside and appreciate your environment and the need to protect it.



### Zero Food Waste

10% of global carbon emissions are caused by food waste!



### Reduce your Water consumption

Reduce your shower time to less than 5 minutes or pledge to turn the tap off when brushing your teeth.



### Reduce your Energy

Reducing the temperature of your clothes wash, use a clothes line instead of a tumble dryer.

...and lots more



Comhairle Contae Chorcaí  
Cork County Council

[www.corkcoco.ie](http://www.corkcoco.ie)