

Nº5

Eat local

See if you can get your parents to buy more food that's grown in your own country. The stuff from abroad usually comes in on planes or ships – both of which use a lot of fossil fuels to get to your local supermarket.



Nº6

Walk, cycle, run, hop, skip

Try to get places without using the car (or at least ask your parents to). Cars burn petrol, which releases CO₂. Yep – more greenhouse gases. If you must use transport, boats, trains and buses are better for the environment than cars and planes.



**Junior Polar Traveller logo
(Needs to be a button/link)**