

SUSTAINABLE SUPERSTARS ROADSHOW

resources

Thank you for joining us at one of our Sustainable Superstars Roadshow events! Below you will find resources to support a more sustainable lifestyle.

Carbon Footprint

A carbon footprint is a measure of all the emissions that come from an object, activity, person or organisation. By understanding the amount of carbon we emit in our daily lives, we can take steps to reduce it.

WWF Carbon Calculator

A quick and easy questionnaire to calculate the amount of greenhouse gases you produce.

Organisations:

NESCAN

Aberdeen Climate Action
Circular Communities

Fashion

By repairing, re-using and looking after our clothes, we can prolong the life of an item and avoid it going to landfill.

Mending and sewing skills
Know your labels

Laundry tips
Looking after your clothes
Recycling textiles

Food

Love food, hate waste! Our food system needs to change to ensure we have food security and healthy nutritious food that doesn't damage the planet.

Labels
Portion calculator

Composting guide
Sustainable food map

Travel

Using communal or active travel might take more time but can save money as well as carbon.

Active travel

Park and ride

Nestrans