

## Earth Day

Carbon footprint is the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organisation or community.

Climate change is not something that can be tackled alone it needs everyone to play a part to help the impact it has on our planet. Nearly everything we do releases carbon into the atmosphere. How much depends on many factors. This means you can increase or decrease the amount by your everyday choices.

The main things I could look at to reduce the impact on the climate could be the foods I choose to eat or the way I travel.

I pledge to have two days per week where I do not eat meat as people who are Vegan or Vegetarian have much smaller carbon footprints than a person who consumes meat each day. I don't eat much meat anyway, mainly chicken, so if I go at least two days without the meat I could make a difference. I will also try to walk to as many places as possible as less travelling by a car also has a huge impact in a positive way. It is a small change but if everyone sacrifices a small amount it will make a huge difference.

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