

CUT YOUR CARBON

Impact Report: 2023/24



Throughout November 2023, thousands of pupils and their families took part in Eco-Schools' **Cut Your Carbon**. The campaign created a national 'moment', spotlighting various aspects of our lives that combine to create our carbon footprint.

Pupils were challenged to complete nine simple actions at home with their families. These actions connected to everyday activity, reduced emissions, challenged behaviours or prompted families to consider sustainable alternatives.

Cut Your Carbon helps young people and their families to learn more about carbon emissions, whilst demonstrating that they have the power to make positive change and become the climate leaders of tomorrow.





1969

nurseries/schools
signed up to deliver
Cut Your Carbon
in their setting.



965,093

pupils reached during
the campaign.



347

schools took the time to survey their school communities at the end of the month, total up their participation figures, and report them back to us.

We'd like to say a **big thank you** to those schools!



369

of the 1969 schools who signed up to Cut Your Carbon were new to Eco-Schools.



65,481

pupils reported completing at least one carbon-cutting action in November. We anticipate the number of pupils who actually delivered actions to be many more.



201,408

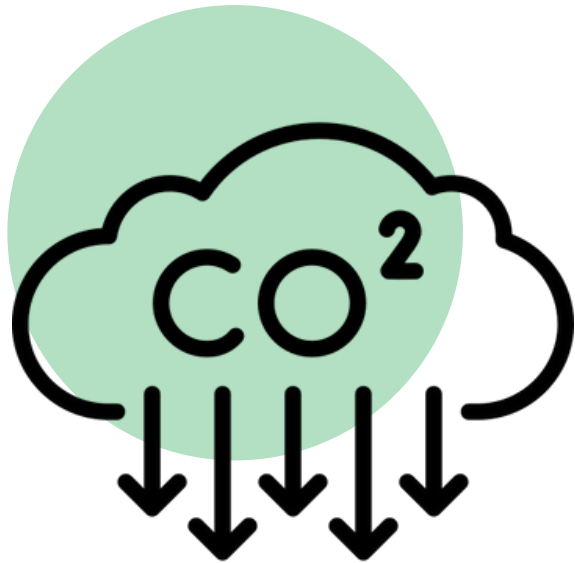
individual carbon-cutting actions were recorded across November. We anticipate the number of delivered actions to be many more.

Carbon emissions reductions

The following carbon-reduction impacts are based on reported data only and are therefore **indicative estimates**.

They reference multipliers from trusted sources, which have been used to calculate approximate, estimated savings that we can use to celebrate the actions of pupils and their families. Notes at the end of the document explain our methodology and will also allow participants to work out an indicative estimate for their setting.

In most cases, indicative figures come from multipliers of the number of active pupils and do not include estimates for other family members also taking part. Further to this, countless other schools took part in Cut Your Carbon but did not report their data, so it can be presumed that carbon reduction figures are in actual fact far higher than reported figures.



Pupils delivering Cut Your Carbon actions resulted in an estimated. emissions reduction of

629,155 KG CO₂E.

That's the equivalent of driving 1,524,942 miles in a petrol car, or burning 302,242kg of coal, or charging 72,359,858 smartphones!



36,452

pupils made at least one journey more sustainable.

This resulted in an estimated emissions reduction of

25,087 KG CO₂E



33,935

pupils went meat free for
at least one day.

This resulted in an estimated
emissions reduction of

115,379 KG CO₂E.



25,622

pupils had a weekend
when they produced zero
food waste.

This resulted in an
estimated emissions
reduction of

50,219 KG CO₂E.



24,988

pupils turned down their heating by at least 1°C.

This resulted in an estimated emissions reduction of

74,464 KG CO₂E



17,809

pupils designed a flight-free holiday.

If they substituted these for flight holidays, this would result in an estimated emissions reduction of

3.48M KG CO₂E

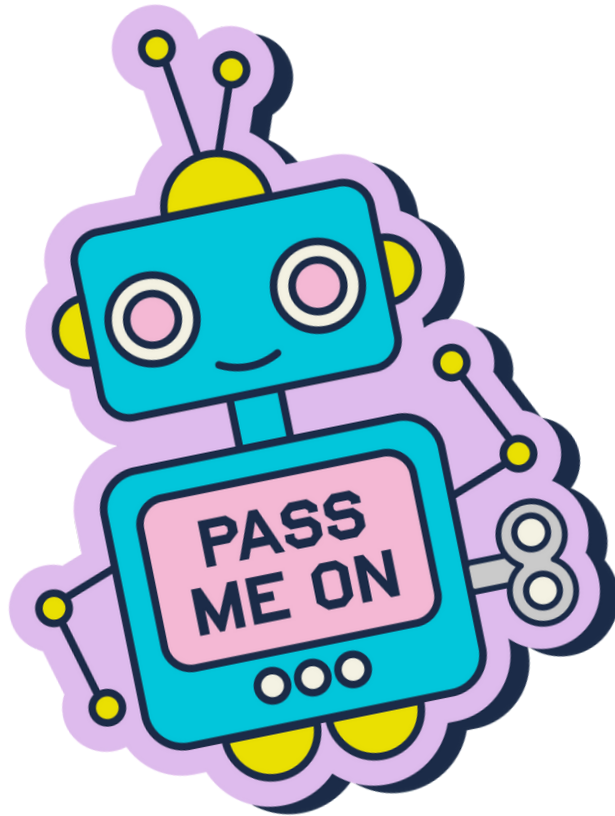


24,580

pupils said 'no' to buying at least one new item in November.

This resulted in an estimated emissions reduction of

172,060 KG CO₂E



29,243

pupils donated something
they no longer needed.

This resulted in an estimated
emissions reduction of

146,215 KG CO₂E.

SHOWER POWER!

26,588

pupils substituted 4 baths for 4 showers and limited them to 4 minutes, across November.

This resulted in an approx. emissions reduction of

45,731 KG CO₂E



30,167

pupils shared three pieces of carbon-cutting advice with people they know.

That's

90,501

carbon-cutting tips shared!

How did we calculate our estimates?

Pupils and their families delivering Cut Your Carbon actions resulted in an approx. emissions reduction of 629,155 kg CO₂E.

This is a total of savings across all 7 of the carbon emissions reducing actions. 2 of the actions do not result in direct emissions reductions.

The workings for each are explained below. Equivalencies were calculated here: <https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator>

Make at least one journey more sustainable. This resulted in an estimated. emissions reduction of **25,087 kg CO₂E.**

We've opted to base this calculation on the average journey to school: 2.4 miles. A medium petrol car emits 0.28676 CO₂E p/m. This is 0.688224 CO₂E over 2.4miles. Our figure is based on a sum of 0.688224 kg CO₂E x 36,452 pupils switching a car journey for a walk/scoot/cycle.

Go meat-free for a day. This resulted in an estimated. emissions reduction of **115,379 kg CO₂E.**

A vegetarian diet produces, on average, 3.4kg less kg CO₂E per day in comparison to one that contains meat. Our figure is based on a sum of 3.4 kg CO₂E x 33,935 pupils going meat free for a day..

Have a no food-waste weekends. This resulted in an approx. emissions reduction of **50,219 kg CO₂E.**

The average person produces 143kg per year of food waste - this equates to approximately 784g over a 2 day period. An average of 1.96 kg CO₂E comes from 784gkg of food waste. Our figure is based on a sum of 1.96 kg CO₂E x 25,622 pupils having a no food-waste weekend.

Turn down the heating by 1° for a week. This resulted in an approx. emissions reduction of **74,464 kg CO₂E.**

Turning heating down by 1°C for a week could reduce emissions by 310kg CO₂E. That's 5.96 CO₂E per week. 2 child families remain the most common family size and we can presume that many of these attend the same school and took part in the campaign. Our figure is based on a sum of 5.96 kg CO₂E x (24,988/2) pupils turning down the heating by 1°C for a week.

Say 'no' to a new item. This resulted in an approx. emissions reduction of **172,060 kg CO₂E.**

The most common category of purchase outside of essentials/services is clothing, and of this category the most popular item to purchase is a t-shirt. The lifetime carbon footprint of a t-shirt is 7kg CO₂E. Our figure is based on a sum of 7kg CO₂E x 24,580 pupils saying no to a new item.

Pass Me On. This resulted in an estimated emissions reduction of **146,215 kg CO₂E**.

Outerwear is the most commonly donated item in the UK, with books also popular items to donate. If we take the 7kg CO₂E for t-shirts again, and a median estimate for a book (3kg CO₂E), and split the difference, we get 5kg CO₂E. Our figure is based on a sum of 5kg CO₂E x 29,243 pupils donating something they no longer need.

Substitute 4 baths for 4 showers and limit them to 4 minutes. This resulted in an approx. emissions reduction of **45,731 kg CO₂E**.

Replacing a daily bath with a three-minute shower could save approximately 849kg CO₂ per year for a family of 4. Doing a little bit of maths using this figure, $849/4 = 212.5\text{kg CO}_2\text{E}$ reduction for an individual across the year. $212.5\text{kg}/365 = 0.581\text{kg}$. So switching a bath for a 3 minute shower each day saves 0.581kg CO₂E per person. However that's for a three minute shower, not 4 minutes. Switching a bath for a 4 minute shower each day therefore saves 0.43kg CO₂E per day. Our figure is based on a sum of 0.43kg CO₂E x 26,588 pupil x 4 times.

Design a flight-free holiday. In theory, this would result an estimated emissions reduction of **3.48m kg CO₂E**.

Spain is the UK's most popular holiday destination with a return flight to Madrid producing 195kg CO₂E. Our figure is based on a sum of 195kg CO₂E x 17,809 pupils opting for a flight-free holiday .

Cut Your Carbon will return in Autumn 2024.

www.eco-schools.org.uk/cut-your-carbon/

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