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# Climate actions you can take

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There are a number of actions you can take right now to help:

- **Switch to an electric vehicle** - Use [Zap Map](#) to easily find charge points
- **Save energy at home** - Turn off lights when you're not in the room. Unplug chargers and appliances when you're not using them
- **Get a smart meter** - Ask your [energy company if they will provide you with a free smart meter](#). This will give you more information about your energy use and more control over what you spend
- **Insulate your home** - You might be able to get free energy efficiency improvements put into your home. This could include loft insulation and cavity wall insulation. This is good for your health and the environment, and you could save money on your bills. The [Green Homes Grant through Cosy Homes in Lancashire](#) could help
- **Avoid plastic when you can** - Take your own bags when you go shopping and get a reusable water bottle. [The Refill app](#) can help you to find places where you can refill your water bottle when you're on the go
- **Think about the things you buy**
  - Buy fruit and veg when they're in season - they're cheaper, taste better and don't have to travel as far to get to you
  - Get organised – plan your recipes and food needs before you shop so that you waste less food
  - Get creative - think about upcycling furniture
- **Eat less meat** - Eat less meat and animal products, like milk and cheese. Try to have a meat-free day each week or switch to plant-based milk
- **Change how you travel** - [Walk or cycle](#) if you can, and get the [bus, tram](#) or train if it's too far. [Walking to work or school](#) will help to boost your mood and keep you fit too!
- **Protect our forests and green spaces and plant more trees** - [Join a friends group](#) in your area to help improve park facilities
- **Recycle** - [Find out more about what you can recycle](#) in Blackpool and how
- **Talk about it** - Talk to your friends, family and neighbours about the climate emergency and what you're doing about it

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