

# Easy Pocket Guide for Climate Action



**FUTURE FOCUS21c**  
Tooling up education for the 21c



**Adult  
Literacy  
for Life**



**Bord Oideachais  
agus Oiliúna Chiarraí**  
Kerry Education  
and Training Board

**SOLAS**  
obriúna an fhoghlaim



**Riailtas na hÉireann**  
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# 1

## Grow Some Greens

### Plant some seeds

Home-grown greens can boost your health and reduce your carbon footprint. Grow small greens like spinach or kale at home. They're healthy, tasty, and ready to eat in just 10 days!





# 2

## **Reduce Food Waste** **Save money, time and energy**

One-third of all food is wasted. That's money, time, and energy we can save. Plan your meals and freeze leftovers. Use scraps for compost. Share a food- saving tip with a friend.





# 3

## **Stock up and Share** **Save Food For Later**

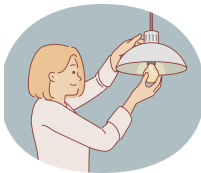


Dry, pickle, or freeze fresh fruit and vegetables to enjoy all year. Start with something simple, like drying apple slices. Use 2-for-1 deals and swap or share with friends.



# 4

## Save Energy and Money Change A Bulb



Small changes save big on energy. Switch to LED bulbs and unplug unused chargers and devices to cut up to 30% of use. Borrow a Home Energy Kits from your library with simple tools and tasks to save energy.



# 5

## **Learn about Rising Tides Ask a Councillor or Leader**

Sea levels are rising, putting homes and habitats at risk. Act now to help protect our future. Find out about rising tides near you. Contact local leaders or your local council to ask about flood-prevention plans or visit [floodinfo.ie/plan-prepare-protect](https://floodinfo.ie/plan-prepare-protect).





# 6

## Limit Coastal Erosion

### Protect Our Coasts

Erosion is removing coastlines at an alarming rate. Planting vegetation and limiting building near shores can help stabilise these areas. Support local efforts to protect beaches and wetlands. Take part in a beach cleanup.





# 7

## See It! Say It!

### Protect Rivers and Streams

Healthy rivers give us clean water, prevent floods, and help wildlife. Pollution and overuse harm them. To help, plant native vegetation near rivers, clean up litter in local parks, and report pollution using the See It! Say It! app.





# 8

## Mind Yourself!

### Earth Care People Care

Taking care of yourself helps the planet. Connecting with nature can calm your mind and inspire action. Make a hot drink, take it outside and spend the time it takes to drink it to notice what you see, hear, and feel. Repeat every day!





# 9

## Community Action Make a Difference

When people work together, great things happen. Groups can start gardens, repair cafes, and more! Join a local group or start a project in your area.

**Together, we can make a difference!**

