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**SCOTLAND**












# 30 DAYS TO SUSTAINABLE WAYS

**WELCOME TO THE ICAEW SCOTLAND CHALLENGE**  
**NOVEMBER 2021**

COP26 is coming to Glasgow so let's get creative,  
have some fun, save carbon and contribute to the UN  
Sustainable Development Goals every day of the month!

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# #30DaysToSustainableWays - November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pledge to complete every day of the challenge or work with others to split tasks between you - it's up to you.	<b>1</b> On week 1 of COP 26 in Glasgow, check out #RaceToZero to see what you can do to accelerate the transition to a low carbon economy.	<b>2</b> Review and adjust central heating controls for winter to avoid unnecessary fuel consumption. Try turning your thermostat down by 1°C.	<b>3</b> <b>SPREAD THE WORD</b> Use social media to share this calendar and encourage friends and family to take action this month. <b>#30DaysToSustainableWays</b> <b>#Accountants4COP26</b>	<b>4</b> Find a local recycling point for something that isn't covered by your recycling collections. Batteries? Clothing? Soft plastics? Small electrical items?	<b>5</b> Don't add to the pile of fireworks - if you want to watch, go to an organised display, if you feel safe to do so. 	<b>6</b> If you're not already a fan of non-dairy alternatives, try soya/almond/oat/coconut milk in your tea or coffee. Here's a <a href="#">Scottish producer</a> .
<b>7</b> Check to make sure that ALL the light bulbs in your home are energy efficient.	<b>8</b> <b>REDUCE FOOD WASTE</b> See what meals you can make from what's already in your fridge/cupboards. Recycling or composting is always better than general waste.	<b>9</b> Find out how your pension and/or ISA is invested. Does your provider offer a sustainable investment option - better still, is it the default option? 	<b>10</b> Do some research to see what your local MP, MSPs and councillors are doing to reduce carbon. Give them some feedback or ideas. 	<b>11</b> Take a trip on foot, by bike or by public transport where you would normally use a car. 	<b>12</b> <b>FISH ON FRIDAY?</b> If you want to eat fish or seafood, buy MSC-certified to ensure it is sustainably sourced.	<b>13</b> <b>BUY LOCAL</b> Food miles increase your carbon footprint so try to eat as much of your diet as you can from local products for a day. See if you can keep it up.
<b>14</b> <b>EFFICIENT DRIVING</b> Take your foot off the gas and lighten your load. Check out <a href="#">RAC fuel-saving tips</a> .	<b>15</b> Meat free Monday. 	<b>16</b> Try replacing at least one of your regular house cleaning products with a natural and eco-friendly alternative.	<b>17</b> Limit your shower to five minutes or less AND fit a water efficient shower head if possible.	<b>18</b> <b>GO PAPER FREE</b> For utilities, banking and any other correspondence. Switch to electronic copies of magazines and newsletters.	<b>19</b> Take your reusable net or bag for supermarket fruit and veg. See how many single-use plastics you can avoid. 	<b>20</b> Shopping for clothes or household items? Try your local charity or thrift shop first. You might even get some Christmas presents!
<b>21</b> Use <a href="#">WWF Carbon Footprint Calculator</a> to work out your own carbon footprint and consider how you can reduce. 	<b>22</b> For takeaway hot drinks try to avoid disposable cups by carrying a KeepCup. Also use a refillable water bottle for the office during the day.	<b>23</b> Investigate ways to reduce your energy use at home. Visit <a href="http://homeenergyscotland.org">homeenergyscotland.org</a> 	<b>24</b> Set up all your printers so that default settings print to black and white and double-sided.	<b>25</b> <b>LAYER UP!</b> Wear layers to adjust to the temperature of your home/office rather than using air con or heating.	<b>26</b> Almost the end of the month! Consider other changes you can adopt as a lifestyle change. Loads of great ideas at <a href="http://netzeronation.scot">netzeronation.scot</a>	<b>27</b> <b>SAVE WATER AND ENERGY</b> Ensure your washing machine and dishwasher are fully loaded before you use them.
<b>28</b> Ditch the tumble dryer and hang up your washing to dry overnight.	<b>29</b> Planning on flying abroad on holiday? Instead, check out what the UK has to offer, and commit to 'no flights'.	<b>30</b> <b>ST ANDREW'S DAY</b> Honour Scotland's patron saint with thriftiness! Give new life to unused items by selling them or giving them away. 	<b>Resources</b> <a href="#">Energy Savings Trust</a> • <a href="#">Home Energy Scotland</a> • <a href="#">Net Zero Nation</a> • <a href="#">WWF Carbon Footprint Calculator</a> • <a href="#">Zero Waste Scotland</a> (For SMEs in Scotland) • <a href="#">UN's 17 SDGs</a> , see <a href="#">ICAEW Global Goals Hub</a> Acknowledgement: Original idea created by <a href="#">Albert Goodman</a> and subsequently used by ICAEW South West. The SDG icons and colour wheel were created by the UN for global use. Please also share the fun on social media using <b>#30DaysToSustainableWays</b> and <b>#Accountants4COP26</b> or email <a href="mailto:ims@icaew.com">ims@icaew.com</a> <a href="http://icaew.com/scotland">icaew.com/scotland</a>			