

## Take Action - UMA

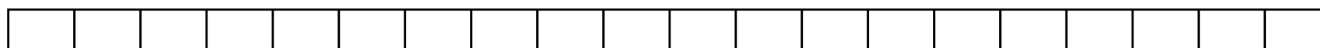
### Carbon Calculator

Carbon dioxide that is released into the atmosphere is damaging to the environment. It is released in lots of ways but the most damaging are through. Burning fossil fuels to create electricity and power transport. Deforestation to clear land for food growing. Energy tied up in food production such as processing, packaging, retailing, storing and transportation.

Look at your own carbon footprint to find out how you can make small changes with big impacts.



Draw a grid that is 20 squares across, like this one:



Now read the following actions:

If you think the action sometimes applies to you, colour in one square.

If you think the action often applies to you, colour in two squares.

If the action doesn't apply to you, don't colour in any squares.

- I leave my bedroom light on even when I'm out of the room.
- I leave items switched on at the plug
- My showers last longer than 5 minutes
- I never check where my food comes from and if there are local alternatives.
- I waste food that I then throw away.
- I never sort my rubbish for recycling.
- I never take reusable bags shopping.
- I turn up the heating instead of putting on a jumper.

Look at the list again and see how you can improve!



### Butter in a Jar!

You will need:

- a clean jar with a lid
- cream - oat whipping cream or Elmlea plant based can be used.

Instructions:

1. Fill your jar half-way with cream.
2. Pop the lid on and start shaking.
3. When the sloshing sounds stop, remove the lid, and check for whipped cream!
4. Pop the lid back on and continue to shake until the mixture separates into buttermilk and butter.
5. Remove the lump of butter.
6. Rinse butter under cold water, kneading any buttermilk out of the butter.
7. Your butter won't keep for long because there are no preservatives. If you're not eating all of it on the first day, store in the fridge for another day or two.
8. Store in the fridge if keeping for more than one day.