



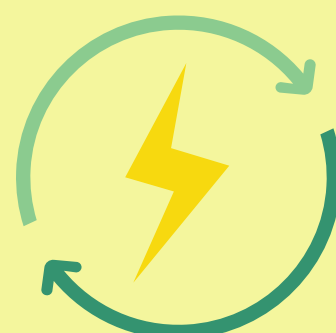
5 PLEDGES FOR HEALTHCARE

BETTER FOR ME BETTER FOR PLANET



1. 100% renewable energy

Go all electric (travel, heating etc) at home and work and be supplied by a 100% renewable electricity energy company.

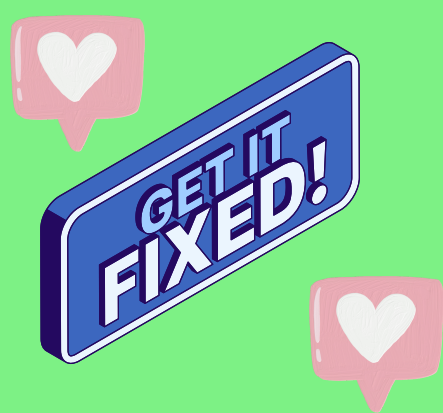


2. Eat Green

Encourage yourself, your work colleagues and your patients to move to a mostly plant-based diet with no waste by eating all that is bought..

3. Greener travel

Enable and publicise greener travel to work where ever appropriate. Active travel (walking and wheels) or shared cars are better than solo personal travel and commutes.

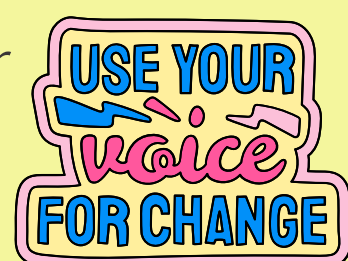


4. Last longer

Review the goods bought to deliver healthcare and help goods last longer through repair, refurbishment, and reuse. Go greener with procurement

5. System change

Use influence to nudge the system - whether lobbying for delivering greener healthcare , plant based catering as default, infrastructure to make active travel the default etc



Dr Matt Sawyer



See Sustainability

**Get more tips at
Take the Jump and
Real Zero**