

THINGS YOU CAN DO TO SAVE OUR PLANET

1. Save energy

- * Turn off lights. Unplug appliances when not in use.
- * Use LED bulbs which consume less electricity and are cheaper to run.
- * Turn your home thermostat down by 1 degree.
- * Ensure your house is insulated - lofts, walls etc.

2. Save water each day

- * A running tap can waste 6 litres or 10.5 pints of water a minute.
- * Use eco-settings on your appliances as this will save both water and energy.
- * Use water butts to catch rainwater for watering plants, washing cars etc.

Information

- * By 2030 it is estimated that almost half of the entire population of the world will be living in areas where there is just not enough water.
- * Safe drinking water is a universal and inalienable right.

3. Reduce our carbon footprint

- * Walk, cycle and use public transport. This will improve your fitness and health.
- * Choose a small but efficient car or if you can afford it, buy an electric car.
- * Empty your car boot; a heavy car needs more fuel.
- * Avoid flying. It is one of the most climate-polluting things you can do.

Information

- * You can measure your carbon footprint by logging into **footprint.wwf.org.uk**

4. Make your wardrobe last longer

- * Line-dry your clothes. It's a big energy saving compared to using a tumble dryer.
- * Think about which brands to buy. Find out their policies on sustainable clothing.
- * Avoid buying too many new clothes. Think about 'pre-loved' clothes.

Information

- * Clothes have a major carbon footprint from growing cotton to dyeing fabrics, making garments, transporting and selling them.
- * To produce a cotton T-shirt needs around 2700 litres of water.
- * Four-fifths of the clothing the world discards ends up in landfill or is incinerated. This increases emission of carbon dioxide.

5. Eat less meat

- * Animal agriculture is a major cause of pollution. Reducing your meat consumption and switching to plant-based foods help save the planet.
- * Too much meat, especially processed meat, has been linked to some diseases. Soybeans are a good replacement as they have a higher protein content than meat, milk or eggs.
- * Look for labels such as Fairtrade on tea, coffee, chocolate and fruit. This ensures that farmers are paid a fair wage.
- * Use locally sourced and seasonal food to reduce transportation and support the local economy.
- * Frozen and canned vegetables are also a good choice as they have high nutrition value.

6. Reduce your use of paper and minimise deforestation

- * Buy recycled paper products. This reduces the need to cut down trees.
- * Avoid wasting paper. It can take as much as 20 litres of water to produce one sheet of A4 paper.

Information

- * After oceans, forests are the biggest storage tanks for carbon.
- * Wooded areas help reduce the risk of flooding by slowing down water and prevent landslips and soil erosion.
- * Time spent in nature can have a profound impact on a person's mental wellbeing.

7. Reduce, Reuse, Recycle, Repair

- * Cut down on single use of plastic. 8 million tonnes of plastic waste end up in the ocean every year. Plastic doesn't degrade. It can break into tiny micro plastics that are small enough to be eaten by creatures at the bottom of the food chain, then can work all the way up to larger animals and humans.
- * Compost your food waste to use on your garden or vegetable patch.

8. Pledge for the future: Make an investment for the planet

- * List of the most and least sustainable banks
- * <https://www.zerosmart.co.uk/post/most-sustainable-banks-in-the-uk>

