

St Mary and St Wilfrid's Parish suggestions

<u>REDUCE</u>	<u>RECYCLE/RE-USE</u>	<u>CHOICES</u>	<u>CARE OF NATURE</u>
<p>Reduce plastic use:</p> <p>Buy food in plastic free/reduced packaging</p>	<p>Re-use plastic trays as freezer containers.</p> <p>Re-use shopping bags.</p> <p>Use shopping baskets or trolleys rather than plastic bags.</p>	<p>Think "Can I buy this any other way?"</p> <p>Purchase non-plastic covers for wrapping food. Or use something else eg. plates.</p> <p>Choose local products where possible, to reduce miles products have travelled.</p> <p>Buy milk in glass bottles.</p> <p>Non- food buying:</p> <p>Electrical purchases - check out manufacturer about how product is made and their sustainability credentials. Also check how easily replacement parts can be obtained, to make repairs if needed.</p>	<p>Compost vegetable peelings, shredded paper, eggshells.</p> <p>Provide water as well as food (feeders) for birds.</p> <p>Save seeds for re-planting.</p>
<p>Reduce food bought:</p> <p>And waste less.</p>	<p>Freeze excess food where possible. Making double amount saves on time and energy.</p> <p>Left overs from Sunday lunch can be made into 'Bubble and Squeak'. Add a fried egg!</p> <p>Freeze dairy products - cheese, milk.</p>	<p>Plan meals and buy according to list of items needed.</p> <p>Avoid buying Brazilian corned beef. The Amazon rain forest is being cut down to provide more land for cattle. This could stop if demand for beef decreases.</p> <p>Make your own:</p> <p>Beer, wine, gin.</p>	<p>Grow herbs and vegetables using organic gardening.</p> <p>Plant seeds now for a Spring display</p> <p>Plant wildflower seeds to help pollinators.</p> <p>Scatter wild flower seeds on waste land or roadside verges near you, to support pollinators.</p>

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<p>Refill bottles of washing up liquid, laundry liquid, soap and shower gel.</p>	<p>Capture rain water and use for garden and other uses.</p>	<p>Find local shops who provide refilling services. Use less products for cleaning.</p>	<p>Use environmentally friendly products to reduce toxins to self and nature. Vinegar and lemon diluted for cleaning</p>
<p>Travel</p>	<p>Reduce miles travelled.</p>	<p>Alternatives to petrol or diesel car journeys: Walk, cycle, train or electric vehicles.</p>	
<p>Water: Reduce bath water. Reduce washing machine use, fill machine before washing. Combi boilers - water can be wasted whilst running/warming up: • Collect and use for watering plants • Put a jug in fridge to cool • Fill kettle for next use • Save water for later cooking • fill a beaker with water when cleaning teeth, instead of leaving the tap running.</p>	<p>Reduce purchasing Books: Use libraries/free bookshops Share magazines with friends and family, supermarket mags. are good. Then re-cycle. Or buy books from internet sites that recycle eg. World of Books.</p>	<p>Water meter installations help to monitor water usage and reduce if possible. Choose environmentally friendly phones and networks. > Fairphone smartphone > PhoneCoop For info. Tel: 01608 434000 Energy supplier > Ecotricity is a Green energy company, has no shareholders and invests in building new forms of energy. Ecotricity has been working for climate change for 25 years. For info. see internet or phone Tel: 03455557100</p>	<p>Don't turn your garden into a brick or concrete parking area. If you need it for parking, cover with a material that will allow the rainwater to soak into the ground to reduce contributing to flood risk. Grow plants in pots. Plants use carbon dioxide so you will reduce your carbon footprint and have the bonus of attractive flowers or useful fruit and veg. in your yard/garden. Mow grass less frequently (save the dandelions and daisies).</p>
<p>Switch off lights and appliances when not needed. Unplug. Use energy saving bulbs. Do more by daylight.</p>	<p>Clothing: Recycle - give and buy to charity shops. Swap or exchange. buy from Ethical suppliers Buy less - Make do and Mend.</p>	<p>Get solar panels. Use wind-up torches.</p>	<p>Feed the birds with food scraps.- bird table or wall. Hair cuttings - put in bushes for nesting birds to use. Pet grooming - clean brushes and put hair out for the birds.</p>