

Tips to help the planet!

- 🌍 **Say no to plastic carrier bags** - The DTI estimate UK shoppers use 8 billion carrier bags every year – most of which end up in landfill sites.
- 🌍 **Stop junk mail** - contact the Mailing Preference Service at Freepost 22, London, W1E 7EZ
- 🌍 **Get on your bike!** Cycling is much better for you and healthier on the environment.
- 🌍 **Turn it down!** Just turning your central heating thermostat down by 1 degree centigrade saves valuable fossil fuels and can cut your heating costs by 10%.
- 🌍 **Support your local!** - Buying produce from your local Farmers Market is fun! You can also be sure the food is fresh and hasn't travelled half way around the globe.
- 🌍 **Become a rotter!** About 37% of our household waste can be safely composted. Contact your local authority for a reduced price compost bin.
- 🌍 **Listen to old wives!** Many of the old-fashioned cleaning solutions are much better for the environment and much cheaper too!
- 🌍 **Go green to be seen!** Many companies now offer a green electricity tariff. Switching is very easy and you can rest assured your electricity is not costing the earth!
- 🌍 **Put a hippo in your closet!** This device is available free of charge from Thames Water and will save $\frac{3}{4}$ gallon water each time the loo is flushed.
- 🌍 **Designers rule!** - the *really* cool labels can be found in Oxfam, Sue Ryder and other charity shops!
- 🌍 **Pass by the stand-by!** Leaving your TV, Hi-fi or computer on stand-by still uses about 20% of the electricity used when the appliance is in use.
- 🌍 **Swap your bulbs!** Low energy light fittings last up to 10 times longer than normal bulbs and only use 20% of the electricity – just changing one light bulb can save you £10 every year.
- 🌍 **Wash and Squash!** In just over a week, we produce enough rubbish to fill the old Wembley Stadium; over half of this could be recycled.