



## 40 Suggestions for Protecting the Environment and Reducing Your Carbon Footprint

1. Thank God for the green spaces, trees and animals, the presence of which has been found to improve mental health.
2. Pray for those who live in a concrete or poor environment with no green space nearby.
3. Cut heating levels by using more insulation or double-glazing.
4. Cut harmful particles in smoke by reducing or stopping the use of coal fires or boilers, woodburning stoves, bonfires etc.
5. Dress in extra layers rather than turning up the heating or turn down the temperature on your water tank a little bit.
6. Replace the lightbulbs with LED low energy ones.
7. Provide food and fresh water for wild creatures.
8. Plant trees or wildlife-friendly bushes, welcome wildlife into your garden with habitats such as a pond, wild-flower area, hedging or log pile.
9. Provide bird, bat or hedgehog boxes, or suitable structures for bees or insects – make a bug hotel!
10. Create wildlife corridors by making CD-sized holes under fences, to allow hedgehogs access to a wider area.
11. Leave parts of a garden with dead flowers in Autumn, to provide seed-heads for birds and hibernation nooks for insects.
12. Avoid using harmful chemicals such as slug-pellets, pesticides, and herbicides.
13. Avoid the use of peat-based commercial composts.
14. Use compost heaps or bins for waste vegetation.
15. Use a food-waste recycling bin.
16. Sort and recycle as much of your rubbish as possible.
17. Stop or reduce use of single-use plastic bags, cups, water-bottles etc.
18. Use cotton dishcloths and natural coir washing up brushes instead of synthetic and plastic ones.
19. Use shops where you can take your own containers to buy food staples and refill household products. Buy loose fruit and vegetables rather than plastic packs.
20. Buy food from sources closest to home, rather than from distant countries.
21. Eat more food in season to encourage home-grown produce.
22. Use food from Witney Fridge that would otherwise be thrown away.
23. Cut food wastage by avoiding BOGOF type of offers (buy one, get one free).
24. Use a Guppy bag or similar in the washing machine to catch synthetic particles from your clothes and avoid these ending up in the oceans and the food chain.

25. Buy long-lasting silicon baking tray liners instead of using baking parchment and use waxed wrap instead of cling film.
26. Use a tooth mug or glass while cleaning your teeth to avoid running the tap and wasting water.
27. Put a brick in your cistern to reduce the amount of water you use when you flush the loo.
28. Collect water in a water butt when it rains and use this to water the garden and clean the car.
29. Avoid flushing any type of wet wipe.
30. Buy recycled loo roll, tissues and kitchen roll, or a brand made from fast-growing bamboo.
31. Avoid wasting paper by single-side printing and copying.
32. Use more eco-friendly cleaning products and toiletries such as bars of soap rather than sprays and gels.
33. Use refills of products to save on plastic pumps or throw-away containers.
34. Buy a few longer-lasting clothes rather than lots of cheap wear-and-throw items.
35. Use second-hand or charity-shop items and give good items to be reused rather than thrown away.
36. Avoid unnecessary air or car travel – boost your fitness by walking or cycling, or use public transport.
37. Avoid buying a new car by keeping an old one going (The biggest part of the carbon footprint is in its manufacture, rather than its use).
38. Keep to footpaths in the countryside so that edges of crops are not trampled and wasted.
39. Get broken items repaired rather than replacing them with new ones.

WHAT ELSE HAVE YOU DONE? DO LET US KNOW!