

## 20 ways to be greener

We have put together a list of simple ways to be greener – many of which are easy changes to your daily routine. You can pin this list up in your office or home to help remind you of ways to reduce your impact on the environment.

- 1. Measure your carbon footprint and set a target to reduce your emissions**  
Visit [www.footprint.wwf.org.uk](http://www.footprint.wwf.org.uk) to find out how much carbon your lifestyle produces and see if you can reduce this.
- 2. Consider moving investments to green funds**  
By investing in green and socially responsible funds you will be supporting companies that are providing solutions for environmental and social problems as well as those which are actively managing their environmental and social impact.
- 3. Unplug your mobile phone charger**  
Keeping your telephone charger plugged in draws electricity even when the battery is full, so save money and energy by making sure you unplug it as soon as your telephone is charged.
- 4. Bank online**  
If every UK home received and paid its bills online, annual greenhouse-gas emissions would drop by 420,000 kilograms.
- 5. Check your tyre pressure**  
Always check the pressure of your tyres regularly. Every 65 miles you drive with the right pressure could save 1kg of CO<sub>2</sub>.
- 6. Use the right bag**  
It is estimated that 13 billion plastic bags are given to shoppers every year by British retailers. If one million people switched to reusable bags, we'd eliminate the need for one billion plastic bags.
- 7. Boil only as much water as you need**  
According to Scottish Power, overfilling kettles wastes enough energy in a week to light a house for a day, or run a TV for 26 hours.
- 8. Use the stairs rather than the lift**  
Lift usage can be between 5 and 15% of a company's electricity usage. Use the stairs to save energy and get some exercise at the same time!
- 9. Turn off the tap**  
Turn the tap off properly after washing your hands. A dripping tap wastes 30 drops of water per minute and 84 gallons per month – this equates to 1,008 gallons per year. Also, turning off the tap when you brush your teeth saves six litres of water a minute.
- 10. Donate unwanted goods**  
Give away your unwanted items to a new home and keep them out of landfills – try Freecycle Network, in your area, at [www.freecycle.org](http://www.freecycle.org). Also recycle your magazines by giving them to doctor and dentist surgeries.

- 11. Turn down heat and cut out the draughts**  
Turning down your thermostat by just 1°C could cut your fuel bills by 10%, saving you around £30 a year. Insulate lofts, draw curtains and close doors to keep the cold air out.
- 12. Don't leave your appliances on standby**  
According to the Carbon Trust, British people pay £163 million every year for the electricity used in keeping appliances like TV, computers and stereos on standby. Switch them off properly to save money and the atmosphere.
- 13. Consider where your food comes from**  
Eating more locally grown, seasonal food reduces the CO<sub>2</sub> needed to ship food around the world. Organic food also helps the environment by avoiding the polluting effects of pesticides. You can also look out for fair trade products and consider a trip to your local farmers market.
- 14. Recycle waste**  
On average every person in the UK throws away their own body weight in waste every seven weeks. Use your local recycling facilities for paper, glass, tins and clothes. And, next time you change your mobile phone, recycle the handset through 'Re:cycle Your Mobile', visit [www.recycleyourmobile.co.uk](http://www.recycleyourmobile.co.uk).
- 15. Change your light bulbs**  
Switch to energy saving light bulbs in your home. A study by the International Energy Agency found that a global switch to efficient lighting systems would cut the world's electricity bill by nearly a tenth. Plus, the emissions created by all the light bulbs in the world are three times those caused by aviation.
- 16. Recycle aluminium**  
The energy saved by recycling one aluminium can is enough to run a TV for three hours.
- 17. Fill your freezer**  
Keep your freezer full. It takes less energy to keep a full freezer cool than it does an empty one.
- 18. Use eco friendly cleaning products**  
If every UK household used just one box of an eco-friendly powdered detergent instead of the petroleum-based kind, we'd save 43,400 barrels of oil a year – that is about 17,830 tonnes of CO<sub>2</sub>.
- 19. Think about the fabric used in your clothing**  
The manufacture of nylon and polyester uses fossil fuel, while the production of cotton uses more chemicals per unit area than any other crop. Keep an eye out for ethical clothing as it becomes more accessible and affordable through high street chains.
- 20. Spread the word**  
Let friends and family know about changes you are making, convince them of the benefits to the environment, and to their own pockets.

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