

20 More Green Tips

- ❖ Make a decision now that you will always refuse to take a plastic bag from a shop.
- ❖ Keep a log of what you throw away and aim to reduce it by a third (through reducing packaging & recycling).
- ❖ Never impulse-buy. If you see something you would like, go home and think about it first before making your decision.
- ❖ Tell the Mailing Preference Service that you want to stop junk mail. Call 0845 7034599 or visit www.mpsonline.org.uk.
- ❖ Before buying something, ask yourself if you really need it and if it has been produced in an ethically-responsible way.
- ❖ When you carry water with you remember disposable water bottles are out, reusable water bottles are in.
- ❖ Purchase fair trade certified items - you'll be buying a more environmentally friendly product and one that hasn't been created through sweatshop labour.
- ❖ Save on paper products - buy cloth or linen napkins. They make breakfast, lunch, and dinner a little more special.
- ❖ On Chilly evenings, before you turn the heating up close all your curtains at dusk to keep the heat in.
- ❖ Next time you are having a clothing sort out make a pile for the church's recycling bank.
- ❖ When you are boiling a kettle make sure you only heat what you need.
- ❖ Instead of countless plastic biros, invest in a refillable fountain pen and a bottle of ink (not cartridges). Result - less plastic, nicer writing and people tend not to walk away with your pen.

- ❖ To clean windows cheaply mix vinegar and water together and apply to windows with a piece of scrunched-up newspaper. Once dry, any smell from the vinegar will disappear.
- ❖ Boil pasta for 2 minutes, then turn off the heat and cover the saucepan. Leave it for the full time indicated on the packet, and give it an occasional stir. Save energy and still enjoy perfect pasta!
- ❖ Help your lawn conserve water by letting it grow longer. Mow less frequently or mow high to encourage root growth - it will also give the grass a chance to self-seed.
- ❖ When you get a spill on your carpet, pour soda water or sparkling water to help remove the stain, it far less expensive and less toxic than manufactured products.
- ❖ If you want to donate unwanted tools to charities that will send them to developing countries, contact Mary Read who supports 'Tools with a Mission'.
- ❖ Used coffee grounds can go straight on the borders in your garden, or in pots, to make instant compost. It's also ideal at deterring slugs from your plants.
- ❖ To save water, wash vegetables in a bowl of water rather than under a running tap. Then you can water your houseplants or garden with the discarded water.
- ❖ Make your oven more energy efficient by switch your oven off a few minutes before your food is ready - it will stay hot enough to finish cooking the food.

Second list of Green Tips