

ENVIRONMENTAL TIPS FOR SEASON OF CREATION.

Remember the 7 'R's to: ***rethink; repair; refuse, regift, reduce, reuse and recycle.***

We need to start doing/living better – bit by bit. **One step at a time – choose one or two 'tips' per week.**

- As far as possible, **buy foods according to the LOAF principles** (Local, Organic, Animal-Friendly, Fairly Traded)
- Buy 'loose' fruit and vegetables whenever possible/use own containers where possible.
- Reduce takeaway meals
- Compost garden and food waste/cardboard and shredded paper (wormeries/compost bins/Hot Bins)
- **Have a 'wild' area** = wildflowers/long grass/leave log piles and bin lids in sheltered areas
- Put in a garden pond or small water area that birds etc. can access.
- **Save on water**
 - Turn tap off when cleaning teeth etc.
 - Use showers rather than baths; solid soaps/shampoos rather than liquid
- **Use less plastic** = get refillable household cleansers, shampoos, soaps etc. = 'green' products available from - e.g. Splosh/Smol. Loo paper = 'Who Gives a Cr*p' (which +Mark uses! and they help the 3rd world); or Greencane toilet paper; Ecoleaf toilet paper - *All are delivered free*
- Recycle whatever you can – including contact lenses/plastic bags/Tetra packs
- Recycle clothes to Charity Shops (Cancer Research/Claire House). **All** clothes are recycled if not suitable for sale (local Lancashire firm remakes material)
- Always have re-usable shopping bags
- **Switch to a 'green' energy provider.** Think about installing solar panels, battery and heat-pumps:
- **Check you are not entitled to grants** for heating/insulation/solar panels

Environmental Progress

- Yeo Valley, the UK's largest organic dairy business has incorporated key principles from regenerative farming into its system, finding that healthy plants are more resistant to weather extremes. Those that support regenerative farming believe absolutely that boosting soil health is 'the absolute front and centre of battling climate change' and should be seen as a national security issue.
- A company called Sunsaver is making the cost of installing solar panels accessible using a subscription service (Sunsaver Plus) where you make a fixed monthly payment for 20 years. The package includes panels, a battery, and a 20-year guarantee, covering maintenance, insurance and free upgrades, allowing households a simple and risk-free way to 'go green'. They have successfully used this service in the US, Germany and the Netherlands.
- Battery manufacturers are producing new types of batteries which can be used more cheaply in EVs than the present batteries using rare metals, including investment in power-semiconductors which convert battery power to drive motors. Lithium will continue to be needed in batteries, but a greater use of (recycled) aluminium produced in low-carbon manufacturing is 3x lighter than steel, and can be used to build lighter, more efficient vehicles
- Sheep's wool and human hair could be used in toothpaste. Both contain the fibrous protein keratin, which can repair damaged tooth enamel, and stop the early stages of tooth decay. Enamel cannot regenerate, unlike skin, bone, blood vessels, liver and fingernails. Toothpaste containing keratin might be only a few years away and could also be used by dentists for treatment. Keratin is already found in shampoos, conditioners, skin moisturisers and lotions, and food like eggs and salmon promote keratin production.