



Greening your Home

The HOPE team have come up with some ideas on how to make your home more environmentally friendly and sustainable.

“Our world needs climate action on all fronts – everything, everywhere, all at once” (UN Chief)

Recycling



Please remember that recycling will never reach its full potential if it does not come behind **reduce** and **reuse**. We need to reduce what we take from the planet and reduce the amount of waste we create, including making the most of the food we do buy or grow. We need to reuse what we have and only after we have gone through reduce and reuse do we recycle. Get into the habit of reusing: take used clothes and books to a charity shop so they can be reused and consider the ways in which packaging might get a new lease of life. Have you considered using egg box trays to start growing seedlings, for example?

Energy



- Invest in renewable energy for electricity
- Use LED light bulbs
- Use natural light to light a room whenever possible
- Turn off lights when there is no one in a room
- Do not place objects in front of radiators
(up to 1/3 of heat produced can be lost by obstructing radiators)
- Unplug sockets whenever possible (switched off but plugged in still takes a little energy)
- Make sure appliances are turned off properly, not left on standby
- Use rechargeable batteries instead of single use batteries

Food



**The average family of four wastes over £648 of edible food a year.
As a nation we waste 3.6 million tonnes of edible food a year**

Examples of UK edible food waste in 2022:

190,000 tonnes of English apples were left to rot because we wanted to buy cheap apples coming from countries such as New Zealand and Chile.

Each household wastes on average 110 bananas and 101 apples a year

The UK as a nation wastes 714,000 tonnes of potatoes (4,400,000 whole potatoes) and 328,000 slices of bread a year.

Millions of tonnes of perfectly good wonky fresh produce are wasted because they did not meet the supermarkets' shape standards.

- Maximise your food - do not waste
- Walk to the shops or take public transport
- Wrap food in plant/beeswax wraps or reusable lunch boxes rather than cling film or tin foil
- Compost food waste
- Buy locally grown and produced food products
- Support local farmers
- Reduce your food miles and your carbon footprint, reducing CO2 emissions
- Look at where a product has come from where it was grown and/or produced
- **Do not buy food or cosmetics that use palm oil it is speeding up the destruction of the tropical rainforest and taking the Orangutan (one of our closet relatives) to edge of extinction**

Save Water



- When cleaning your teeth, don't leave the water running; only turn the tap on only when you need water to rinse
- Take a shower rather than a bath; a five-minute shower saves at least five litres of water rather than taking a bath
- If you have an old toilet water cistern place a 'hippo bag' in the tank (It has been proven that cistern water tanks use many litres of water than they need, thus wasting water and money)

Cleaning Products



Use Eco cleaning products or make your own:

- **Window Cleaner**
 - ¼ cup of white vinegar.
 - 2 cups of warm water.
 - Tea tree oil
- **Anti-Bacterial Cleaner**
 - ¼ cup of white vinegar
 - 1tbsp of baking soda.
 - 1 litre of hot water and
 - Orange essentials oils.
- **Room Spray**
 - 2 cups of warm water mixed with Melissa essential oil
 - (or whatever you like the smell of)
- **Cleaning**
 - Use rags rather than paper towels or disposable wipes.
 - Turn old t-shirts and towels into cleaning rags
- **Napkins**
 - Use cloth rather than paper napkins

Garden



- Use water butts to collect water to be used to water your flowers, plants, vegetables and herbs
- If you have a space, plant British wildflowers which are easy to plant and maintain; these flowers help our bees
- Grow your own vegetables, fruit, herbs and spices
- Use reusable pots, buckets and containers to grow flowers, spices and herbs
- Use glass bottles and jars for storage
- Working in the garden is good for your wellbeing!

Shopping



- Try not to buy products that are produced under the heading of 'Fast Fashion'; cheap clothing is often produced using child labour and because it is cheap, it is often thrown away producing unnecessary waste
- Buy Fairtrade products whenever possible
- Buy locally produced and grown food and vegetables
(This supports local farmers and producers and reduces your carbon footprint)

- Do not buy wooden furniture or products made from tropical hardwoods (Often the wood is from Tropical Rainforests, which we are running out of)
- When buying wooden products look for the FSC logo (FSC stands for Forest Stewardship Council which guarantees that the wood used is coming from a sustainable source and not the tropical rainforest)

“We all have a part to play in the world we create for future generations.”

Quote: Sir David Attenborough

“Mother Earth provides everything we need to support life; nothing can be more important than protecting her for those who come after us.”

Quote: Juan Kunchikuy, Shiwiar Amazonian Rainforest Guide

We can all make a difference!

Thank you from the HOPE Group (Helping Others Protect the Environment.)

