

PARISH LEVEL SUGGESTIONS		
Easy wins	Will time to action	Change in Parish Policy
<ul style="list-style-type: none"> • Tip of the month in the Newsletter • Replace electric kettles with more efficient wall mounted boiler • Keep heating temperature under control – encourage wearing coats • Avoid using plastic bin liners • Participate in Central Beds food waste scheme • Review and replace cleaning chemicals • Have bars of soap instead of bottles of liquid soap • Specify most eco-friendly votive candles • Ask for flower donations from gardens for use in church • Tackle ‘bad’ waste issues – wet wipes etc. 	<ul style="list-style-type: none"> • Invite all parish groups to watch ‘Global Healing’ and form action plans • Make ‘Global Healing’ accessible to whole parish • Encourage walk to church • Promote a Sharing policy – car share to church, lifts, meals etc. • Develop parish pledge against single use plastics • Replace use of Oasis flower medium • Investigate how to reduce use of palm oil through Sunday morning biscuit choices • Review recycling practice – buy new bins • Assess need for a dishwasher and relative cost: benefit • Plant fruit trees in spare land around the church • Assess the cost: benefit of using cloth serviettes 	<ul style="list-style-type: none"> • Become a ‘Live Simply parish • Find out how to offset the parish carbon footprint • Investigate cost: benefit of solar panels

PERSONAL , FAMILY & HOUSEHOLD SUGGESTIONS

Easy wins	Will time to action	Long term changes
<ul style="list-style-type: none"> • Say grace before every meal or snack • Shop with more awareness <ul style="list-style-type: none"> ○ Avoid excess plastic packaging – fruit, veg., meats ○ Buy in glass or cans – avoid plastics ○ Take reusable containers to supermarket ○ Reduce the food miles of your shopping ○ Reduce miles driven for shopping ○ Shop at a greengrocers ○ Buy local produce ○ Buy more in season + less exotics out of season ○ Check bulk packs to reduce packaging per kilo ○ Consider other ways to buy – veg. boxes, door step milk delivery, shop local ○ Challenge the retailers! • Reduce waste <ul style="list-style-type: none"> ○ Buy to match your needs ○ Use up excess food in the fridge ○ Use loose tea – teabags contain plastic ○ Cook from scratch ○ Check contents of toiletries – no micro beads and chemicals • Reduce energy <ul style="list-style-type: none"> ○ Boil only the water you need ○ Reduce thermostat... a bit ○ Switch it lights off after use • Reduce, Reuse and Recycle <ul style="list-style-type: none"> ○ Improve knowledge and awareness of recycling ○ Look before you throw! • Reduce global impact <ul style="list-style-type: none"> ○ Shop with a Fair-trade perspective ○ Query low cost goods – are they too good to be fair ○ Find out about palm oil use in out foods 	<ul style="list-style-type: none"> ○ Become more aware and knowledgeable about the impact western society has on the world and our fellow humans ○ Debate progress as a family or household ○ Be more diligent with recycling ○ Compost veg. waste ○ Walk more, take public transport, reduce car journeys – plan better ○ Air dry clothes – limit use of tumble dryer ○ Reduce washing frequency ○ Extend the active life of your clothes ○ Grow your own veg – even in pots ○ Eat less meat – reduce impact on agriculture and greenhouse gases ○ Review the household chemicals used – reduce the harm to the environment ○ Use lower temperatures for washing ○ Shower rather than bath ○ Consider how often you flush... ○ Consider the ‘real’ cost of pressure washing ○ Wash the car with a single bucket of water ○ Think what is the real cost of cheap clothes ○ Use brown or plain paper for present wrap – decorate another way ○ Investigate alternatives to packaging heavy toiletries 	<ul style="list-style-type: none"> ○ Offset your carbon footprint ○ Investigate who to use rain water ○ Investigate using ‘grey water’ esp. during summer [<i>water from washing machine, dishwasher, veg preparation and bath</i>] ○ Employ Solar panels ○ Employ Solar water heating ○ Plan the switch to more energy efficient white goods ○ Review your car, plan for hybrid or electric ○ Buy a bike