



Striving to safeguard the integrity of creation
and sustain and renew the life of the earth



Eco Tips for All

SMALL STEPS MATTER. Lots of tiny snowflakes can become a huge snowball. Small actions lead to big changes.

Easy things we can ALL do for the environment

- Educate yourselves on the projected figures on Global Warming (IPCC/UN)
- Remember the 7 Rs - 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

Children and Young People

- We must hear the young people. Parents/adults need to support and talk to them
- Eco anxiety is a significant world-wide concern for young people, even junior school-age children. They often feel their future is bleak
- Take children out into nature, let them explore. Do not teach them to be afraid of spiders!
- Buy second-hand toys and clothes/share with other parents as they outgrow



THE CHURCH
OF ENGLAND
Diocese of Chester

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Food suggestions

- As far as possible, buy foods according to the LOAF principles (Local, Organic, Animal-Friendly, Fairly Traded)
- Reduce consumption of meat and dairy products
- Pick and freeze; batch cook
- Plan meals, and try and shop once a week
- Buy loose fruit and vegetables whenever possible/use own containers where possible
- Buy milk and fruit juice in cardboard containers
- Try goat's milk or oat milk
- Always have re-usable shopping bags
- Reduce takeaway meals
- Use a reusable coffee-cup
- Use wax food wraps/reusable sandwich bags
- Check the origins of meat/meat products
- Eat less processed food (better for you and the environment!)

Gardens and Local Environments

- Plant more trees and bushes
- Compost garden and food waste/cardboard and shredded paper (wormeries/compost bins/hot bins)
- Grow from seed/give away excess plants
- Have a wild area - wildflowers, long grass, leave log piles and bin lids in sheltered areas
- Use the centre of toilet rolls as pots; reuse/recycle plastic pots
- Buy peat-free compost
- Use (and build if possible) bird boxes, hedgehog homes and hedgehog highways
- Put in a garden pond or small water area that birds can access
- Use bio-degradable poo bags, and put them in the appropriate bins
- Buy environmentally-friendly dog and cat food – or make your own

Travel

- Take a bus or cycle when possible
- Walk to school when possible
- Take less flights/holiday in the UK
- Use the trains

Home energy

- Reduce your energy use
- Check if you are entitled to grants for heating/insulation/solar panels
- Turn radiators down/draw your curtains at dusk/take showers instead of baths
- Improve your home insulation
- Buy energy-efficient products, such as washing machines, when they need replacing
- Save on water - Turn the tap off when cleaning teeth
- Use showers rather than baths; solid soaps/shampoos rather than liquid
- Wash full laundry loads/turn the temperature down/dry clothes on a line if possible
- Replace lightbulbs with LED
- Fit draught-excluders
- Switch to a green energy provider
- Use less plastic - try refillable green household cleansers
- Use recycled loo paper
- Wipes are terrible for the waterways and our environment. Not recyclable – need to bin
- Do not use disposable razors/other household items when refills are available

- Use bamboo toothbrushes, or electric ones where heads are replaced – and recycle them – some manufacturers take them back
- Buy a new phone/electricals only when you need them
- Recycle and reuse plastic make-up containers

General Tips

- Communication is important – tell others what you are doing; ask them
- Do NOT litter. Teach your children too
- Recycle whatever you can – including contact lenses/plastic bags
- Reduce the number of trees turned into paper. Use online meetings whenever possible
- Buy refurbished or second-hand
- Repair what you can (Men in Sheds)
- Recycle clothes to charity shops where all clothes are recycled if not suitable for sale
- Use local plastic-free businesses and shops
- Follow online eco tips
- Actively support agencies and charities like Oxfam, Save the Children, Tearfund, and Christian Aid and local charities like foodbanks