

## Eco Tips Top 10

1. Reduce your meat and dairy consumption. A comprehensive analysis in 2018 on the damage done to our planet by farming showed that avoiding meat and dairy is the single biggest way to reduce our environmental impact

<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>

2. If you want coffee after church, bring your own reusable cup!
3. Reduce food waste - plan your week's meals in advance so as to avoid surplus that just goes in the bin, and compost as much as possible
4. Where we shop and what we shop for drives demand and production so choose to shop at plastic free shops such as Bishy Weigh, Alligator, The Little Green Weigh and The Shop of Small Changes
5. Commit to taking reusable bags with you when you go shopping - even accepting paper carriers is still using up valuable resources. Don't forget to take some small reusable bags for loose fruit and veg too!
6. Switch to bar soap instead of liquid soap/shower gel. Have you given shampoo/conditioner bars a go yet? They are surprisingly good and switching to them dispenses with a whole lot of plastic in the bathroom cupboard.
7. Turn your thermostat down by one or two degrees and if it's cold put on another layer instead of switching up the heating
8. Are you still using some old halogen light bulbs in your house? Changing them to LED, which are quite cheap to buy now, will save a lot on electricity costs. As a guide, a replacement LED lamp probably has a power rating of around 5W, whereas an old halogen with equivalent light output is probably rated at 40W or 50W. so if the bulb is switched on for 5 hours a day, for each bulb you replace, it could save about £10 in electricity each year! If 250 Belfrey households replaced just one bulb each, it could reduce the annual electricity generation load by over 18,000 kW each year

9. When going to the garden centre for potting compost, make sure you buy peat-free
  
10. Why not plant some colourful pollinator friendly annual flower seeds such as sunflowers, poppies and cornflowers, this Spring? It's cheap, fun to do, you'll help the pollinators in the garden such as butterflies and bees and give yourself something to enjoy too! Look for the "Plants for Pollinators" labels on seed packets