

# Put your **green** shoes on!

Everything we do has an impact and leaves a footprint. We know that the 'human footprint' on our Wild Planet is damaging nature and causing species the world over to disappear. If we all tried to leave a smaller footprint we'd be in a much better place, so read on for our top tips to steps you can take to leave the world a little bit greener than before...

## Baby steps....

These are things that everyone can do without even really trying. We almost feel embarrassed saying them here as we're sure you do these already...

**Turn out the lights:** if you're not in the room, you don't need the light on. Turn things off-off: an appliance on standby is still using energy – turn them off-off. This includes your phone charger!

**Chill out:** check your thermostat. 18C is generally considered to be a comfortable room temperature and knocking just a single degree off your heating can make a huge difference. Use the money you save on your bills (around £75 per year for a typical household) to buy a stylish new jumper if you're still chilly!

**Drinks on you:** buy a reusable water bottle and hot drink cup. As well as helping to reduce litter and plastic pollution, you'll also be saving the huge amount of energy and resources it takes to make and distribute the single use versions.

**Recycle:** cardboard, milk cartons, glass bottles, tetrapaks, foil – the list of waste items that can be sent for recycling grows longer each year. Sort it before you bin it!

**Scrape your plates:** most councils now collect food waste so you can easily make sure your food waste gets disposed of correctly and not sent to landfill.

## Goody two shoes

Things that might take a bit of thinking about until they become a habit...

**Change your lightbulbs:** replace your bulbs with LEDs. They've come down a lot in price recently and will last loads longer than old style incandescent bulbs.

**Take a cool wash:** wash your clothes at 30 degrees. For general washing, they'll come up just as clean.

**Line dry:** Tumble driers are the hidden energy eaters in many homes. Use a washing line or airer to dry your clothes instead.

**Conscientious consumer:** Everything we buy comes from somewhere. Try and think about the impact your purchases have in the place that they come from. Switching to products made from sustainable palm oil, or buying fairtrade coffee, are two suggestions to get you started.

## Boogie Shoes...

You've got the easy things covered. These may take a bit more effort or planning, but will make a bigger difference. You might save some money too.

**Buy more efficient appliances:** if you need to buy new white goods, have a look at the ones with an A+ rating as they'll likely save you money in the long run.

**Insulate your loft:** houses lose heat through their roof, so adding loft insulation can make a massive difference to your bills and energy usage.

**Walk or cycle more:** it's true that these boots were made for walking (or cycling)...

**Switch:** speak to your energy supplier about where your electricity comes from. Most suppliers have a green tariff that means your needs are met through renewable sources rather than fossil fuels.

**Plan Thursday's lunch:** try and cut down on food waste by planning your week's meals and using everything up. Use leftovers for lunch the next day. Use the money you save to buy a fancy new lunchbox...

**Have a meat free day every week:** put simply, livestock production is the single biggest cause of global habitat loss, with clearance for animal, and animal feed production, far exceeding that for any other purpose. Reducing your meat and dairy intake will make a huge difference and there are loads of delicious meat free meals to be had.

**Quality not quantity:** the fashion industry has a huge impact on the environment. Take advantage of vintage fashion by shopping in second hand shops, and make sure that if you do buy new, you buy things that last.

**Plant a tree:** our trees and forests are the lungs of the planet. If you have a garden, plant a tree. If you can't plant a tree, make sure that the trees you use are from well managed sources. Look for wood and paper with the FSC logo to be sure.

**Have two meat free days (or more) per week:** as we said before, livestock production is the single biggest cause of habitat loss, and a significant contributor towards the greenhouse gas emissions that cause climate change. Reducing your meat and dairy intake and eating more plants will make a significant difference – to the planet and to your health...

