

# 10 easy ways to help our planet



## Walk & cycle more

It's good exercise for you and reduces pollution – cleaner air for everyone!

Go by bus or train when you can. Never leave your car engine idling.

## Use less energy (and save money!)

Turn off the lights; only boil as much water in the kettle as needed; insulate your home; turn the thermostat down; install LED lights and energy efficient appliances; avoid using a tumble dryer.



## Use less water

This is the driest part of the UK. Turn off the tap while brushing your teeth. Have a shower instead of a bath. No need to flush toilets for every wee! Install a water butt in your garden.



## Never drop litter

Litter harms the environment, both land and sea, and wastes resources. Join a litter picking walk or use our 5 Minute Litter Picks. Always put dog poo bags in an appropriate bin.



## Reduce, Re-use, Repair, Recycle, Re-sell, Resist

Everything we use costs energy and uses valuable resources.



Only buy what you know you need and reduce waste.



## Avoid single-use plastic

Refill a water bottle; take a reusable cup for your take-away coffee; take clip lock boxes to the butcher or fishmonger. Always carry a reusable shopping bag.

## Reduce food miles

Grow your own, buy local and UK-grown produce, and Fairtrade products from overseas.

Support local shops, markets and farmers.



## Support wildlife

Grow pollinator-friendly flowers, wildflowers & trees. Have water in your garden for birds and insects. Buy organic if you can – organic farms support more biodiversity than most conventional farms.



## Garden without herbicides & pesticides

It's better for you and wildlife. Welcome hedgehogs, frogs and toads into the garden - they'll eat slugs and snails. No more slug pellets!



## Fly less

Holiday in the UK and explore your local area and country. Travel abroad by train. Support the local economy wherever you go.



This list does not pretend to be exhaustive but rather suggests some of the easiest actions to take. You could also join Transition Woodbridge or another environmental group and get involved in its activities.

Transition Woodbridge is a community-led group that aims to strengthen the local economy, reduce the cost of living and prepare for a future with a changing climate.

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