



<h3>Eco-Friendly Homes</h3> <ol style="list-style-type: none"> <li>1. Insulate your home and block drafts</li> <li>2. Turn down your thermostat</li> <li>3. Instal solar panels</li> <li>4. Switch to a renewable energy tariff</li> <li>5. Use energy efficient appliances and light bulbs</li> <li>6. Use less water. Take showers instead of baths, turn off the tap when brushing teeth and use a water butt for watering the garden</li> <li>7. Avoid using a tumble dryer</li> <li>8. Turn off appliances when not in use instead of using standby</li> </ol>	<h3>Eco-Friendly Travel</h3> <ol style="list-style-type: none"> <li>1. Use active travel when possible (walking/cycling)</li> <li>2. Use public transport rather than a car</li> <li>3. Use an electric or hybrid car or car pool</li> <li>4. Take staycations instead of travelling abroad and fly less</li> <li>5. Work from home occasionally and have meetings online to reduce commuting</li> <li>6. Shop, socialise and exercise locally</li> </ol>
<h3>Eco-Friendly Food</h3> <ol style="list-style-type: none"> <li>1. Eat less meat and dairy</li> <li>2. Buy local and seasonal produce</li> <li>3. Grow your own food at home or at an allotment</li> <li>4. Waste less and use a food composter</li> <li>5. Offer unwanted food to neighbours</li> <li>6. Buy reduced items from shops to avoid them going to waste</li> </ol>	<h3>Eco-Friendly Living</h3> <ol style="list-style-type: none"> <li>1. Reduce, reuse, recycle, repair, re-purpose</li> <li>2. Buy second hand and donate unwanted items to charity</li> <li>3. Avoid single use plastics</li> <li>4. Use bar soaps, shampoo and conditioner, bamboo toothbrushes, toothpaste and mouthwash tabs, tinned deodorant and moisturisers, reusable sanitary pads and nappies, paper cotton buds, matches (not lighters) and plastic free laundry and dishwasher tabs to reduce waste</li> <li>5. Take your own bags, water bottle and coffee cup to reduce waste</li> <li>6. Raise awareness of climate change by talking about it</li> <li>7. Offset your carbon emissions using a carbon offsetting company</li> <li>8. Consider the ethical and environmental impact of everything you do</li> <li>9. Use ethical financial services to prevent your money being invested in fossil fuels or other unethical practices</li> </ol>
<h3>Eco-Jargon</h3> <ol style="list-style-type: none"> <li>1. Carbon Footprint</li> <li>2. Decarbonise</li> <li>3. Carbon Neutral</li> <li>4. Greenhouse Gasses</li> <li>5. Greenhouse effect</li> <li>6. Global warming</li> <li>7. Climate change</li> <li>8. Doughnut economics</li> <li>9. Permaculture</li> <li>10. Fossil fuels</li> </ol>	