66 STEPS TO SUSTAINABILITY

(Put the smile back on the face of the planet)

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| **WAYS IN WHICH WE CAN BE GOOD STEWARDS OF GOD’S CREATION** (\*money saving / (£) significant start-up cost) | Do | Will try | No way! | n/a |
| **IN THE HOME** | | | | |
| Ask your water company to install a meter\* |  |  |  |  |
| Keep jug of water in fridge instead of running tap cold when you want a drink and don’t buy bottled water\* |  |  |  |  |
| Avoid using a tumble drier (sun and wind are cost and carbon free) \* |  |  |  |  |
| Obtain a ‘smart’ meter so as to monitor electricity/gas use\* |  |  |  |  |
| Use eco-friendly appliances (look for the new A ratings) \* |  |  |  |  |
| Compost garden and kitchen (vegetable only) waste |  |  |  |  |
| Don’t leave the tap running when doing teeth or washing hands or when washing fruit or vegetables \* |  |  |  |  |
| Don’t leave electrical goods on standby\* |  |  |  |  |
| Use soap, shampoo & conditioner bars – avoid using plastic |  |  |  |  |
| Insulate your walls/loft etc. and fit draught excluders (£) \* |  |  |  |  |
| Invest in your own renewable energy production e.g. photovoltaic panels (£) \* |  |  |  |  |
| Only put the amount of water needed in the kettle\* |  |  |  |  |
| Put a lid on your pan when cooking\* |  |  |  |  |
| Put heat reflecting panels behind radiators\* |  |  |  |  |
| Turn off radiators in unused rooms\* |  |  |  |  |
| Repair /mend if possible (reuse if not) \* |  |  |  |  |
| Recycle everything that can be |  |  |  |  |
| Replace washers on dripping taps\* |  |  |  |  |
| Take a shower – it uses less than a third of the water of a bath (but power showers can use as much water as a bath)\* |  |  |  |  |
| Use a green energy supplier e.g Ecotricity or Good Energy |  |  |  |  |
| Get milk and juice in glass bottles from local farm suppliers or Milk and More (www.milkandmore.co.uk) |  |  |  |  |
| Turn down thermostats and put on an extra layer\* |  |  |  |  |
| Turn lights off when you leave a room\* |  |  |  |  |
| Use a full load in dishwasher/washing machine on the lowest energy setting. Wash clothes less often (use sniff test!) \* |  |  |  |  |
| Sometimes use a pressure cooker or microwave (quicker - uses less energy) – ovens use much more power than hobs\* |  |  |  |  |
| Avoid using plastic single use items; use ‘real’ cutlery and crockery, boxes, and waxed wraps (instead of cling film). |  |  |  |  |
| Use compostable washing up scourers, cloths etc (available from ethicalsuperstore.com if no local source) |  |  |  |  |
| Use dual flush or put ‘hippo’ in older cisterns (30% of drinking quality mains water goes down the loo) \* |  |  |  |  |
| Use eco-friendly cleaning materials |  |  |  |  |
| Use LED light bulbs – cost more but save even more on bill\* |  |  |  |  |
| Use rechargeable batteries – could even use solar powered chargers\* |  |  |  |  |
| Use reusable cotton/ bamboo nappies \*(or at very least use eco-disposable ones) |  |  |  |  |
| ‘Freecycle’ or take to charity shops what you no longer use |  |  |  |  |
| **IN THE GARDEN** | | | | |
| Plant trees and other wildlife friendly plants, make wild areas, with bird, bat, bee and bug boxes & have holes for hedgehogs at bottom of fences. |  |  |  |  |
| Avoid chemicals & natural pest control will start to happen |  |  |  |  |
| Water in evening and mulch soil to reduce evaporation\* |  |  |  |  |
| Use rain butts and kitchen waste water for plants\* |  |  |  |  |
| Make your own compost (and leaf mould) \* |  |  |  |  |
| Grow vegetables and fruit (no food miles and healthier). Avoid digging to keep earthworms safe & soils healthy. \* |  |  |  |  |
| Share ‘occasional use’ equipment – or even a garden (if yours is too big or too small) – or take an allotment\* |  |  |  |  |
| **BEING GOOD STEWARDS** (cont.) | Do | Will try | No way | n/a |
| **IN THE SHOPS AND ONLINE** | | | | |
| Use a shopping list and only buy the food you need (a third ends up in the bin in the UK) \* |  |  |  |  |
| Take your own shopping/produce bags shopping \* |  |  |  |  |
| Use zero waste shops where available and take your own containers. Take your own mugs for takeaway coffee. |  |  |  |  |
| Use your LOAF - buy local (organic if available), animal friendly and Fairtrade (for food grown overseas) |  |  |  |  |
| Consider second hand (including refurbished) goods\* |  |  |  |  |
| Buy fewer, but better quality, goods that can be repaired and those containing recycled materials |  |  |  |  |
| We see on average 3,500 brand advertising images a day. Try and buy less (give yourself a, “Do I (or my child) really need it?” cooling off period!) \* |  |  |  |  |
| Diamonds (and gold) are only anyone’s best friends if they are not blood diamonds – ask for ‘blood free’ jewellery |  |  |  |  |
| Buy less meat and fewer dairy products (could become a vegetarian/vegan) to reduce greenhouse gas emissions\* |  |  |  |  |
| Buy ‘Gifts for Life’ (e.g.from development charities) and/or use ‘Secret Santa system to reduce number of gifts given\* |  |  |  |  |
| **IN THE ‘OFFICE’ (AT HOME OR WORK)** | | | | |
| Use ‘Zoom’ and email where possible instead of travelling\* |  |  |  |  |
| Only print out if necessary; if it is necessary use fast draft setting and use both sides of paper\* |  |  |  |  |
| Switch to ethical banking (and investments if applicable!) |  |  |  |  |
| Calculate your carbon footprint. Try to reduce it! \* <https://www.carbonfootprint.com/calculator.aspx> |  |  |  |  |
| Plan an eco-burial! |  |  |  |  |
| **OUT AND ABOUT** | | | | |
| Reduce car use, cycle or walk for all short journeys\* |  |  |  |  |
| If car is used – go electric, or if impractical at least have lowest carbon emission car possible (lower road tax as well) – could be £ or \* |  |  |  |  |
| Don’t use a car wash (can damage the car anyway). Use water from a rain butt – or better still, wait till it rains! \* |  |  |  |  |
| When a non-electric car is used avoid idling when stationary and always put your seatbelt on before starting the engine |  |  |  |  |
| Use public transport where practicable (and affordable!) |  |  |  |  |
| Re-think your holiday plans. Avoid (or at least reduce) flying. |  |  |  |  |
| Join in with local eco working parties or litter picking groups (communitywarden@edenbridgetowncouncil.gov.uk) |  |  |  |  |
| Think about getting involved in local or national ‘green’ groups. Sign relevant petitions. |  |  |  |  |
| Lobby politicians and or companies about environmental issues (in person or via internet or letter) |  |  |  |  |
| If a church goer, take an active part in your church becoming an Eco-church and include care for creation in your prayers and worship |  |  |  |  |
| **Encourage others to do all the above!** |  |  |  |  |

**Useful Websites:**

Energy Saving Trust (advice) [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

Eco-church [www.ecochurch.arocha.org.uk](http://www.ecochurch.arocha.org.uk)

Kent Wildlife Trust (wildlife gardening hints etc) [www.kentwildlifetrust.org.uk](http://www.kentwildlifetrust.org.uk)

Ethical Superstore [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com)

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