

THE GREEN LIFE

Suggestions for Climate Sunday Commitments

1. FOOD. Buy **locally** grown produce. Read the labels of packs of fruit and vegetables and avoid those with high airmiles from country of origin.
2. FOOD. Buy **organic** food which has not been farmed using chemicals (pesticides and fertilisers) which are carbon intensive and reduce biodiversity.
3. FOOD. Buy **animal friendly** food – particularly meat produced using good farming methods.
4. FOOD. Buy **fair trade** food and products from supermarkets or Fair Ground in the Cornmarket.
5. FOOD. Buy milk in bottles not in plastic containers. eg. Milk and More home delivery + other products. Or from machines at the Allendale Centre.
6. FOOD. Consider gradually reducing the amount of meat, fish and dairy products you eat.
7. FOOD. Growing your own fruit and vegetables is the best way to provide food. It is fresh, healthy and involves no food miles.
8. ENERGY. Check that all your lightbulbs are LED – even fridge and oven lightbulbs.
9. ENERGY. Switch to a green energy supplier. Green Energy, Good Energy, Octopus Energy, Ecotricity, Ripple and Co-op Energy are all helping to build new sources of renewable electricity. The 'green' tariffs of most other suppliers are not doing this.
10. ENERGY. Domestic heating accounts for about 80% of our home energy use. For most of us this will be gas usage. We need to explore other methods of heating our homes. The Energy Saving Trust gives some basic methods we can use. <https://energysavingtrust.org.uk/a-quick-guide-to-low-carbon-heating/>
11. ENERGY. Generation of electricity by solar pv on your roof will contribute to production of 'renewable' energy. Prices are coming down although there is no feed in tariff now.
12. ENERGY. Thermal solar panels on your roof, if on a good aspect, can provide hot water for much of the year.
13. ENERGY. When buying appliances look at efficiency rating. They now range from A to G.
14. ENERGY. Emails: There are carbon emissions associated with emails through displaying them on your devices, sending and receiving through the network and storage of them on

your server. 65 emails are equivalent to 1 Kilometre of driving your car; So a good practice is to delete any that are old or of no interest.

15. ENERGY. Electronic equipment: think carefully before replacing computers, phones etc. Although modern computers are more energy efficient, around 2/3 of the total energy use of a laptop over its lifetime happens during manufacturing. Also our devices need significant quantities of rare earth metals, and the extraction and processing of them has numerous detrimental and environmental effects. Consider refurbished equipment.
16. ENERGY. Look into green and ethical phones and service providers. Green ISP is an internet service provider. Phone Co-op is a mobile phone, services and broadband provider and Fairphone is a make of mobile phone that allows repair and replacement of parts and uses ethical sources for rare metals.
17. ENERGY. Let's be discriminating in all our purchases. The UK and lots of other so-called advanced economies rely on industrial production in other parts of the world – China, Taiwan, Korea, Vietnam etc. – thus reducing the UK's CO2 footprint at the expense (literally) of others.
18. ENERGY. Lobbying. Use Your Voice: lobby decision makers – ministers, MPs, councillors – to decarbonise with urgency.
19. FINANCE. Banking and Investments. There are ethical banks such as Triodos and ethical funds which often perform well. Switch from any finance which is going to fund fossil fuels in any part of the world. Financial advisors are increasingly appreciating these issues.
20. FINANCE. Pensions. If you are paying into a pension fund this may be your biggest investment. It has been shown that engaging on climate change issues with pension providers can make a difference.
21. FINANCE. Insurance. When your renewal comes up consider switching to an insurer that uses ethical funds in which to invest your premium. <https://makemymoneymatter.co.uk/>
22. CLOTHING. Buy fewer clothes. Mend your existing clothes if possible. Buy clothes that will last. Search for organically grown fabrics and companies that use ethical and sustainable methods of manufacture.
23. PLASTICS. Household products. Refill containers with laundry liquid and household products. Spill the Beans has a good selection. Do less cleaning!
24. PLASTICS. Avoid as much as possible buying food in plastic packaging.

25. RECYCLING. In addition to local council recycling collections there are ways of recycling some of our waste. Crisp packets at the Co-op store. Various items at Win on Waste collection days in Wimborne.
26. TRAVEL. Avoid flying if at all possible. Use public transport as an alternative to car journeys.
27. TRAVEL/ENERGY. If you own a car think about 'Do I really need a car or could I hire one for occasions when I need to travel?' Car sharing schemes are gradually becoming more common.
28. TRAVEL/ENERGY. What will your next car be? Electric vehicle or hybrid? Find out more from <https://energysavingtrust.org.uk/advice/electric-vehicles/>
29. GARDENS. Soil acts as a carbon 'sink'. Digging releases carbon into the atmosphere and disturbs microorganisms, so avoid digging.
30. GARDENS. Grow plants that are attractive to pollinators. Grow native hedges and trees as they not only provide food for pollinators but are also a carbon sink.
31. GARDENS. Rewilding – allowing nature to 'take over' increases biodiversity. Leave some grass unmown.
32. GARDENS. Buy peat free compost.
33. GARDENS. Enjoy the satisfaction of growing your own food and flowers. Many of us have discovered how this can enhance our wellbeing – and gives glory to God the Creator.