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Things that church members are doing to steward God's world better.

What could you try next?

Energy

1. Use energy light saving bulbs.
2. Turn off the lights when you leave a room.
3. Room with 2 lights. Use 1 when possible.
4. Switch off electrical appliances rather than leaving them on "standby".
5. Turn off our mobile chargers when they are not in use. They still use electricity if they are left on.
6. Use a smart meter for watching energy use.
7. Walk or cycle rather than use the car.
8. Use the Farmers' Market (last Thursday of the month) to minimise road/air miles.
9. Try growing your own vegetables.
10. Buy fruit and vegetables when in season.
11. Switch to an electricity supplier that only supplies renewable power.
12. Don't use a tumble drier.
13. Buy an electric or hybrid car.



Resources:

Water:

1. Turn off the tap when brushing teeth.
2. Only use the dishwasher and washing machine when full.
3. Collect rainwater from the roof of your house into a water butt to water the garden.
4. When brushing teeth don't keep tap running.
5. Boil "just enough" water in the kettle.



Other:

1. Use the shop "Rugby Unwrapped" to buy many items including shampoo, conditioner, washing up liquid, shower gel, pasta etc. Take along your own bottles to be filled up.
2. Buy soap and rinse aid in bulk.
3. Join Freecycle and give away unwanted items to local people in Rugby: www.freecycle.org
4. eBay unwanted items.
5. Don't buy any new clothes – mend and re-use existing ones.
6. Use reusable bamboo cloths instead of paper kitchen towels.
7. Eat less meat and less dairy.
8. Be careful to use the recycling bin correctly.



Reduce plastic

1. Get milk from milkman in glass bottles.
2. Change from using showergel to using soap.
3. Use “bags for life” rather than one use plastic bags.
4. Use alternatives to clingfilm eg:
 - a. Plastic shower cap type bowl covers from Abracus (Regent Street) or Lakeland.
 - b. Stretch silicone washable covers in a range of sizes from Amazon (search for *silicone stretch food covers*)
 - c. Use tinfoil for wrapping or covering food instead of clingfilm. Tinfoil can be recycled.
5. Wash out and re-use freezer bags unless they have been used for meat.
6. Use a non-plastic toothbrush (available from Wild & Free).
7. Try to buy fresh fruit and vegetables unwrapped.
8. Take a bottle of tap water out with you if you think you will need water instead of buying a bottle.
9. Buy plastic free teabags. Many teabags contain plastic and don't decompose. Buy brands that are not made of plastic e.g. Clipper, PG tips etc.
10. Avoid goods wrapped in plastic.
11. Use microwave dinner dishes for bird seed / water.



Changing the products we buy:

1. Use Ecover cleaning and laundry products (Wild & Free, Bank Street, do refills for some Ecover products).
2. Use shaving soap and a brush instead of aerosols of shaving foam.
3. Use toilet paper from “Who gives a crap?”
4. Use “eco eggs” for clothes washing.
5. Use “smol” for liquid tablets and fabric conditioner.



Other:

1. Make your own compost: You can buy containers (including discounted bins via Warks County Council) or make your own out of old pallets. Put in vegetable and fruit peelings etc, tea bags (plastic free!), grass cuttings (but not with weed killer), cardboard e.g. brown corrugated cardboard boxes torn up, coffee grounds, etc.
2. Make or buy a bug hotel.
3. Start a wormery and use the green bin for food scraps and garden waste.
4. Feed the birds (seeds, nuts etc.) and/or join the RSPB.
5. Save postage stamps. They go to ‘Embrace the Middle East’ and help fund the ‘Helen Keller School for the Visually Impaired’. All you have to do is cut round your used stamps leaving an edge and put them in Gail Long’s pigeonhole.

