

Tarvin Environment Group



In the Office & When Printing

- **Lap tops** are better than desk tops for the environment as they use less energy.
- **Narrower margins** mean less paper used
- **Double sided Printing** Wherever possible
- Care when using Recycled paper, it's fibres can clog up some printers.
- Keep Paper in original Packaging. It has a certain moisture level and can become too dry if left out of packaging, meaning you use more toner and paper can get stuck in printers / copiers.
- Mis Prints, or letters which have blank backs, save up and when there are a few , Staple them together to use for lists or note paper.

Garden

- **Compost your Kitchen Waste:**
 - Peelings and rotten fruit / veg, (no Cooked Veg)
 - Tea Bags, Egg Shells.
 - Small amount of cardboard incl Toilet roll tubes
- Old **Yoghurt pots** can be used in so many ways in the Garden.
 - On top of canes to protect your eyes.
 - As flower pots (put holes in the bottom for drainage)
 - Measuring out dry or wet sundries (compost, fertilisers) Just measure out the amount you want, pour into the yog pot and mark on the side of the yog pot with a marker to be used in future for the same liquid.
 - Make a scoop measure, cut a yog pot at the mark. (useful in the kitchen for rice, oats, dry pet food & other dry ingredients)
- Old Yoghurt & Margarine pots can be cut up to make weather proof plant labels.
- Wider Marg pots and Mushroom trays make great seed trays
- Old **Grapefruit halves** or melon skins filled with beer or fruit juice can make a good slug trap, & can be dug into the soil when they rot.
- **Toilet roll tubes**, are good for growing seedlings which can be then planted while still in the tube (Sunflowers, Beans, Peas, sweet corn, courgettes tomatoes) Keep them upright & stop the compost falling out, place several upright in an old veg tray or Ice cream box. Can they also be used for keeping the bases of leeks white?
- In winter, Stuff toilet and kitchen roll tubes tightly with old receipts, corks and other small bits of paper, they burn well on a **wood burning stove** or open fire if you have one.
- One anecdote we read suggested using **old tyres** to make a Rockery - or "Rubbery" as they called it - they also make superb raised beds for veggies, could even be used as a Compost bin or leaf mould container.
- Our local Riding School uses shredded tyres as a substrate for the exercise area

Water Saving...saves energy in your home (and at the water treatment plant)

- Turn off tap while brushing teeth, A running tap wastes 6 litres a minute
- Mend washers on dripping taps, can save up to 5,500 l of water per year
- Use **dish washers** and fully load them. Hand washing dishes typically uses more water than dishwashers and consequently more Energy.
- Fully load **washing machines**, if you need to use them half full, use the half load setting.
- Use a "**Save a Flush**" bag or "hippo" displacement device in the water cistern of your toilet. (water companies provide these free).

- **Take a shower** - Baths can use over 100 l water a shower uses about a third or half of that. (Physiotherapists also recommend, showers are better for aches as the heat can be directed to the area of the body that needs it most (baths warm up all the blood, directed heat gets the red blood cells to where they need to be). Beware; Power showers - can use more water than a bath if used for more than 5 minutes
- If you like your drinking water really cold, refrigerate tap water rather than running the tap to get cold water.
- Use a **Water Filter** instead of buying bottled water - so many advantages:-
 - Better for joints - filters out impurities that can exacerbate joint problems.
 - May be better for reducing **cancer risk** (filters often filter out much of the oestrogens that are in our tap water oestrogen is believed to be a major contributing factor in the increase of breast and other oestrogen receptor cancers)
 - Makes a clearer tastier Cuppa than tap water - (no scum)
 - Much less packaging than bottled

Do not use a filter after a month, or after the indicator suggests that you change it - impurities that the filter has removed will be released into the water. If the filter gets dried out, fill twice and pour away (use on plants)

Other Suggestions;

- Try on - line shopping perhaps. Especially Ocado - where groceries are only distributed to large warehouses, rather than to the nearest Supermarket, you don't go there in your car so that's at least 2 trips saved! - well, almost. Ocado food is good quality so you can afford to buy a little less of it too and waste less.
- Catherine Jones writes a carbon Karma column in Psychologies magazine. She made a brave declaration of her plan to halve her **carbon footprint** from 4—2 tonnes, Simply making the statement on the "Psychologies" web site committed to her to it. Previously quite blasé about her choices, has become more mindful of even the smallest of decisions. Turning the Thermostat down and changing a light bulb or 2 is only going to make a small difference, if we all simply try to "think" more sustainably, we can make a difference , we can demand that retailers offer greener alternatives, use less un recyclable packaging.
- www.theyellowhouse.org Not all of us want to live in a house like the Marshall's in Oxford, but this web site is full of ideas that most of us can apply to be greener and keener on the wallet. They reduced water bills by a third and built a solid oak kitchen for less than £1000.
- www.Tetrapakrecycling.co.uk can tell you where you can Recycle **tetrapaks**, or you could make soup or buy in cans which recycle better.
- www.Computeraid.org is a charity which refurbishes your old machine and ships it to the developing world for a new life.
- www.wasteonline.org.uk provides information to help you manage awkward Rubbish, including batteries, tyres, metals, plastics.

Time banking, Swap shops & second hand bargains

- **Time bank** membership is free as are services offered. Swap your time & skills with someone who can do something you can't, or can do it better. Try ash-worthtimebank.org.uk. e-mail ash-worthtime@hotmail.co.uk
- **Freecycle** is an on line swap shop where you can give away stuff that you don't need anymore. You can pick up free stuff for yourself too.
- Keep an eye in **newspapers** and buy-sell for free stuff or advertise in it yourself for things you need but can't afford to buy new.

Conscious that not everyone has access to the internet, we'll feature the info from the featured web sites in future communications

Introduction to Carbon Reduction

This Leaflet is Designed to introduce you to some of the Carbon reducing suggestions which the Tarvin Environment Group have found to be Practical and beneficial from both an Environmental Perspective and Cost reduction point of view. While not reducing our quality of life.

You may already be using many of the suggestions contained in this leaflet, but if you only get one additional Idea from this, it will have been worth it!

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Large Print version available on request

Introduction to Tarvin Environment Group

Inspired by the Ashton Hayes **‘Going Carbon Neutral’** project, the Tarvin Environment Group was formed to bring together people who are committed to developing Tarvin as a sustainable community.

The Tarvin Environment Group (TEG) believes that taking action and sharing information within the local community is an effective way of tackling environmental issues, reducing our carbon footprint and enhancing the community in which we all live, so we can let future generations know that we have done our best to develop a sustainable world for them to live in.

Sustainable Future Project

Would you like to reduce your carbon footprint and your energy costs? If so perhaps your household could participate in our Sustainable Future Project. This project, which is being delivered in partnership with Chester University, will assess and reduce your energy consumption in the home. Contact Us

We are keen for local residents & businesses to join the group and warmly welcome any suggestions or experiences that you would like to share. If you are interested in joining the group, participating in the Sustainable Future project or just offering your support then please contact us via the addresses given on the front of this leaflet:-

The Carbon Reduction Diet

To prove to yourself how much energy and money this saves, get your Electricity and Gas bills for the last year and make a note of the amount of electricity used each month. Make a note of the date you started doing a few of the things on this list. (Remember to calculate the cost at today's Electricity and Gas prices) Working out how much you save is really motivating - it's a bit like weighing yourself when you're on a diet. Just watch those pounds (£) fall away!

Low Carbon low cost Cooking

- Use a Thermos flask. Keep hot water in for making coffee,
- Making a Cuppa? one Teabag for 2 people. Especially if you use a strong brand
- Always boil or steam with lids on pans, use pans with well fitting lids
- If you have a gas stove, it takes longer. But using a stove top kettle uses less energy and costs less. (Electricity per minute is at least 3 times as expensive as gas)
- Sit Boiling (uses less energy to do the same thing. Times may be reduced for those with an electric stove as it stays hot)

Food	Instructions 1	Instruction 2	Sit time
Medium Soft Boiled egg	Bring to boil in cold water	Remove immediately from heat	4 minutes
Large Soft Boiled egg	Bring to boil in cold water	Remove immediately from heat	5 minutes
Old Potato (quartered)	Bring to boil in cold salted water	Boil initially for 10 mins	10 minutes
New Potatoes (small)	Put into boiling salted water	Boil initially for 5 minutes	15 minutes
Carrots (slices)	Bring to boil in salted water	Boil initially for 10 minutes	10 minutes
Rice	Bring rice to boil in double its own volume of cold salted water	Boil initially for 10 minutes	30 minutes white 1hr brown

- Cook roasted vegetables with fish or cuts of meat in the roasting tin. Just put the meat & different veg (Onions, leeks, parsnips, Carrots, Peppers, Garlic cloves, Swede, potatoes) in at different times depending on how long they take to roast.
- Vegetable water makes delicious soup carrot / peas water is best, cabbage can make it bitter (if worried about it being salty, don't put much salt in cooking water, add it later. Add left over vegetables to soups.
- Soup: make a reasonably large batch of Soup it can be frozen and then defrosted and Microwaved another time. (thick soup = Baby food, but remember, be mean with the salt)

Golden Rules

- A saucepan covered with a well fitting lid uses a quarter less energy when boiling than a saucepan without a lid.
- Always keep the lid on the saucepan even when the water is heating up
- Use a saucepan that is the right size for the amount to be cooked & use enough water to cover food by half an inch.

Cleaning

- Please use cloths, not wipes. Wipes are terrible for the environment and:- Cloths can be changed every day if needed, & can be washed with your laundry or in the dishwasher (as can dish washing brushes).
- **Tumble Driers** – are awful for the environment, they wear out clothes quicker too. There's no need to suffer sand-paper towels though—If you like the feel of towels / nappies from the drier, dry outside or on an airer then give them 5 mins in the drier – they get that fluffy feel without carbon footprints all over them.
- **Clothes Washing** – avoid using half load even if you use a half load setting. We select the 60 degrees setting as our washing machine fills from the hot tap, then turn down to 40 or 30.

Personal Hygiene

- Use bars of **soap** – Much cheaper than liquid hand-wash. Doctors & Hygiene experts say – Soap is perfectly good as a skin cleanser.
- Solid “rock” deodorants last for years if kept dry. Don't often need topping up with standard deodorants. (except at certain times)

Reduce, Re-use, Recycle—In that order

- Challenge yourself:- Donnachadh McCarthy in “Saving the planet without costing the earth” writes that he produces just one carrier bag of household waste per MONTH! Could you set a goal of one carrier bag per week?
- Some Europeans recycle 60% of their Rubbish, in the UK it's just 34% .
- On average, British homes throw away around 40% of what we buy. One way to avoid this is to shop with a smaller basket or trolley for 2 adults, 2 baskets of groceries a week should be plenty. Or write a weekly menu before your shopping list so you only buy what you need.

Ways to re-use Common Grocery Packs & Packaging

- Old Christmas & Birthday **cards**, cut up, make great shopping list cards, or cut them up and keep by the phone for messages.
- Cut out pictures from old Christmas cards to make **Gift tags** for next year's presents, little motifs can also be cut out to make Christmas cards themselves.
- **Present Wrapping**... Use bags and boxes – initially more expensive, but they get re-used by the family, I've had the same box at least twice which means it's been used at least 4 times in all by different people. With a new bit of ribbon it'll still look good next Christmas!
- I know a builder who cuts up Cardboard **Cereal packs** and uses them as note cards, to write down measurements / make lists, very robust and don't disintegrate when wet.
- **Take away** Plastic trays can be used for keeping portions of food in the freezer.
- **Use your imagination!** — remember Blue peter, wash and keep old cartons...and think how they could be used.

Shopping

- Try to buy things with less packaging? Going to markets, greengrocers and butchers rather than supermarkets means a healthy local economy, less fuel used (especially if you cycle, walk or use the bus and less packaging -have the grocer weigh the fruit & veg & put them all loose in the basket - (looks gorgeous too)!
 - A word of warning about keeping local...is it better to buy British Fruit and veg at the supermarket or ones from far flung lands at the corner shop?
 - Large bottles of cleaning & Bathroom products, are cheaper & use less Packaging. Keep small bottles to decant into as large bottles can be awkward.
 - See if you can find a shop where you live that will re-fill. The Organic Stores on Sealand Road, do refills of Washing up liquid, clothes detergent and softener.
 - Remember to take re-usable bags with you when shopping.
 - Keep a Bag for life bag in the car in case you drop into a shop on the way home, or keep your shopping bags in the car after you've put the shopping away, so you won't forget.
 - Buy bulk packs of toilet roll etc so cheaper & less packaging.
- ### Heat & Energy
- Ensure Loft Insulation is at least 100 - 150mm deep
 - If a bit Chilly, don't turn the heat up / put the heating on either:-
 - Choose that time to do your exercise for the day! Go for a run, a walk, or even do some energetic house work (sweeping, brushing stair carpet, cleaning windows, Vacuuming, Changing beds (Duvet covers must use up a lot of calories judging by how shattered I am when I've finished)! Or alternatively, wind up your wind - up radio for a few minutes.
 - Make Bread - really warms you up!
 - Put on an extra Layer, Thicker socks or wear slippers. Warm feet mean a warmer body. I wear a Pashmina around my neck which keeps me toasty warm.
 - Have a cosy blanket on the sofa, It's lovely to curl up on the sofa with a book or in front of the telly with a blanket over you.
 - Turn off Radiators in places where you don't need the heat (Hallways, Spare rooms, Utility rooms.
 - Shut Curtains at Dusk, Keeps heat in and cosier too.
 - Make a front door curtain.
 - Draught excluders for doors can be made out of an old Pillow cases seems to be just the right size. And you can make washable ones.
 - Keep white goods and boilers well serviced - they use less energy, and will last longer meaning you don't have to buy a new one as often, it may be false carbon - economy to get a new efficient fridge - the new fridge still has to be manufactured, and delivered to the retailer and you, and all that packaging too! When you do buy a new one though, get the best rating one you can find and check out www.greenconsumerguide.com a top rated dishwasher uses 40% less energy than the average dishwasher.
 - Fitting a condensing boiler could cut heating bills by 30% and cut CO2 emissions by more than 800kg. (about 60% Of a property's CO2 emissions come from the boiler)
 - Switch off lights as you leave a room.
 - Use Low energy Light bulbs, there are much more stylish ones around these days, so it's no longer such a compromise
 - Don't leave any appliances on Standby.
 - Unplug or switch off plug when not using any kind of appliance charger (Phones, camera's toothbrush, shaver) and don't forget the cordless tools in the shed!
 - Use lap tops off the battery and re-charge only when necessary.