

## General ideas

### *Reduction of Plastics and Packaging*

**Refills & Reuse** : Re-use plastic/glass/paper/plastic bags /boxes. Refill wherever available.

Make/buy **produce bags** (see 'at home' section)

**Alternatives to plastic in freezer** <https://www.treehugger.com/green-food/how-freeze-food-without-plastic.html>

**Stainless steel** airtight, leakproof (and expensive) containers <http://www.boobalou.co.uk/16cm-airtightleakproof-food-storage-container.html> & <https://www.healwithfood.org/food-storage/freezer-safe-glass-containers-no-plastic-lids.php>

Commercial site with **moisturiser in cardboard** container & more <https://www.peacewiththewild.co.uk>

Guardian **article on some ways to reduce plastics** use. [https://www.theguardian.com/environment/2019/jan/03/plastics-consumption-reduce-2019-10-easy-ways?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/environment/2019/jan/03/plastics-consumption-reduce-2019-10-easy-ways?CMP=Share_iOSApp_Other)

**Out walking**, take bag and pick up rubbish.

### *At Home -*

**Produce bags**: make <https://www.1millionwomen.com.au/blog/how-make-your-own-re-usable-fruit-and-vegetable-bags/>

Buy produce bags <https://www.peacewiththewild.co.uk/product-category/on-the-go/produce-bags/>

Make own **yoghurt**, make **hummus** / other dips

**Beeswax wrappers** in place of cling film \* Make <https://www.youtube.com/watch?v=wkRoh1pQoks>

Beeswax supplies <https://www.livemoor.co.uk>

**Wipes** \* Make /Buy <https://www.adaptnetwork.com/veganadventurist/11-environmentally-friendly-alternatives-to-wet-wipes/>

Plastic bag storage alternatives <https://www.adaptnetwork.com/veganadventurist/alternatives-to-plastic-bags/>

Our **How To** sheet offers more details of some of these ideas.

### *Less Palm oil*

Complex and important topic as growing palm oil decimates rain forests which are vital for climate health

Packaging labels can hide palm oil under 'vegetable oil' use . "Sustainable" is not always quite that..

Yet sustainable palm oil is a viable alternative for some products

Brief article laying out some of the main issues around Palm Oil <https://www.theguardian.com/sustainable-business/2014/nov/26/10-things-you-need-to-know-about-sustainable-palm-oil>

Health food shops /health food supermarket sections most likely to have palm oil free products

Focus Organics, Halesworth

Cupboard Love at local stalls / online delivery <https://www.cupboardlove.shop>

Make own **biscuits** / oatcakes / cakes

Waitrose own brand oatcakes have no palm oil

Co-op Truly Irresistible range have butter not palm oil

**Ethical Consumer website** gives supermarkets and products are palm free/use sustainable palm oil <https://www.ethicalconsumer.org/palm-oil-free-list>

**Soap** <http://caurnie.com> in Scotland (nettle soap especially good for people with skin reactions)

**Aleppo Soap** for washing body & hair - suppliers online . <https://www.aleppo.dk>

### *\* Re - Use*

Charity shops. Reuse fabrics. Scrap paper for lists from old / envelopes

Re use envelopes with stick on labels

Mend, share, re use, give away

Freecycle website <https://groups.freecycle.org/group/IpswichUK/posts/all>

## Transport & Air Pollution

\* **Car share.**

\* **Slower speed in the car.** e.g. 50mph instead of 70mph can **reduce carbon footprint by a third.**

\* Shut off engine when parked. Correct tyre pressure. Right gear. Reduce air conditioning.

\* Remove roof rack. Reduce weight. Plan route. Fuel efficient car.

**Electric or hybrid cars**

**Consider if other means than flying** are feasible and if not, consider offsetting flights. Article on offsetting <https://www.ethicalconsumer.org/energy/short-guide-carbon-offsets>

## \* **Energy : save energy, save money & help save our planet**

(<https://www.cooperativeenergy.coop/news-and-views/5-of-the-most-energy-guzzling-household-appliances/>)

\* \* Turn kettle off as soon as it boils. Boil exact amount needed. If choice of temp - lower temp good for herbal tea / coffee. (<https://www.theguardian.com/money/2019/feb/09/energy-bills-are-your-cuppas-costing-more-than-you-thought>)

\* Turn off TV standby at night. Turn off at wall. Smaller TV, less energy used.

\* Charge phones & tablets for just time it takes, in daytime so can see when charged.

\* Switch off all wall plugs not in use. Lights on only when in use.

Seek out eco models of white goods when next purchasing.

\* Defrost freezer regularly.

\* Radiators down / off in unused rooms, doors closed.

\* Less / no ironing.

\* Reduce water temperature and/heating temperature ( excluding elderly, sick / very young)

Consider switching to an eco friendly supplier

\* Current thinking on fossil fuels, ground source and electricity preferable to gas boilers <https://www.theguardian.com/environment/2019/mar/13/hammond-says-gas-heating-will-be-replaced-by-low-carbon-systems>

## Save Water

\* Shorter / less showers. Fix a shower flow regulator, save water (shower feels the same)

\* Less / smaller baths

\* Economise on water when cleaning teeth (other than under full open tap)

\* Dry clothes outside if possible. Use less / no tumble dryer

Garden watering, Rain butts. If upstairs an over-bath shower can take hose pipe & syphon the water onto garden.

## Reduce Water Pollution

**Microfibers from synthetic textiles** are making their way from washing machines into rivers and oceans one solution is a **guppy bag** <http://guppyfriend.com/en/>

**Minimise chemicals** in bathroom & cleaning products. **Everything** goes into water system, sea, wildlife, us.

## Biodiversity

**Bees** : Bee box just for the bees (not about honey harvesting) <https://gardenersbeehive.com> ( Essex)

Make Bee box for solitary bee boxes <https://www.nationaltrust.org.uk/giants-causeway/features/how-to-build-a-bee-box>

Plant bee friendly flowers. <https://friendsoftheearth.uk/bees/beefriendly-plants-every-season>

Bee keeping / log hives / <https://www.naturalbeekeepingtrust.org> <https://www.learningfromthebees.org>  
<https://beekindhives.uk/bee-centred-beekeeping/>

**Bird boxes** <https://www.wildaboutbirds.co.uk> (Wild About Birds - Theberton)

Minsmere Bird Reserve <https://www.rspb.org.uk/reserves-and-events/reserves-a-z/minsmere/>

Nature conservation <https://www.suffolkwildlifetrust.org/volunteer>

## *International Organisations*

Joanna Macey: The Work that Reconnects Community Network : <https://workthatreconnects.org>  
Polly Higgins : making ecocide a crime in law : <https://eradicatingecocide.com>

## *Miscellaneous*

- Consider following a more / all \* **Vegan or Plant Based diet** .. one of best things we can do for our planet.
- **Environmental friendly food calculator** <https://www.bbc.co.uk/news/science-environment-46459714>
- Guardian article on **reducing carbon emissions** <https://www.theguardian.com/environment/2009/sep/01/how-to-reduce-emissions-10-10>
- **Greta Thunberg** [https://www.youtube.com/watch?v=bn8R\\_XqjjI0&app=desktop](https://www.youtube.com/watch?v=bn8R_XqjjI0&app=desktop)  
& in the UK : <https://www.fridaysforfuture.org>
- National organisation for nature & people **Greenlight trust** <http://www.greenlighttrust.org>
- Let **nature heal climate** and biodiversity crises, say campaigners [https://www.theguardian.com/environment/2019/apr/03/let-nature-heal-climate-and-biodiversity-crises-say-campaigners?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/environment/2019/apr/03/let-nature-heal-climate-and-biodiversity-crises-say-campaigners?CMP=Share_iOSApp_Other)
- Project **Drawdown** <https://drawdown.ecochallenge.org>
- Weekly email Unearthed <https://secure.unearthed.greenpeace.org/page/s/subscribe-weekly>

We are a small group of people in coastal central Suffolk UK wanting to make our contribution to the health of our planet.

We have compiled four lists which can be downloaded at

<http://earthaldeburgh.co.uk/our-planet/>

- **Short Intro List** to introduce the idea of ideas and local resources, easy to print out and distribute
- **Local Resource List** similar but longer, for our own area which is IP15 IP16 IP17
- **General List** with national and international resources.
- **How To** sheet with details of some of the ideas to make at home.

Please join us and bring ideas to the list. We aim to be non commercial and offer constructive, practical, everyday actions. We aim to keep the list updated several times a year and distribute it through email, personal networks, local groups, shops, local papers, social media. We try to stay current and seek to be accurate but cannot guarantee either of these. Please help share the lists around and help keep updated.

Print / distribute the **Short Local Resource List** to your own contacts, groups, classes.

We would welcome people to use any of the structure/format/ ideas/ information to collate their own resource list for own locality.

*“ People won't change unless they care”*

*(Tim Mustill, documentary director 'Humpback Whales. A Detective Story')*