



IDEAS FOR BEING KINDER TO OUR PLANET

NEW YEARS RESOLUTION SUGGESTIONS

Most important

**REDUCE,
REUSE,
REPAIR,
RECYCLE,
REMAKE.**



SEA TURTLE EATING PLASTIC BAG

The biggest of the 5 ocean garbage patches is three times the size of France.

Research <https://theoceancleanup.com/>

1. CUT DOWN ON SINGLE USE PLASTIC

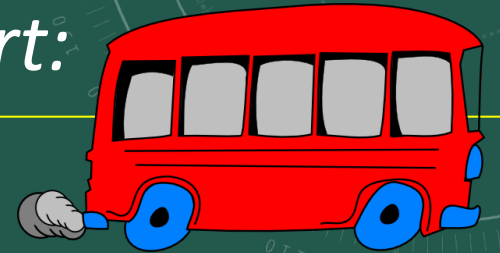
*At present, these are slightly more expensive options. The reason that **un-environmentally friendly** goods are cheaper is because the environment is paying the difference!*

- Get a milkman! <https://www.mortonsdairies.co.uk>
- Go to the plastic free shop in Leigh John St
<https://www.replenishery.co.uk/>
- Buy products with no plastic packaging, if not available, write to the manager or manufacturer
- Don't buy tat!
- Take your own bags, refuse plastic bags and say why!



2. TRANSPORT

Lowton is currently car dependant. At present, we can't do that much about it until the public transport infrastructure for Lowton is in a much better state. However we can make a start:



- Walk those short distances
- Leave space for cyclists so they are more likely to use the roads
- Use public transport – buses are now £2 per journey or £5 for an all day pass in Greater Manchester (although Lowton is at edge)
- There is a free bus pass for those of state pension age
- Lobby Andy Burnham and the government for better public transport connections between counties

3. CLOTHES

Fast fashion is bad for the environment and 36,000 tonnes of used clothing is discarded each year in the UK.

- *Look at this website for ideas to reduce clothing waste*
<https://wrap.org.uk>
- Buy less clothing, buy better quality
- Buy classic, not fast fashion
- Buy/donate from/to charity shops
- Sell to dress agencies (above Sainsbury's in Culcheth)
- Repair/upcycle



4. FOOD

*So much food is wasted in the UK each year. The **Bridge** in Leigh (on the avenue) buys and sells good food due to go to land fill.*

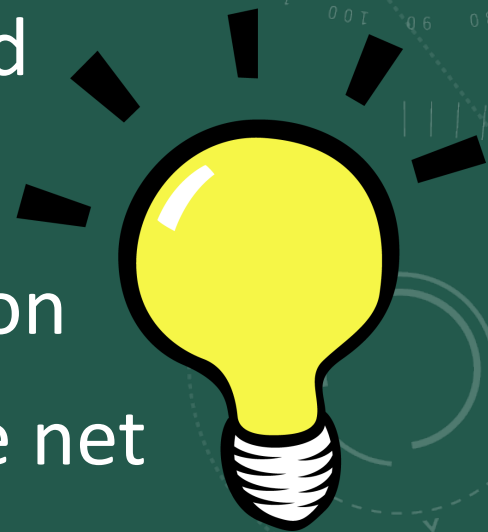
- Plan meals ahead of time with existing cupboard contents
- Go shopping with a shopping list
- Eat less meat (flexitarian)
- Make soup with leftovers
- Brazilian beef/soya/palm oil cuts down the rain forest
- If using the oven, cook more than one thing
- Batch cook to make own single use plastic-free ready meals!



5. ENERGY

*This is a very contentious issue at present for all sorts of reasons.
However we can all save energy.*

- Switch things off if not being used
- Wear more clothes around the house, hoods are good
- Hot water bottles are fab as under feet heating
- If you have the money, consider solar panels/insulation
- Delete unwanted computer files/emails stored on the net
- Exercise/walk/cycle to keep warm/save energy
- Only heat the rooms you need



6. BUYING/WRAPPING PRESENTS

Lots of people get presents they don't want or will rarely use. These gifts will end up going to charity shops, land fill or cluttering the house for years. And who buys wrapping paper these days?

- Circulate a list of what you actually want
- Do a family secret Santa instead of lots of little gifts
- Buy experiences not objects eg take out for a meal
- Recycle wrapping paper and bags
- Use brown wrapping paper and customise with stamps/pens
- Virtually adopt an animal/buy a tree/buy tools for charities.....



7. REWILDING PART OF YOUR GARDEN

The total area of gardens in the UK is about 4,330 square km, nearly a fifth the size of Wales. For England, the garden area is more than 4.5 times larger than that of all our National Nature Reserves.

- All gardens/yards can be more wildlife friendly
- The garden can be as low or high maintenance as you like
- Select flowers and grasses for pollinators
- Be organic, don't use pesticides
- Hedges are great for wildlife and protect you from road pollution
- Plant herbs and salad veg for you
- Lots of help online eg RHS



8. SUBSCRIBE TO AN ENVIRONMENTAL CHARITY

If you can't do as much as you would like but you have a bit of spare cash then consider joining an environmental charity. There are some options below, others are available!

- <https://www.greenpeace.org.uk>
- <https://friendsoftheearth.uk>
- <https://www.sas.org.uk>
- <https://www.wildlifetrusts.org>
- <https://www.fauna-flora.org>
- <https://www.treeaid.org>
- <https://www.woodlandtrust.org.uk>



SO, WHAT ARE
YOUR NEW YEARS
RESOLUTIONS TO
HELP LEAVE THE
PLANET IN A
SUITABLE STATE
FOR YOUR
CHILDREN AND
GRANDCHILDREN?

