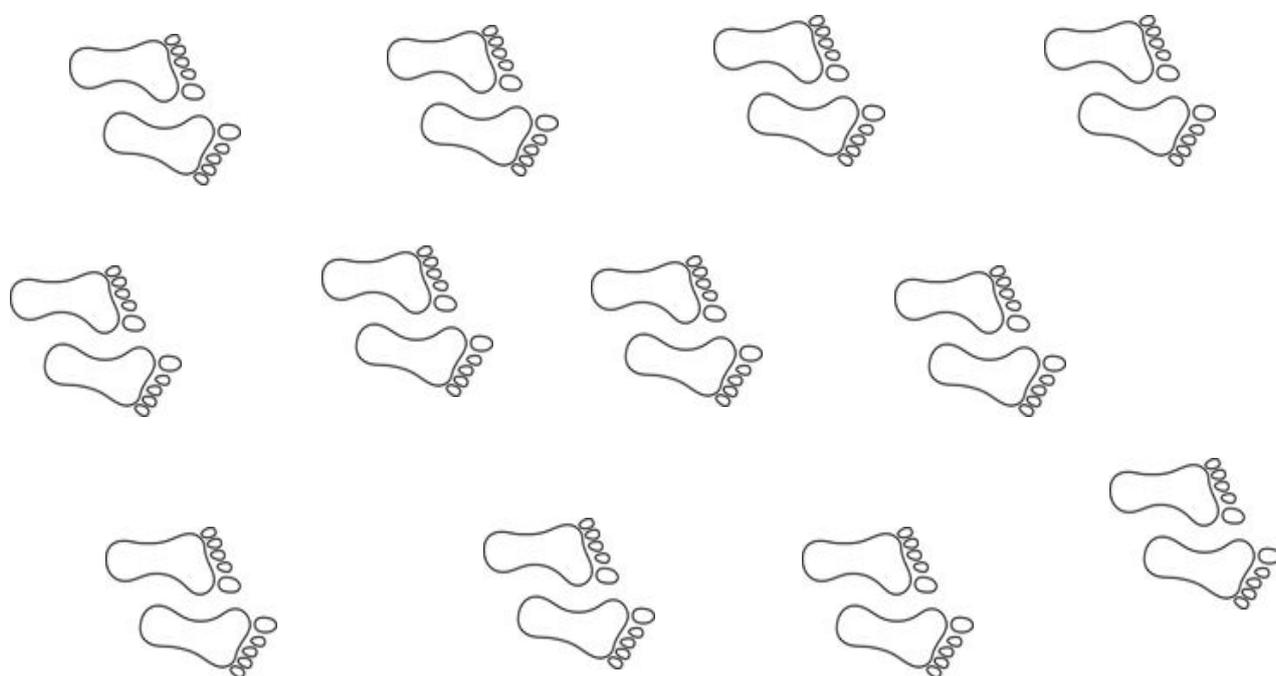


**St John's URC  
Marsh Green**



# **SIXTY STEPS TO SUSTAINABILITY**



<b>SIXTY TIPS FOR LEAVING A USABLE PLANET FOR YOUR GRANDCHILDREN</b> (*money saving / (£) major start up cost)	<u>Do</u>	<u>Will try</u>	<u>No way!</u>	<u>n/a</u>
<b>IN THE HOUSE</b>				
Ask your water company to install a meter*				
Keep jug of water in fridge instead of running tap cold when you want a drink, or using bottled water*				
Avoid using a tumble drier (sun and wind are cost and carbon free)*				
Buy a 'smart' meter so as to monitor electricity use*				
Use eco-friendly appliances (look for the A+ ratings)*				
Compost garden and kitchen (vegetable only) waste				
Don't do teeth or wash hands under running water and wash fruit or vegetables in a bowl rather than under a tap*				
Don't leave electrical goods on standby*				
Use rain water system for flushing toilets (£)				
Insulate your walls/loft etc. and fit draught excluders (£)*				
Invest in your own renewable energy production e.g. photovoltaic panels or wind turbine (£)*				
Only put the amount of water needed in the kettle*				
Put a lid on your pan when cooking*				
Put heat reflecting panels behind radiators*				
Turn off radiators in unused rooms*				
Recycle everything that can be				
Repair /mend if possible (reuse if not)*				
Replace washers on dripping taps*				
Take a shower – it uses less than a third of the water of a bath (but power showers can use as much water as a bath)*				
Switch to a green energy supplier e.g. 'ecotricity' or 'Good Energy'				
Turn down the room or radiator thermostats and put an extra layer on. *				
Turn lights off when you leave a room*				
Use a full load in dishwasher or washing machine on the lowest energy setting*				
Sometimes use a pressure cooker or microwave (quicker - uses less energy)*				
Use washable boxes rather than throwaway bags or cling film, and 'real' cups and plates rather than disposable ones				
Use compostable washing up scourers etc (eg 'Michael's' available on line eg from Centre for Alternative Technology)				
Put a stop to Junk Mail – phone 0845 703 4599				
Use dual flush or put 'hippo' in older cisterns (30% of mains water goes down the loo)*				
Use eco friendly cleaning materials				
Use low energy light bulbs – a wide range is now available*				
Use rechargeable batteries – could even use solar powered chargers*				
Use reusable cotton/ bamboo nappies *(or eco-disposable ones for holidays)				
'Freecycle' or take to charity shops what you no longer use				
<b>IN THE GARDEN</b>				
Plant trees and wildlife friendly plants. Make wild area. Install bird, bee or bug boxes.				
Water in evening and mulch soil to reduce evaporation from the surface*				
Water the garden from a rain butt and use kitchen waste water*				
Make your own compost (and leaf mould)*				
Grow some vegetables and fruit (reduces food miles and is healthier)*				
Share 'occasional use' equipment – or even a garden (if yours is too big or too small – or take an allotment*				
<b>IN THE SHOPS</b>				
Only buy the food you need ( a third ends up in the bin in the UK)*				
Take your own bags shopping and avoid over-packaged goods				
Buy local (organic if available) food – Fairtrade if it doesn't grow in this country (for Edenbridge Fairtrade Directory email <a href="mailto:edenbridgefairtrade@gmail.com">edenbridgefairtrade@gmail.com</a> )				
Buy second hand sometimes*				

<b>SIXTY TIPS (cont)</b>	<u>Do</u>	<u>Will try</u>	<u>No way!</u>	<u>n/a</u>
Buy goods containing recycled materials when possible				
We see on average 3,500 brand advertising images a day. Try and buy less (give yourself a, “Do I (or my child) really need it?” cooling off period!)*				
Diamonds are only anyone’s best friends if they are not blood diamonds – ask for ‘blood free’ jewellery				
Buy less meat (or even become a vegetarian) – crops use less land than animals and don’t produce the greenhouse gas methane*				
Buy ‘Gifts for Life’ (eg Practical Action/Oxfam/Christian Aid) sometimes (rather than potentially unneeded presents				
<b>IN THE ‘OFFICE’ (AT HOME OR WORK)</b>				
Use telephone/video conferencing and email where possible instead of travelling*				
Only print out if necessary, normally use fast draft setting, and use both sides of paper*				
Change to ethical banking eg Co-operative Bank				
Plan an eco-burial!				
<b>OUT AND ABOUT</b>				
Reduce car use, cycle or walk instead if possible; share cars if not*				
If car is used – have lowest carbon emission car that is practical (lower road tax as well)*				
Use public transport where practicable (and affordable!)				
Re-think your holiday plans – do you really have to fly?				
Join in with eco working parties at church (talk to Anne Woodfine) or in town (contact Kathy Staff on <a href="mailto:kathy@edenbridgetown.gov.uk">kathy@edenbridgetown.gov.uk</a> )				
Think about getting involved in the Sustainable Edenbridge initiative (email <a href="mailto:sustainable.edenbridge@gmail.com">sustainable.edenbridge@gmail.com</a> )				
Lobby politicians and or companies about environmental issues (in person or through internet or letter)				
<b>ENCOURAGE OTHERS TO DO ALL THE ABOVE!</b>				

**Other Useful Websites (or email addresses):**

Energy Saving Trust (advice) [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

Centre for Alternative Technology (info. and ‘shop’) [www.cat.org.uk](http://www.cat.org.uk)

Kent Wildlife Trust (wildlife gardening hints) [www.kentwildlifetrust.org.uk](http://www.kentwildlifetrust.org.uk)

Friends of the Earth (info. including campaigning) [www.foe.co.uk](http://www.foe.co.uk)

