Pledge for the Planet week 5 - Build on what you are already doing

Helen and Ken, who live in Strensall, have made great progress in going green. Their pledge is not about making a radical change, but in building in lots of small achievable changes in their lives. They list their top tips here:

We're 2 people with busy lives - so we're like loads of other people who try to fit things into what feels like small windows of opportunity.

What we're trying to do is :

1. Continue & Build on what we're already doing

ie. Switching lights off, not over filling the kettle, not leaving devices on, walking to village shop not driving ( if you can do that), more showers than baths ( big sacrifice for me). Etc.

One result

 Water bill has reduced for 2 quarters now !

2. Improve our Recycling Record.

Putting a recycling bin next to our kitchen waste bin.

This makes it easier to collect recyclables & there are fewer excuses for putting stuff in waste bin " because it's raining & I don't want to go out to big bin".

Results in @ 3 months :

a) we are definitely recycling more.

b) we are recycling more varied items because it's quicker & drier to sort things inside..

3. Become "Active Shoppers"

We've tried online grocery shopping - nah!!! Not for us.

So "active shopping" is about changing how we think about what we buy (or not waste).

What helps us:

\* making lists - means we have to check cupboards etc BEFORE we go.

Means we don't have 3 or more jars of exotic, expensive chutney that only one of us eats!

\* shopping together - not often possible but useful.

\* not shopping when we're tired, hungry, in a hurry... cos we don't think then, we just "grab n go".

\* Trying to read small print to support making more sustainable choices - doesn't always work  - hey we can get better!

\* Not panic buying. Not buying 2 when 1 will do.

\* planning and list making reduces number of extra little shops we had a habit of doing.

That wastes time & energy (fuel).

When we save money - which we can do - we can donate more to the food banks.

.... or we can buy the next jar of exotic chutney   Yeah. Right 

4. Sign up & support our Eco Church projects.

Ps we've pledged to do more on things we already do ... so not setting impossible unsustainable goals.