

Save money and be responsible - reduce YOUR **ecological footprint!**

Remember, decreasing your ecological footprint is not only good for the environment but it's also an excellent way to save money!

Food:

- ✓ *Eat 5-a-day fruit and vegetables;*
- ✓ *Buy local food;*
- ✓ *Cook from scratch;*
- ✓ *Eat seasonal food;*
- ✓ *Plan your meals;*
- ✓ *Grow your own food!*

Your travel:

- ✓ *Try to use public transport as much as you can;*
- ✓ *Use a bicycle or a moped;*
- ✓ *Buy a more efficient car;*
- ✓ *Drive more efficiently;*
- ✓ *Carshare!*

Waste:

- ✓ *Reduce food waste and packaging;*
- ✓ *Save water;*
- ✓ *Reuse your bags;*
- ✓ *Buy things that last and only what you need;*
- ✓ *Re-use things: give them to charity shops, swap-shops, internet auctions;*
- ✓ *Compost kitchen and garden waste;*
- ✓ *Try to repair broken items;*
- ✓ *Recycle!*

Energy:

- ✓ *Insulate your home;*
- ✓ *Turn down your thermostat;*
- ✓ *Replace all lights with energy-saving bulbs;*
- ✓ *Buy A-rated electrical appliances;*
- ✓ *Change to a green energy supplier;*
- ✓ *Turn off the lights, your computer and other appliances when you're not using them!*

All other stuff you use/buy:

- ✓ *Do you really need it?*
- ✓ *Is it made from recycled materials, and if not, what?*
- ✓ *How much energy will it use?*
- ✓ *Can it be recycled?*
- ✓ *Where was it made?*