

Carbon Fast for Lent

Switch off lights on leaving a room

Run dishwasher/washing machine only with a full load

Try a new vegan recipe

Meat-free Mondays

Boil only as much water as you need in kettle/pan

Turn Central heating down by 1 degree

Replace old-style lightbulbs with LEDs

Walk or cycle rather than drive for short distances

Read an article or book about climate change

Earth Hour.
Switch off lights
8.30-9.30pm
27th March

Plan meals for the week – only buy what you need

Buy fish only from sustainable (MCS certified) stock

Fast from electronic devices for a day

Calculate carbon footprint using carbonindependent.org

Spend no more than 5 minutes in shower

Check kerbside recycling rules – recycle all you can

Recycle plastic bags, batteries and water filters at the supermarket

Turn off TVs printers etc- do not leave on standby

Cancel unwanted catalogues/junk mail

Limit speed when driving to improve fuel economy

Use lower temperature on washing machine programme

Fit a Smart meter