

## GOING GREENER



### Who is this for?

Unpaid carers and former carers who are looking for ways to go greener, cut waste and save money at home.

### Save energy

You could save pounds on fuel costs by using appliances more efficiently in your home.

- One less wash in your washing machine or dishwasher per week can save £8 a year.
- Fill a cupful not a kettleful – only fill the kettle with the amount of water that you need and save around £6 a year.
- Switch off, not standby – you could save up to £35 a year by turning off your TV and electronic gadgets including phones and modems at the plug.
- Draught proof your home – reducing escaped heat through doors, windows and floors could save up to £25 a year.
- Buy energy saving appliances
- Green Doctors offer a free home visit for tailored advice to help you save energy and money (see [www.groundwork.org.uk/greendoctor/](http://www.groundwork.org.uk/greendoctor/))

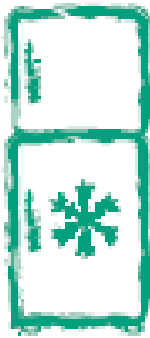
### Find out more at:

- [www.energysavingtrust.org.uk/top-10-energy-saving-actions-for-your-home](http://www.energysavingtrust.org.uk/top-10-energy-saving-actions-for-your-home).
- [www.uswitch.com/energy-saving/guides/free-energy-saving-tips](http://www.uswitch.com/energy-saving/guides/free-energy-saving-tips).

### Reduce – Re-use – Recycle

Here's some ideas on how to reduce your rubbish, save money and be healthier in the bargain.

- Visit your local council's website to find out what you can and can't recycle in your area.
- Invest in your own coffee cup and water bottle – a massive eight million coffee cups are thrown away every day in the UK and many can't be recycled.
- Reduce packaging – look out for products with less packaging, buy loose fruit and veg, and remember to take reusable bags to the supermarket.
- Reduce your clutter or get items for free through [www.depop.com](http://www.depop.com), [www.ilovefreecycle.org](http://www.ilovefreecycle.org) or [www.freecycle.org](http://www.freecycle.org)



## Food waste

In the UK we throw away enough edible food to fill 38 million wheelie bins every year!

- Find top tips on how to cut food waste including leftovers recipes at [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com).
- Buy local, seasonal food to cut carbon emissions, get healthier, fresher food and support the local economy ([www.eattheseasons.co.uk](http://www.eattheseasons.co.uk)).

## Save water

- Getting a water meter might save you money. Visit your water company's website for more information.
- Spend less time in the shower – one minute less in the shower each day could save £4 a year off your energy bills, per person. If you have a water meter this could mean a further £7 off.
- Get a water-efficient shower head – a family of four could save £30 a year on gas for water heating, and £45 more with a water meter.

- Turn off your taps off when not in use while brushing your teeth or washing up.
- Collect rainwater with a water butt instead of hosing your garden and swap your hose for a watering can. Plants prefer rainwater too!
- For more tips, visit <https://www.ofwat.gov.uk/households/conservingwater/watersavingtips/>

## Further information

- Check your personal carbon footprint at <https://footprint.wwf.org.uk/> and find easy ways to help tackle climate change.
- Use the browser [www.ecosia.org](http://www.ecosia.org) to search the web, and plant trees at the same time. Every search removes 1kg of CO2.
- Get more tips at [www.theguardian.com/environment/2020/feb/29/50-ways-to-green-up-your-life-save-the-planet](http://www.theguardian.com/environment/2020/feb/29/50-ways-to-green-up-your-life-save-the-planet).

## Your notes

