

F U T E R R A

What can I do? 100 Simple ways to help change the world!

1. Open an ethical bank account with Smile/Co-OP www.smile.co.uk or <http://www.co-operativebank.co.uk>
2. Invest your other savings ethically www.eiris.org
3. Change your electricity supplier to a renewable one <http://www.npower.com/yourhome/green/juiceandwindpower> or <http://www.unit-e.co.uk>
4. Buy local <http://www.buylocalfood.co.uk>
5. Buy less! Save yourself time and money as well as the planet www.buynothingday.co.uk
6. Buy organic www.soilassociation.org
7. Eat seasonal food www.foodlinks.info/buying/VegSeasons.php
8. Volunteer www.csv.org.uk
9. Give to charity www.charitychoice.co.uk
10. Buy fair trade www.fairtrade.org.uk or www.maketradefair.com
11. Get on your bike – get fit, get around and see the world at an entirely different pace www.sustrans.org.uk
12. Compost your garden and kitchen waste in a heap or a wormery. Reduce the waste you send to landfill sites and get lovely compost for your plants into the bargain! - www.compost.org.uk or www.wigglywiggles.co.uk
13. Get a rain butt and use the water to give your garden a drink not the hose
14. Grow stuff, indoors and out, to eat, clean the air in your house or to give to friends instead of cut flowers www.permaculture.co.uk or www.ecocities.net/Gardening.htm
15. Install a nesting box/bird table or feeder to attract feathered friends www.rspb.org/gardens/whatyoucando/nestboxsmallbird/index.asp
16. Carbon neutralise your holiday. For further details visit futureforests.com, chooseclimate.org, carbonneutral.com.
17. When on holiday: ask for your towels to be washed every other day, or less, instead of every day (only 17% of people do this when on holiday)
18. Switch off your air conditioning when you are out for the day (only 18% of holiday-makers do this). If just 50% of people did, it is estimated that across the world 5m tonnes of CO2 emissions would be prevented each year.
19. Use water sparingly when abroad. The average tourist uses as much water in 24 hours as a villager in the developing world uses in 100 days.
20. Follow Tourism Concern's traveller tips; put money into local hands by drinking local beer and fruit juice rather than imported brands; stay in locally owned accommodation; stick to footpaths, don't stand on coral, and don't buy products made from endangered animals or plants; wear respectful clothing; and always ask people if you can take their photograph www.tourismconcern.org.uk

21. When cleaning the house: Avoid all the expensive and dubious chemicals such as the 'Mr Muscles' of this world as they often contain anti-bacterial agents more dangerous than the bacteria they are designed to eliminate! Instead why not make effective cleaning products yourself from cheap, easily available household products.
 - Make a window cleaner by mixing vinegar with water; or neat, with a few drops of tea tree oil, it can be used as a disinfectant.
 - Try baking soda as an all-purpose cleaner or scourer, salt as an abrasive for cleaning pots and pans, and lemon juice as an alternative to bleach. Just re-label your old spray bottles to dispense them
 - Use bicarbonate of soda to deodorise carpets or with white vinegar to scrub stainless steel, clear drains, remove tea stains from mugs and remove permanent marker pen from skin.
 - Vinegar is a good replacement for limescale remover. Unscrew your showerhead and leave it in vinegar overnight; the next morning it will be free of limescale.
22. If you must buy cleaning products then use biodegradable or environmentally friendlier products such as Ecover Squirteco, an all-purpose cleaner that relies on plant- and mineral-based surfactants to provide its cleaning oomph, and Ecover washing-up liquid www.ecover.com
23. Get your family and workplace to perform a waste audit to determine how much they throw away. Hopefully, this will shock them into action. www.globalactionplan.org
24. For recycling to work, recycled goods have to be a profitable industry. Do your bit by buying recycled goods whenever possible. www.recycledproducts.org.uk
25. If practical, build or set aside an area dedicated to sorting recyclable waste.
26. About 80% of what we throw away is recyclable. Find your nearest recycling point at www.wastepoint.co.uk
27. Crush the rubbish you send to the landfill as small as possible. This way, it will take up less space.
28. Try to avoid drink cartons that are made of a paper/polyethylene mix, which are notoriously hard to recycle.
29. Rid yourself of junk mail, sign-up with the Mailing Preference Service (www.mpsonline.org.uk tel: 0845 703 4599).
30. Get inspiration from others. See how New Zealand is putting the rest of the western world to shame with its Zero Waste policy (www.zerowaste.co.nz).
31. Be careful to note the subtle difference between various "mobius loops" - the circle of arrows seen on packaging. Only arrows with a dark background mean that the item is made with recycled materials. Arrows on a light background mean the item can be recycled - a big difference.

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32. When buying plastics look out for the following recyclable types: PET (polyethylene terephthalate), HDPE (high-density polyethylene) and LDPE (low-density polyethylene).
33. Follow the lead of Friends of the Earth and the Women's Environmental Network which urge you to post excessive packaging to the guilty firm's HQ.
34. Avoid buying anything that boasts on its packaging that it is disposable - gloves, paper towels, cleaning cloths, bin liners, nappies, plastic cups.
35. Buy products with less packaging
36. Buy in bulk
37. If you use the dry cleaner, ask them to put several items in one plastic covering.
38. If you can't think of a use for something you don't want, take it to a charity shop.
39. Re-use good packaging such as paper, boxes, bags and bubble wrap or wrap gifts in fabric and tie with ribbon; both are reusable and prettier than paper and sticky-tape.
40. The best way to re-use is to repair rather than throw away.
41. Get children interested in our waste problem. Start by getting them to visit www.recyclezone.org.uk
42. Buy your own bee hive: without bees the planet would last for only 60 years (and honey is good for your health) www.bbka.org.uk
43. Use a nappy washing service: they use 32% less energy and 41% less water than home washing. **UK Nappy Helpline: 01983 401959**
44. Slow down. Driving at 50mph uses 25% less fuel than 70mph.
45. Wash your clothes with your flatmates' instead of wasting water on half-empty loads.
46. Turn down your central heating and put on a jumper.
47. Install a new condensing boiler, they are up to 30% more energy efficient than traditional systems
48. Take a brisk shower, not a leisurely bath, to save water.
49. Hold a Tupperware party. Airtight food containers can be reused; sandwich bags and plastic wrap cannot. www.tupperware.com
50. Choose energy-efficient appliances when you replace old ones.
51. Buy compact fluorescent light bulbs. They last eight times as long and use a fraction of the energy. www.saveenergy.co.uk
52. Join a library instead of buying books.
53. Get to know your neighbours; they are more likely to keep your home safe than energy-guzzling security lamps. You might even like them!
54. Recycle your car oil at a recycling depot or petrol station rather than in your driveway; it contains lead, nickel and cadmium and oil in the drainage system covers water in a thin layer suffocating life underneath.
55. Let them carry you off in a biodegradable cardboard coffin, saving trees, instead of burning your body at the crematorium. www.naturaldeath.org.uk

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56. Raise your glass to organic beer; conventionally grown hops are sprayed up to a dozen times a year. www.stpetersbrewery.co.uk
57. Take the plunge and move in with your partner so you light and heat one home rather than two.
58. Give a colleague a lift to work; if no one is going your way, join a carshare scheme to find a passenger. www.liftshare.com
www.carclubs.org.uk
59. Cook for friends. Large quantities of food use less packaging than the same quantity in individual portions (and take less energy to cook).
60. Copy Government Ministers by holidaying in Britain (but unlike them, skip the follow-up trip to Tuscany) there are thousands of amazing places to visit right here on our own little rock (no promises on the weather!). www.visitbritain.com
61. Refuse plastic carrier bags, or at least reuse them. Cloth bags are better.
62. Donate your leftover paint to a community project; Britons fail to use 6.2m litres of the paint they buy each year.
www.reuze.co.uk/paint.shtml
63. Drink tap or filtered water, not bottled. It is no accident that 'Evian' is naïve spelt backwards!
64. Invest in a washing line; tumble dryers devour electricity.
65. Put a 'hippo' or plastic coke bottle full of water in your toilet cistern to reduce the flush volume and save water www.hippo-the-watersaver.co.uk
66. Turn off TVs and stereos instead of switching them to standby.
67. Lighten up: paint your walls a pale colour, so you need less artificial light.
68. Only flush toilets if really needed; follow the Australian maxim: "If it's yellow that's mellow, if it's brown flush it down."
69. Improve the ambience and dine by candlelight, saving electricity.
70. Insulate your home. Cavity wall insulation can cut heat loss through the wall by up to 60%.
71. Buy from companies with eco-friendly policies; boycott those without www.ethicalconsumer.org
72. Soak up the sun; even in Britain, solar panels can produce a surprising amount of energy. www.solarcentury.co.uk
73. Clean the back of your fridge. Dusty coils can increase energy consumption by 30%.
74. Avoid air travel; it produces three times more carbon dioxide per passenger than rail.
75. Choose a car with a 3-way catalytic converter, to reduce nitrogen oxides and hydrocarbons emissions by 90%.
76. Ban blinds. Heavy curtains keep in more heat in winter.
77. Change materials as well as rooms; MDF and chipboard release formaldehyde, a carcinogen. Buy sustainably produced wood instead.
78. Cut up the plastic rings from packs of beer; they are invisible in water so wildlife can choke on them or trap themselves.

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79. Bring a mug to the office instead of using polystyrene cups.
80. Snap up a 36-exposure film instead of 24, reducing waste from packaging and processing. Better still get a digital camera!
81. Cancel that expensive gym membership and walk to work instead.
82. Drink more water, most of us are dehydrated most of the time
83. Reflect! Take time out from your day and spend 15 minutes thinking about yourself, your friends, family and the rest of the world, a great way to reduce stress (hopefully) and be more positive
www.stressbusting.co.uk and www.calmcentre.com
84. Improve yourself! Do a course of study or activity at your local education centre...learn a language, how to dance the fandango or knit sweaters from the fur of obscure south american mammals
www.learndirect.co.uk
85. Get out of debt if you can, we all get into difficult financial situations but there's always a way out. www.nationaldebtline.co.uk or www.cccs.co.uk
86. Be independent. Set up your own business, be your own boss and do something you really believe in www.businesslink.gov.uk
87. Work flexibly, get a work:life balance www.w-lb.org.uk
88. Buy wood only from sustainable sources www.fscoax.org
89. Vote! Get out there and make your voice and opinions count! – www.electoralcommission.gov.uk
90. Smile
91. Buy chocolates from proper chocolate stores, so they are not individually wrapped
92. Pretend Christmas has come early; turkey is more likely than chicken to be produced in the UK, while British-grown brussel sprouts require less transport than Kenyan mangetout.
93. Tell your friends and family about this list of simple things to do
94. Switch off your television and go out and do something less boring instead in a 'Why don't you' style www.whitedot.org
95. Laughter is the best medicine – see the funny side of life
96. Do something amazing, donate blood www.blood.co.uk
97. Carry a donor card and enable someone to www.uktransplant.org.uk
98. Buy only Marine Stewardship Council accredited fish products
www.msc.org
99. Don't fill the kettle to the brim every time you make a cuppa – save energy by only boiling as much as you need
100. Instead of buying yourself an expensive new outfit swap your clothes with your friends to reinvigorate your wardrobe

This list compiled by FUTERRA with the help of Friends of the Earth and Leo Hickman's Guardian column on ethical living

www.futerra.org