

CLIMATE CHANGE: - WHAT CAN I DO ?

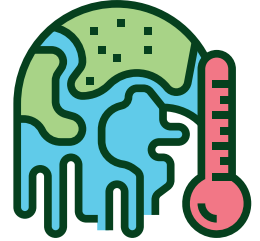
ROCKLAND ST MARY & HELLINGTON PARISH COUNCIL



The following check list has been produced by your Parish Council.

It is not an exhaustive list and we hope you will add your own ideas to it. It has been designed to remind us all of just some of the things we can do to reduce our carbon emissions and help take care of our planet.

Many of you will already be doing the things that are listed, some you may not find possible, but we hope everyone will give them a try.



In The Home:

- Switch lights off in empty rooms
- Use energy saving light bulbs
- Switch off and unplug any appliances when not in use
- Only boil the kettle with the amount of water you need
- Have your boiler serviced annually
- Take shorter showers
- Use your dishwasher only when fully loaded
- Use your washing machine at a lower temperature when possible
- Use non-toxic washing and cleaning products
- Use a bucket, not a hosepipe, when cleaning the car
- Look at ways to reduce your use of fossil fuels
- Turn down your heating thermostat if possible



Food:



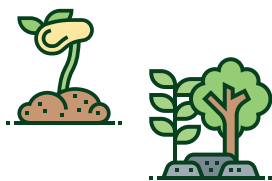
- Buy only what you need to avoid waste
- Shop locally where possible
- Buy fruit and vegetables that are in season
- Switch to tea bags that are not made of plastic material and do not use plastic sealant
- Have days when there is no meat on the menu
- Reduce your use of processed food
- Avoid pre-packed foods

Recycle/Up-cycle:

- Stop buying bottled water
- Use reusable water bottles
- Use paper bags for fruit and vegetables
- Use cloth bags for shopping rather than plastic ones
- Find a new home for unwanted clothes, toys and household items
- Put glass, paper, tins and plastic in the appropriate recycling bins



Gardens:



- Have a go at growing your own herbs and vegetables
- Plant insect friendly flowers and bushes
- Keep your grass: artificial turf is made from plastic
- Collect and use rainwater rather than use tap water
- Plant an appropriate tree if your garden is big enough
- Recycle garden waste

Transport:

- Walk or cycle wherever you can
- Use public transport where it is available
- Car share (* when corona-virus restrictions are lifted)



How long does it take for some everyday items to decompose if sent to landfill?

• Train ticket	—	2 weeks
• Paper towel	—	2-4 weeks
• Newspaper	—	6 weeks
• Cardboard	—	2 months
• Cotton	—	1-5 months
• Orange peel	—	6 months
• Cigarette filter	—	1-5 years
• Waxed milk cartons	—	5 years
• Plastic bag	—	10-20 years
• Leather shoes	—	25-40 years
• Tin cans	—	50 years
• Disposable drinks cups	—	50 years
• Batteries	—	100 years
• Plastic bottles	—	150 years
• Plastic straws	—	200 years
• Cotton buds	—	300 years
• Hairspray bottle	—	200-500 years
• Disposable nappies	—	450 years
• Fishing line	—	600 years
• Glass bottle	—	up to a million

If you would like to learn more about climate change and protecting the environment please go to the Internet, as there is a huge amount of information available online.

For example: - South Norfolk District Council Recycling - south-norfolk.gov.uk/recycle
Committee on Climate Change - theccc.org.uk
Met Office - metoffice.gov.uk
Intergovernmental Panel on Climate Change - ipcc.ch
United Nations and Climate Change - unfccc.int
Royal Horticultural Society - rhs.org.uk
Gardenersworld.com/climate-change