

Vision 2020

This vision is to encourage individuals to help combat Climate Change.

Here are 20 suggestions for you to help win the war, you do not have to start on 1st January 2020. Start any time and do as many of the 20 suggestions as you can for a year, this will help you reduce your uses of the world resources and should change wasteful habits!

1. Reuse is the biggest of the 3R's, before you throw anything even in the recycle bin, think, can I use this again for the same or a similar purpose. Reuse packaging, some plastic containers can be used in the freezer.
2. Make do and mend, sew on that button, or restitch that seam
3. Clothes outgrow? Don't just put them in one of those bags that come to your door, most of them send the clothing to be pulped, pass them down/on or send them to a Charity Shop, for reuse..
4. Don't buy any thing new, including clothing, presents, household goods where you can. Think before you buy; do I really NEED this? Or could I try to manage for awhile without!
5. How about making presents? Or if you have not the time you can often find unused unwanted presents in the local charity shop, maybe in your lunch hour!
6. Wash clothing and other things less, don't just throw it in the wash bin, think could I wear this again and return it to the wardrobe if possible!
7. When doing washing, try to make sure you have a full load.
8. Go back to using washing powder. It may not be so easy to use but it comes in cardboard boxes so much easier to recycle or reuse.
9. When the weather is looking dry always put your laundry out on the line to dry naturally.
10. Go back to using a bar of soap for: washing, showering, or bathing.

11. Cut down on your use of water. Try an all over wash at the basin, as our grandparents did this and have less baths or showers!
12. Try growing a few useful herbs, you don't need a garden to do this! Mint is a good one to start with and use a few leaves to make your own mint tea, so much nicer than the dried packet variety.
13. A small fruit tree will soon pay for itself in produce and last many years.
14. There is free fruit in season, often from self seeding fruit trees by the road side. Look out for them as you walk or cycle and go foraging, but remember do not take more than you can use on that day – share these free resources!
15. Eat less meat, perhaps a couple of meatless days a week, and vegetarians before you look too smug, how about you can you eat plainer food as well, saving on packaging!
16. Most people use a food waste bin; line it with used newspaper or other paper, do not buy special degradable plastic bags to use in them, if you are given one of these bags reuse them in the normal way until they start to degrade!
17. Most people have a freezer, so use it to store leftovers which are not likely to be used within a couple of days, waste less food.
18. Buy local when you can, especially fresh fruit and veg in season. Out in rural areas people often sell or give away at the gate any excess.
19. Cut out foreign holidays if you have them. Think what flying does to the atmosphere. Have a local holiday this year, when the children were small we rented a house only an hour away from home.
20. Is your car journey really necessary? Or could you cycle, walk or use a bus?