

<p>Buy less stuff – only buy what you need/really want, to avoid unnecessary waste.</p>	<p>Use a refillable drinks bottle – ditch the disposable plastic bottles.</p>	<p>Turn off the lights, when no-one is in the room, to save energy.</p>	<p>Say no to single use plastic bags – take a re-useable bag with you when you are out and about.</p>	<p>Start composting at home – use fruit/veg peelings, coffee grounds, tea bags, torn up egg boxes and grass clippings.</p>
<p>Turn off the water while you're brushing your teeth/washing your hands – you'd be surprised how much water you can save.</p>	<p>Wear an extra layer of clothing if you're cold – instead of turning the heating up.</p>	<p>Eat less meat – you could try going vegetarian for 1 day a week or more. Farming animals is bad for the environment as it uses lots of grain, water and land. This has a negative impact on biodiversity.</p>	<p>Send e-cards instead of paper ones or give your friends and family a call on special occasions instead.</p>	<p>Wrap presents in re-useable or recyclable wrapping – some wrapping paper contains plastic so can't be recycled.</p>
<p>Put food waste in your green bin – food waste is recycled at the kerbside so make sure you put it in your green bin and not your black one.</p>	<p>Use beeswax wraps or other re-useable containers - for your packed lunch/picnics.</p>	<p>Walk or ride your bike – if you're travelling somewhere that isn't far, use your legs rather than the car.</p>	<p>Use the bus or train – if you're travelling somewhere further, think about using public transport instead of the car.</p>	<p>Buy second hand clothes or do a clothes swap with your friends. Making new clothes is bad for the environment as it often uses a lot of energy and water as well as polluting rivers and seas.</p>