




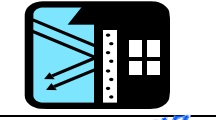



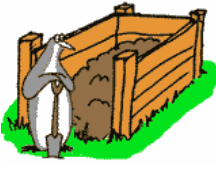
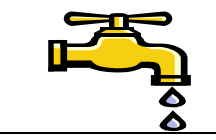
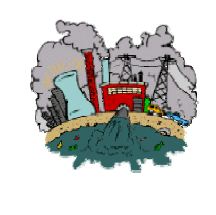


ENVIRONMENT - TOP TIPS FOR PARENTS: 12 easy ways to start making a difference:

	<p>1. CARS: If you need to drive, drive a fuel-efficient vehicle and limit the amount you drive - Could you walk, cycle, take the bus/train or car-pool for a couple of days a week instead? When you go on holiday, try to avoid FLYING!</p>
	<p>2. Switch to energy efficient heating and lighting systems: Replace the LIGHT BULBS you use most in your home with low-energy bulbs (compact fluorescents) - Energy saving light bulbs use 80% less energy and last 10 times longer than a normal light bulb!</p>
	<p>3. Turning down your central heating thermostat by just 1 degree can save you up to £30 a year on your heating bill. Don't leave the heating on when you're airing your home - there's no point in heating the street!</p>
	<p>4. Think about buying "green electricity" (e.g. Ecotricity, Good Energy) - Switching your electricity supplier is free and easy to do - visit www.uswitch.com, or ask your electricity supplier about switching to renewable energy.</p>
	<p>5. Switch off lights when you don't need them, and don't leave the TV, computer or stereo on standby - switch them off! This will also reduce your energy bills. (Unplug mobile phone chargers too!)</p>
	<p>6. INSULATE your hot water tanks, walls, loft, floors, and pipes to bring to your gas bill down - this is the most effective energy saving step you could take.</p>
	<p>7. Think about how much waste your home produces - reduce, reuse, recycle... Recycle and re-use paper (including junk mail), glass, aluminium, tin, plastic, clothing + plastic bags. Take old clothes/ shoes to a clothes bank- also buy second hand! Use recycled paper in your printer.</p>
	<p>8. Shopping - Avoid buying items with lots of packaging - buy in bulk for everyday things. Re-use when possible (take carrier bags with you to the market) + always recycle items that are recyclable. Be a conscientious consumer— Cut down food miles by buying locally-produced and seasonal food, learn about sustainability-friendly products (e.g. fair trade). Be less of a consumer - try to limit the amount of new stuff you buy... be a minimalist!</p>
	<p>9. Limit the amount of MEAT you eat: Meat production is extremely resource- intensive, it takes a lot of energy and land to produce. e.g. Livestock currently consume 70 percent of America's grain production! Don't buy exotic pets or products from endangered animals.</p>
	<p>10. Compost your food waste (rotting food creates greenhouse gases in landfill sites)- get a wormery! www.wigglywiggers.co.uk. Grow your own food... but remember not to use pesticides, as they can kill birds and other wildlife and pollute precious water resources. Plant trees. Plant native and drought-tolerant plants in dry regions to reduce water use.</p>
	<p>11. WATER: cut down your water usage at home - reduce flushing, put a hippo/ brick in your siphon, reuse 'grey' water to water plants or wash your car. When you're heating water for tea or coffee, don't use more than you actually need. Install an efficient/low flow showerhead (not a 'power shower')</p>
	<p>12. If you are buying a new washing-machine, refrigerator, dish-washer or oven buy the most energy-efficient model you can afford. They will pay for themselves through lower energy bills. Look for the energy efficiency 'A' label of the EU. Use the washing machine only when you have a full load, use eco-friendly washing powder that's suitable for low temperature washes. Always fill the dishwasher. Air-dry your clothes. For more tips - www.energysavingtrust.org.uk, www.wwf.org.uk/climatechangecampaign/tips.asp</p>