

www.soil-net.com: Reduce your Ecological Footprint
Live a more Eco-friendly lifestyle



We cannot always change the negative impacts of the way we live, but if we take more than our fair Earthshare then we may be taking it from the future generations who come after us.

<p>Reduce Your Transport Impacts</p> 	<ul style="list-style-type: none"> • Try to walk for short journeys - going to school, clubs and activities or visiting friends • Learn to ride a bicycle safely • Use public transport when possible • Try to share car journeys with family and friends • Travel by air as little as possible for holidays • Buy locally grown food
<p>Cut Energy Use</p> 	<ul style="list-style-type: none"> • Keep the heat in by drawing curtains and shutting doors • Turn the heating down and wear warm clothes indoors in the colder months • Switch off TV, computers and lights when not in use • Try and play with toys that do not use electricity • Consider buying energy-efficiency goods • Help to keep the house clean and there will be less need to vacuum
<p>Don't Waste Water</p> 	<ul style="list-style-type: none"> • Don't leave taps running when you brush your teeth or when you are washing vegetables or crockery • Use left-over water (e.g. from your water bottle) for watering plants • Consider whether you need to flush the toilet for every use – a third of household water is flushed down the toilet! A green saying goes 'If it's yellow let it mellow if it's brown flush it down' • Use a water-saving device such as a water-filled plastic bottle in the toilet cistern to save flushing water • Collect rainwater in a water butt for watering the garden or cleaning the car • Water the garden at night during the summer when there is less evaporation • Use less water, e.g. by sharing bath water in the family or having short showers • Wash crockery by hand rather than always use a dish washer • Wash full loads in the washing machine on low temperatures
<p>Consume Less</p> 	<ul style="list-style-type: none"> • Buy locally grown food or grow your own vegetables and eat seasonal food • Eat food with less waste packaging such as ready meals, fast food and take-away meals • Try to buy goods with less packaging when you shop • Try to look after your belongings rather than seek to replace them • Save paper and buy fewer comics - you could share or swap comics • Use the library more often • Consider passing on and sharing old clothes and toys • Bring your own plastic bags when shopping
<p>At Home</p> 	<ul style="list-style-type: none"> • Grow a natural wild garden and encourage wild life • Try to grow some vegetables without using pesticides or other chemicals • When you are decorating your home, help your parents to measure carefully and don't buy more materials than you need • Consider using eco-cleaning agents or reduce your use of polluting chemicals
<p>Waste Less</p> 	<ul style="list-style-type: none"> • Pass old clothes and toys to friends, family or charity shops • Help to compost household waste • Help to recycle paper, plastic, tins, cardboard and packaging • Bring old bottles to the bottle bank • Remember the saying 'Reduce, Reuse, Recycle'