

## **Sheffield U3A Sustainability Project**

The following suggestions are to help people reduce their environmental footprint and so help to reduce their impact on global warming. In many cases they do not involve financial cost and will even save money.

### **1. My Home**

Install:

Loft insulation

Jacket on hot water cylinder

Cavity wall insulation

Micro wind turbine after checking your location characteristics

Photovoltaic cells

Draught excluders - windows, doors, floors, but allow for some ventilation

Solar water heating panels / gas condensing boiler

Thermostats on central heating equipment

Double glazing

Lag exposed pipes

Fit low energy light bulbs

Vary times on central heating system

Reduce temperature by 1 C on central heating

Draw curtains to keep heat in

Put out the lights when you leave a room

Do not leave equipment on stand by - computer, TV, VCR etc.

Buy Green Energy electricity

Defrost fridge/freezer regularly

Put a box in empty fridge/freezer free spaces - reduce amount of air being frozen

Cook with lids on pans

Check energy efficiency when buying electrical and gas equipment

Use mains electricity or rechargeable batteries rather than ordinary batteries

Use non-VOC paint, solvents, preservation finishes

Stop junk mail through Mail Preference Service

## **2. My water use**

Fix leaking taps

Turn taps fully off

Have a shower rather than a bath

Use plugs in basins and sinks

Put a water hippo in water cistern

Turn taps off when cleaning teeth

Use washing machines and dishwashers only on full loads

Fill kettle with only the water you need

Install water butts to collect water from roofs.

Think before using water; energy is needed to purify and water and transport it to your home.

Use lowest temperature when washing clothes

Install low flush/double flush in toilet system

## **3. My recycling**

Check whether what you buy can be recycled

Keep and reuse envelopes

Use blank side of paper you receive for rough work

Recycle newspapers, magazines, bills, junk mail, wrapping paper.

Recycle plastic packaging from goods bought

Recycle glass

Charity shops allow you to recycle clothes.

Cans and silver paper can be recycled

Take books to charity shops or send to "Feed the Minds"

Opticians will recycle glasses

Dispose of waste oil, paint, solvents, and batteries safely.

## **4. My shopping**

Use bags for life and avoid plastic bags

Use local shops or farmers' markets to reduce travel emissions

Cut travel emissions by not buying imported goods where possible

Choose goods with minimal packaging

Reduce car use by getting shops to deliver

Shop on the internet to reduce your journeys to shops

Buy recycled paper and other recycled goods

Buy Fair Trade products

Only buy what you need and reduce waste.

## **5. My garden**

Install water butts to collect rain water

Water plants in evening to reduce evaporation

Mulch water loving plants to reduce need to water

Have a compost bin for garden and kitchen waste

Develop eco-friendly habitats and plants for frogs, birds, hedgehogs

Have a pond to help wild life: also a base for a range of different plants

Grow vegetables and fruit in your garden

Try to keep to native plants

Use pesticides and chemical sprays as little as possible.

Avoid products with peat in them

Compost egg boxes

Compost garden clippings and twigs

Collect fallen leaves and store for a year to make compost

## **6. My Travel**

Reduce car use; use a bicycle, walk or use public transport

Ensure car tyre pressures are correct

Accelerate slowly

Avoid sharp breaking

Consider whether you need holidays involving long flights

Consider having holidays in Britain

Check destination weather condition before travelling

Travel with minimum luggage as a result

## **7. Some Challenges**

Shop locally - but not at supermarkets

Buy locally produce food and goods - not imported

Reduce car use - cope with public transport

Become vegetarian - meat production consumes many resources

Holiday in the UK - no flights to the sun, snow or 'far away places'

Live a simple lifestyle - reduce your environmental footprint