

Greener Cleaner Fulford

Just One Thing

I can do to help the planet
(Health, Food, Environment)



Climate change and damage to the ecosystem affect us locally and globally - more unstable weather, more plastics and chemicals in the natural environment.

It can be difficult to know what to do, so here are some ideas. Start with 'just one thing' and start with the easiest. This will be different for everyone - but we'll be in it together.

Post what you're doing on Fulford Community Facebook page. Or write something the Parish Council can put on its website!



Health

- Walking or cycling to school is good exercise and cuts down traffic congestion and improves air quality.
- Riding your bike, walking, or taking public transportation are all great ways to reduce your carbon footprint and your stress level at the same time.

Fulford to York Centre

Car - 15 minutes

Bike - 17 minutes

Bus - 18 minutes

Walking - 45 minutes

- If you can walk or cycle it is a great way to get exercise and enjoy the river path. Or try and arrange car sharing if you need to drive.
- Turn your engine off when you are parked or waiting in a queue. Air pollution causes health issues, especially in developing lungs.

Food

- Buy locally produced food, look for organic and ethically produced food.
- Reduce the amount of food you buy which is wrapped in plastic.
- Eat a more plant-based diet and replace two of your meat or fish meals with a meat substitute or more vegetables.
- Reduce the amount of food you waste or throw away, save the leftovers for another day.
- Try a milk substitute on your cereal or in tea and coffee (oat milk or European soy are best for sustainability, not almond).



Environment



- Don't mow your lawn as much or leave areas to grow, cutting it just once or twice a year.
- Plant or sow native wild flowers, shrubs and trees.
- Create space in your garden for wildlife. Let one corner go wild!
- Allow hedgehogs and other wildlife into your garden - make a gap under your fence.
- Install a water butt or two (this can save you money too!).
- Dig a wildlife pond (or place a large container in the ground).
- Reduce or stop using pest and weed killers as this can poison all wildlife in your garden.



For more ideas visit <https://zero.giki.earth/>