

# Greener Cleaner Fulford

## Just One Thing

*I can do to help the planet*  
(Reduce, Reuse, Recycle)



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!

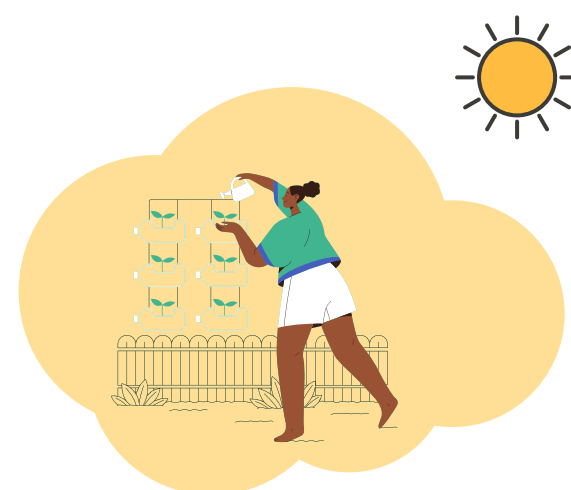
### Reduce



- By turning your thermostat down by one or more degrees during the day and at night you can save up to 10% on your bills.
- Turn off the lights when you leave the room (this can save up to £14 a year).
- Turn off and unplug appliances when not in use (potential saving of £35 a year).
- When light bulbs need replacing buy LED or low energy bulbs (£2-3 saved per year for each bulb replaced or £40 a year if all bulbs are replaced with LEDs).
- Install insulation and double-glazing to keep the heat in your home (up to £250 per year saved in energy bills).
- Install solar panels for generating energy/heating/hot water (expensive to install but could save 15-25% on your energy bills).
- Install room thermostats or a smart heating control system (having more control over your heating could save you up to £110 a year).

### Reuse

- Buy a reusable water bottle and fill up at home or when you are out.
- Buy a hot drinks cup and get a discount at most outlets.
- Use a bag-for-life when shopping (Fulford Parish Council have free reusable bags).
- Try using resealable containers instead of clingfilm.
- Buy clothes from a charity shop, or choose better quality clothes that last longer.
- Try buying food not wrapped in plastic or products in plastic containers.
- Refill bathroom and kitchen containers with environmental friendly products.



### Recycle



- Recycle your old mobile phone.
- Buy second-hand clothes.
- Sell or free cycle unwanted household items.
- Recycle as much as possible using curb side collections.
- Collect up tetra packs and other household waste like aluminium foil, plastic bags, contact lenses and crisp packs and take them to local collection points.
- Compost food scraps at home.
- Make full use of your garden waste bin.



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