

# Want to save the planet?

But just don't have the time?

Here's 10 ways to start doing your bit - with virtually no effort at all...



1

**Turn computers and other equipment off** completely when you're not using them. Incredibly, a machine on stand-by uses almost as much energy as when you are using it.

2

**Get rid of plastic cups.** They take huge amounts of energy to produce and remain in land-fill sites for generations. If you really can't use real glasses and cups, re-use your own plastic cup more than once.



3

**Don't waste** paper clips, staples, pens or anything else. They may seem small but we throw away millions a year and they simply remain in land-fill sites for generations.



4

**Turn off lights** when you leave a room - and switch to energy-saving bulbs



5

**Go veggie once a week.** Breeding cattle and sheep for meat uses far more resources than vegetable crops.



8

**Use both sides of the paper** in your printer and the photocopier. It may be just paper but we need a forest the size of Wales to provide a year's worth of paper for the UK.

6

**Ditch the car** and walk or cycle to work once a week. Live too far from work to walk? Park up 15 minutes away and get out and walk.

7



**Switch to Fairtrade coffee** which ensures a better deal for disadvantaged producers in the developing world

9

**Give away old computers** and other office equipment to local charities who can re-use them. Contact your local voluntary service council to advertise them.



10

**Don't overcharge your mobile.** If it is plugged in, the charger keeps on charging wasting a vast amount of energy on an already fully-charged phone.

**More information:**  
[www.recycle-more.co.uk](http://www.recycle-more.co.uk)  
[www.liftshare.com](http://www.liftshare.com)  
[www.fairtrade.org.uk](http://www.fairtrade.org.uk)  
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