

Looking after our surroundings

Action	Not able to	Sometimes	When I can	All the time
Don't drop litter				
Clear up after your dog				
Report graffiti				
Don't fly-tip or dump grass cuttings etc. on other people's land				
Dispose of waste electronic & electrical equipment, other hazardous waste, oils and medicines properly (avoid pollution) – take them to your local household waste site				
Add your steps:				

Using sustainable supplies

Action	Not able to	Sometimes	When I can	All the time
Buy local goods and produce				
Shop at a local farmers market and local shops				
If buying imported goods and produce buy fair-trade				
Use recycled materials such as paper, ink cartridges etc				
Buy products bearing the 'sourced from sustainable materials' logo				
Add your steps:				

Printed on recycled stock



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Service with integrity, equity and empathy



Steps for sustainability - the challenge



Are you ready to make a difference to the planet, your surroundings, your way of life and yourself? If so, read on.

Here are some steps you can take individually or, to make the challenge greater, as a family. Tick the boxes as you take each step and then add more steps you want to take to move you further along the sustainability trail. Once you've begun you might like to encourage others to join and make the difference even greater. You could make it a competition to see who ticks the most boxes first.

Family Member: 1	Family Member: 2	Family Member: 3	Family Member: 4	Family Member: 5
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The steps cover 5 broad areas:

- reducing waste
- addressing climate change
- promoting health and well being
- looking after our surroundings
- using sustainable supplies.

Don't be overwhelmed, or think you're not 'green enough', its all about ordinary people doing ordinary things differently.

Good luck!

Reducing waste

Action	Not able to	Sometimes	When I can	All the time
Refuse extra packaging/buy loose goods				
Re use shopping bags/use 'long-life' bag				
Stop junk mail (Tel. 0845 703 4599 or visit www.mpsonline.org.uk)				
Recycle at kerbside/bring banks				
Compost garden/food waste				
Give reusable items to charity				
Only put out one black bag of refuse each week (at the most)				
Add your steps:				

Addressing climate change

Action	Not able to	Sometimes	When I can	All the time
Switch off electrical appliances when not in use (no standby)				
Use low energy light bulbs				
When buying new electrical appliances chose a high energy efficiency rating				
Walk, cycle or use public transport (rather than the car)				
Car share				
Use bio-fuel				
Reduce the number of car journeys undertaken				
Don't 'overheat' where you live (turn the thermostat down)				
Measure your carbon footprint (www.myherefordshire.com)				
Add your steps:				

Promoting health and well-being

Action	Not able to	Sometimes	When I can	All the time
Eat 5 portions fruit & vegetables a day				
Stop smoking				
Keep alcohol consumption limited (21 units for men; 14 units for women per week, with some alcohol free days)				
Reduce fatty/processed food consumed				
Walk/cycle/exercise at least 3 times a week				
Know (and maintain) your weight to height balance				
Have a good work/life balance				
Think 'safe' (as a pedestrian/driver, at home and at work)				
Have respect for yourself, others and your environment				
Add your steps:				