

Your Guide to going Green



Vicky Ford MP

A **FREE** information
booklet from your local
Member of Parliament

How can you save money?

Our environment affects everything – from the air we breathe to the water we drink.

But protecting our environment is not only good for our children and grandchildren. It actually helps you save money.

So I've written a short guide to help you protect our environment – and keep your cost of living down. If you've got any questions, just get in touch: vicky.ford.mp@parliament.uk.

Vicky

Vicky Ford MP



How to make your home more environmentally friendly

Don't send money down the drain

It doesn't take much to save water. And the more water you save, the more money you save.

Turning off the tap while you shave or brush your teeth helps to keep water-use down.

And installing a low-flow showerhead can save up to 160,000 litres of water for a family of four. That's a lot of water – and a lot of money – saved!

Keep an eye out for leaks, too. They're one of the biggest culprits when it comes to wasting water.

Are you plugged in?

Electricity is a massive part of household bills.

And using lots of electricity has a big effect on the local environment.

Did you know that if something's plugged in, it's using energy? That's the case even if the appliance is turned off!

So, to save money and our environment, why not unplug the things you aren't using?

You could also buy an extension lead with an on/off switch. That way, you can be sure your appliances aren't using energy. And doing this can lower your monthly energy bill by up to 10%.



Keep it natural

We all want to keep our homes clean. But we often pick the more expensive cleaners – which can contain harsh chemicals.

These chemicals go into our water supply – and that means the water needs more purification before it's safe to use again.

So instead of using chemical cleaners, why not pick natural ones? For most day-to-day cleaning, natural products will do the same job as chemical ones. But they'll save you money and help reduce the amount of purification our water needs.

Speak to your energy supplier

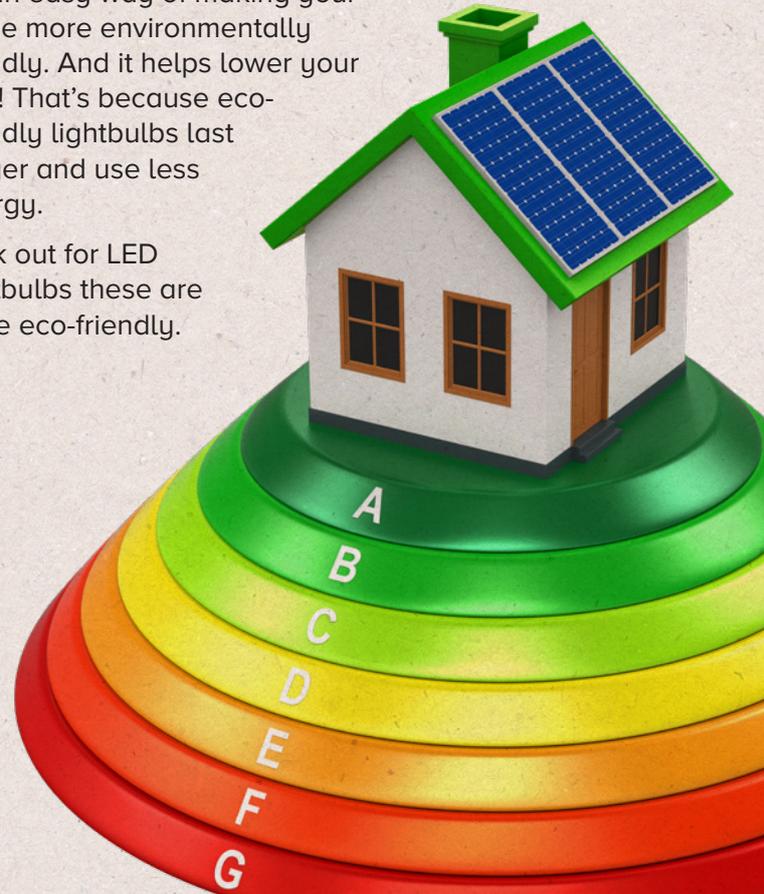
Did you know that some big energy suppliers give extra help to people on certain benefits?

So check your energy supplier's website to see whether they offer anything for free – like insulation for your home. Every action, no matter how small, can help our local environment and save you a bit of money.

A bright idea

Switching to eco-friendly lightbulbs makes sense. It's an easy way of making your home more environmentally friendly. And it helps lower your bills! That's because eco-friendly lightbulbs last longer and use less energy.

Look out for LED lightbulbs these are more eco-friendly.



Lose the plastic

Did you know, plastic bags can take between 400 and 1,000 years to decompose? In other words, it hurts our environment – particularly our oceans and sealife.

In fact, plastic bags and bottles that end up in our oceans kill about 1,000,000 sea creatures every year.

But there are ways to use less plastic. Take a look at the top ten tips to cut down on plastic!



TOP 10 TIPS

to reduce your plastic footprint...



- 1 Try a reusable bottle – instead of a plastic one
- 2 Buy canned drinks instead of bottled drinks
- 3 Say no to plastic straws or stirrers
- 4 Bring your own containers to shops and takeaways
- 5 Use your own bag for life at the shops
- 6 Take your own coffee cup to the café
- 7 Use bars of soap – which work just as well as liquid in bottles
- 8 Buy washing powder in a cardboard box
- 9 Drink tap water instead of bottled water
- 10 If you can't find an alternative to single-use plastic, make sure to recycle it

saving money and the environment...



Buy local!

Why not try buying local food? Local food in season not only tastes better – it's also very often cheaper. And why not buy loose fruit and veg? That way, you cut out the plastic packaging.

Put your socks up

Instead of using a tumbledryer, why not hang your clothes up?

Dryers are expensive and use a lot of energy. Hanging washing up to dry not only helps our environment – it also helps to preserve your clothes.

Reuse it or lose it

The average family throws away 480 plastic bottles each year. That's a lot of plastic – and a lot of damage to our environment.

Buying a reusable water bottle saves

you money – and stops so much plastic ending up in our seas.

Did you know that thousands of shops, restaurants and hotels offer free water refills for reusable bottles? Even if you're not a customer! This is part of a Water UK campaign – which aims to get tens of thousands of places in England to offer free water to people with reusable bottles by 2021.

And it's worth getting your own reusable coffee cup. Lots of coffee shops offer a discount for people who bring their own cup!

Sell your plastic bags

Shops like Ocado and Morrisons pay to take your bags – if you shop online and return them to your delivery driver. They pay 5p per bag. And you're helping to save the environment, because they recycle your bags.

Bamboo... for your teeth?

Plastic toothbrushes can take 1,000 years to decompose. So they're toxic to our environment.

But you can now buy bamboo toothbrushes. They use less energy when they're being produced – and they're biodegradable. So why not give one a go?

The best bit is that bamboo is naturally antimicrobial. In other words, bamboo helps keep your mouth even cleaner.

Save your skin

Disposable razors are full of plastic. So switching it for a stainless-steel razor makes sense. They last longer – and they use less plastic. That means you're saving your cash as well as your environment!



what can I recycle?

Did you know that almost all your day-to-day waste can be recycled? Take a look at the list below!

- ✓ Household batteries
- ✓ Fridges and freezers
- ✓ Books, DVDs and CDs

- ✓ Garden waste
- ✓ Hard plastic
- ✓ Large appliances

- ✓ Metals
- ✓ Small electrical appliances

recycle symbols explained



Widely Recycled

This label is applied to packaging that is collected by 75% or more of local authorities across the UK, for example plastic bottles.



Widely Recycled - Rinse

Rinse packaging, for example food trays, ensures that any food residue doesn't contaminate other materials, particularly if they are collected together with paper.



Widely Recycled - Rinse, Lid On

You might see these on a glass jar. These items should be rinsed and their lids left on. Even though the lid of the jar might be metal the metal is separated from the glass by the glass recyclers and goes off to be recycled elsewhere.



Widely Recycled - Flatten, Cap On

Flatten – you might see this on plastic bottles and drinks cartons. Squashing or flattening the packaging means that you have more space in your recycling bin. It also makes the transport of recycling much more efficient – less air, more recycling, better for the environment.



Recycle sleeve separately

Sometimes the sleeve of a product can be recycled if so this symbol will be on the packaging. If the sleeve is not recyclable, you will need to remove the sleeve and put it in the waste bin.



Widely Recycled at Recycling Centres

This symbol identifies items that can be widely recycled at recycling centres. Check with your local council.



Check Locally

This label is applied to packaging This label is applied to packaging that is collected by 20-75% of local authorities across the UK, for example some types of plastic packaging.



Not Yet Recycled

This label is applied to packaging when less than 20% of local authorities collect it across the UK, for example crisp packets.



The Green Dot

The Green Dot is a symbol used on packaging in some European countries and signifies that the producer has made a financial contribution towards the recovery and recycling of packaging in Europe.



Mobius Loop

This indicates that an object is capable of being recycled, not that the object has been recycled or will be accepted in all recycling collection systems. Sometimes this symbol is used with a percentage figure in the middle to explain that the packaging contains x% of recycled material.

recycle symbols explained



Plastic resin codes

This identifies the type of plastic resin used to make the item by providing a 'Resin Identification Code'. It is represented with a 'chasing arrows' symbol surrounding a number between 1 and 7 that defines the resin used.



Glass

This symbol asks that you recycle the glass container. Please dispose of glass bottles and jars in a bottle bank, remembering to separate colours, or use your glass household recycling collection if you have one.



Recyclable aluminium

This symbol indicates that the item is made from recyclable aluminium.



Recyclable steel

This symbol means that the product is made of steel. All local authorities collect steel cans for recycling. Other steel or metal items can be taken to your household recycling centre.



Tidyman

This symbol from Keep Britain Tidy asks you not to litter. It doesn't relate to recycling but is a reminder to dispose of the item in the most appropriate manner.



Waste electricals

This symbol explains that you should not place the electrical item in the general waste. Electrical items can be recycled through a number of channels.



Compostable

This logo shows that products are able to be compostable. Compostable plastic should be separated from other plastics; as it is designed to break down it cannot be recycled and contaminates recyclable plastics. Plastics that carry this symbol can be recycled with your garden waste or through your local authority.



Home composting

In addition to the seedling symbol for industrial composting, you may see this one which means that it is suitable to be home composted.



Paper, card and wood

The Forest Stewardship Council (FSC) logo identifies wood-based products from well managed forests independently certified in accordance with the rules of the FSC.

useful contacts



■ Keep Britain Tidy

9–13 Kean Street, London WC2B 4AY

t: 020 7420 4400

■ Oxfam

34 Strutton Ground, London SW1P 2HR

t: 0300 200 1300

e: support@oxfam.org.uk

■ Surfers against Sewage

Unit 2, Wheal Kitty Workshops

St Agnes, Cornwall

TR5 ORD

w: sas.org.uk

e: info@sas.org.uk

■ Royal Horticultural Society

80 Vincent Square

London

SW1P 2PE

t: 020 3176 5800

e: gardeningadvice@rhs.org.uk

■ Royal Society for the Protection of Birds

RSPB The Lodge

Potton Road

Sandy SG19 2DL

t: 01767 680551

w: rspb.org.uk

■ Woodland Trust

The Woodland Trust

Kempton Way

Grantham

Lincolnshire NG31 6LL

w: 0330 333 3300

e: england@woodlandtrust.org.uk

**I hope you've found
this guide useful.
If you have any
questions, please
get in touch.**

Vicky Ford MP

Member of Parliament for Chelmsford

✉ **88 Rectory Lane, Chelmsford, Essex CM1 1RF**

@ **vicky.ford.mp@parliament.uk**

🌐 **vickyford.uk**

📞 **01245 352 872 / 020 7219 0138**

f **@Vicky4Chelmsford**

🐦 **@vickyford**

📷 **@vickyfordmp**

