

## St Laurence's Live Simply ideas and suggestions:



- 1.1 Praise God for the wonderful world he has created
- 1.2 Pray for climate change/ for others less fortunate than you /justice and equality
- 1.3 Plant a tree for Baptism or Holy Communion
- 1.4 Say thank you
- 1.5 Be kind to someone/lookout for neighbours and volunteer to help

- 2.1 Assess your own carbon footprint – how does your lifestyle impact on the environment – can you make any improvements?
- 2.2 Cycle or walk to church/school/work instead of coming by car
- 2.3 Carshare or go by public transport
- 2.4 Switch off telly/your phone and read a book/play a game with all the family Spend time outside with your family/go for a walk
- 2.5 Turn lights off when you go out of a room
- 2.6 Turn off electrical devices when you are finished with them – eg TV, phones, computers – don't leave them on standby
- 2.7 Turn down the heating by 1 or 2 degrees – put on a jumper instead

- 3.1 Look around you at the beautiful world God has made: be kind to nature:
- 3.2 Grow plants that attract bees and other wildlife
- 3.3 Put birdfeeders or bat boxes in your garden
- 3.4 Cut a hole in your fence (ground level) to let hedgehogs go through
- 3.5 Compost kitchen waste
- 3.6 Don't drop litter - pick it up and put in the bin eg chewing gum, packaging
- 3.7 Buy less take away food in disposable packaging
- 3.8 When buying groceries avoid excessive packaging: choose loose fruit and veg where possible
- 3.9 Use re-usable bags for your shopping
- 3.10 Always have the 3 R's in the back of your mind: Reduce, Reuse and Recycle
- 3.11 Recycle paper – use both sides; avoid waste
- 3.12 Recycle unwanted tools to artisans in Africa, with charity 'Tools for Self Reliance' - Contact Jim Infield on 07952-705684

- 4.1 Eat less meat and pay attention to the source of your food eg miles travelled
- 4.2 Select fish from sustainable fishing/line-caught fish Buy food that is locally grown or in season
- 4.3 Grow vegetables in your garden – for you and your local food bank
- 4.4 Use less water and don't waste water eg while taking a shower or cleaning your teeth
- 4.5 Assess your need for new households goods/electronics – is the item still functional? If so do you need to buy that new phone/TV/kitchen units bathroom
- 4.6 Think about the lifecycle of your product from creation ie resources required to disposal
- 4.7 Donate your items for reuse if possible eg to charity shop and purchase from charity shops where possible. Set up or donate to a second hand school uniform exchange.
- 4.8 Participate in CAFOD fast days and donate the money saved
- 4.9 Switch to renewable energy companies ie electricity
- 4.10 When buying new electrical goods, make sure they have an 'A' energy rating
- 4.11 Avoid batteries but if you need to use them use rechargeables.
- 4.12 Don't store unnecessary data eg surplus photos/emails in the cloud – clear the data clutter!
- 4.13 Travel less especially by aeroplane/take a holiday by train

THERE IS NO PLANET B!