

WHAT'S YOUR GREEN ACTION?

They don't have to be big actions - small actions matter too.
We've written a list below to help you get started.

Home

- #01 Switch traditional light bulbs to LED bulbs
- #02 Switch to a green electricity tariff – ask your provider or use a price comparison site
- #03 If it's not dirty, wash at 30 degrees
- #04 Open the blinds or curtains and use natural light instead
- #05 Unplug electronic devices when they aren't in use
- #06 Hang-dry your clothes instead of using the dryer
- #07 Recycle more of your waste
- #08 Eat more locally sourced food
- #09 Reduce food waste
- #10 Use a reusable water bottle
- #11 Plant your own vegetable garden or herb box
- #12 Start composting
- #13 Buy second hand
- #14 Insulate your house
- #15 Bring your own shopping bags
- #16 Turn off your engine while queuing
- #17 Make your own lunch – ditch the meal deal!
- #18 Use old t-shirts for rags
- #19 Plant a tree
- #20 Shop local
- #21 Make meals from scratch
- #22 Visit a country park
- #23 Try turning your heating down by 1 degree
- #24 Turn off the tap when brushing
- #25 Buy fruit and veg which is in season
- #26 Water plants with collected rainwater
- #27 Wear it out - don't replace clothes until worn out
- #28 Think twice before hitting 'print'
- #29 Reuse scrap paper
- #30 Fix those dripping taps or toilets
- #31 Don't use a screen saver use sleep mode
- #32 Always recycle glass (it takes a million years to decompose)
- #33 Create a log or leaf pile in the garden
– great habitat for insects!
- #34 Re-use gift wrap paper
- #35 Shower rather than bathe
- #36 Donate old clothes, toys and books to charity
- #37 Use the shoe repair shop
- #38 Put a lid on your pans - cooks quicker
- #39 Create a small hole in your garden fence or gate
to allow mammals like hedgehogs to visit
- #40 Don't use single use carrier bags
- #41 Use rechargeable batteries
- #42 Draft proof your doors, floorboards and windows
- #43 Put on an extra layer instead of switching up the heating
- #44 Join the library (re-use a book)
- #45 Recycle your birthday cards
- #46 Only boil the amount you need in the kettle
- #47 Shop less
- #48 Grow your own
- #49 Make jam
- #50 Put plants that attract bees and butterflies in your garden

- #51 Create a wildlife friendly area

Work

- #52 Turn off your computer and monitor when you leave work
- #53 Turn off your computer when you're not using it
- #54 Open the blinds, let in the daylight
- #55 Open the window rather than turn on the fan
- #56 Aim for a paperless office
- #57 Reuse scrap paper
- #58 Use video and conference calls
- #59 Schedule more than one meeting per business trip
- #60 Use public transport where you can
- #61 Avoid rush hour, work from home
- #62 Leave a mug or glass at work instead of using
single-use cups
- #63 Reduce your paper waste
- #64 Buy recycled and chlorine-free paper
- #65 Turn lights off when nobody is using a space
- #66 Get a plant and place it on or near your desk
- #67 Use a water hippo to reduce flushing
- #68 Pack your lunch in a reusable lunch bag or box
- #69 Deleting files saves energy
- #70 Bring a jumper to work in winter (run a cooler office)
- #71 Last one out turns off the electrical equipment
- #72 Eat in, or bring your own, rather than using
takeaway cutlery and containers
- #73 Follow the 3R's: Reduce, Reuse, Recycle
- #74 Ask your pension scheme to invest in green industries
- #75 Ask your canteen to source locally

Transport

- #76 Drive more slowly
- #77 Use cruise control
- #78 Try car sharing
- #79 Turn off your engine while queuing
- #80 Map a two-mile circle around your house
and walk everywhere within it
- #81 Work from home one day each week if you can!
- #82 Ride a bike
- #83 Holiday in Kent this year
- #84 Open the car window rather than turning on the air con
- #85 Accelerate slowly
- #86 Anticipate stopping and brake gently
- #87 Travel by bus
- #88 Travel by train
- #89 If you can walk or cycle to work
- #90 Consider switching to a plug-in electric or hybrid car
- #91 Avoid travelling by car at peak times to reduce congestion
- #92 Stay with family and friends on holiday
- #93 Plan your journey (avoid getting lost!)

#94 What

#95 will

#96 your

#98 Green

#99 Action

#100 be?