

TAKE THESE TIPS AWAY, AND ADD TO THEM

REDUCING FOOD WASTE

1. **Plan meals** to avoid buying more than you **bread** need.
2. Keep in the freezer and take out when required.
3. Boil up **chicken carcass** with carrot tops and veg peelings to make stock for soup/risotto.
4. Over ripe, even black, **bananas** can be used to make banana bread or muffins.
5. Flat **lemonade**? Cut flowers like it.
6. The **oil** from jars of sundried tomatoes or olives is good for stir fries.
7. **Grated cheese**, if mixed with a bit of cornflower will not clump and freezes well. Don't handle cheese as it will get mouldy, use gloves

SAVING WATER

1. 5 minute **showers** & use a bucket to collect the surplus.
2. Run water into basin **using plug**.
2. When running the **hot tap**, collect the otherwise wasted cold water in old washed milk cartons.
3. Keep **jug of water** in the fridge.
4. Use **wash up bowl** for washing up and tip the used water onto garden beds.
5. Have **water meter** fitted

SAVING ENERGY

1. Dry **clothes** outside when possible; if folded straight away rarely needs ironing.
2. Don't leave **electrical equipment** on standby.
3. Only **boil the amount of water** you need; surplus can be stored in flask.
4. Charge your **mobile phone** in the car or bus or train or airport.
5. If the day is windy hang out **clothes** just to air them rather than wash.
6. Cooking with **electricity**? Turn off power before end of cooking time to use residual heat.
7. Using **slow cookers** is much more economical than the oven, better for tenderizing tougher cuts of meat

SAVING PETROL OR DIESEL

1. **Walk, bike or bus or car share**.
2. **Buy local**.
3. Remove **roof box/bars** to avoid drag, increasing fuel consumption.
4. Empty out **car boot** to avoid extra weight

RECYCLE IT

1. If **upgrading phones or computers, tablets**, the Nerd Herd, run by Kevin Woodgate (07900 141155) will wipe and refurbish for schools etc.
- 2.

Wash and reuse **aluminium foil**. 3. **Shredding** - tear name & address off any post, compost or put in food waste – no need to shed the whole item. 4. **Plastic bottles and cans** , crush to take up less room. 5. Alexander Vets in Clevedon will take empty **blister packs**. 6. Old **printer cartridges**.....who takes them? 7. Old **batteries** are collected in most supermarkets. 8. Sort & save all **flat pack leftover screws** and bits for the next little job. 9. Use a knife to open **envelopes** & then reuse the envelope. 10. **Used stamps** are collected by Helen Long for Mothers Union. Make sure they are neatly with 1 cm round them. 11. Keep **shopping bags** in the car, and **fold up bags** in your pocket/handbag. 12. Save empty washed **margarine & ice cream tubs** when taking a meal to someone or storing stuff in fridge/freezer. 13. **Reuse bags** from bread, fruit for taking food on picnics or use in food waste bins. 14. Bring home the napkin offered in cafes if barely used. Good for runny noses & wiping out greasy pans. 15. Gift bags, boxes, clothes can come with ribbon – use up in all sorts of ways! 16. Old Christmas & birthday cards can be cut up to make gift tags or gift boxes if big enough.

GARDEN

1. Soak **bananas** skins in water – good for roses and root growth. Also soak **nettles** for similar benefit. 2. Use **grass clippings** for a little mulch round plants. 3. **Teabags and coffee grounds** can be composted. Many cafes are happy to save their coffee grounds for you. 4. **Egg shells** ground up very small & added to soil provide calcium, an essential nutrient for plant growth. 5. Use water from **boiling eggs** to water plants.

RANDOM TIPS

1. Have a **take away cup** in your bag when going out; some places offer a discount on drinks.
2. Don't use **cling film** to cover food; foil or a plate or lid can be washed and reused
3. **Milk and More**. Milk (in glass bottles) and groceries delivered 3 times a week. milkandmore.co.uk
4. **Clevedon Pride**; gardening team 01275 874097; litter picking team, Monday mornings meet in Queens Square 01275 878711