

President's "Little Changes" Challenge 2021/22

Our planet is struggling under the weight of human usage of resources and also the relentless encroachment of plastic in our lifestyles. If everyone does what they can - whether that is a lot of changes or just the odd one - we can all help to save our planet.

Where can we all change what we do/ what we buy to help the Planet - can we get to 100 for the Centenary:

Change No	Reduce/Reuse/Recycle/Change	Action	Details	Benefit to planet sustainability or economic
1	Change	Trade Aid UK Sugar	Granulated and Caster Sugar - sold at Tesco	Profit to support farming projects, health care, water, schooling, eye care, widows and orphan support, emergency aid relief, conflict relief
2	Recycle	Biscuits packets	At Cockermouth Library	
3	Recycle	Electric toothbrush heads from LiveCoco (Braun, Oral B, Superdrug, Aldi - with circular brush)	Brush heads made from recyclable plastic - closed loop. You send brush heads back and they are recycled	Reduce plastic
4	Recycle	Foil Pet Food Pouches	Collected at WCF Cockermouth	Terracycle donation to...
5	Recycle	Pill packets (blister packs)	Collected at All Night Pharmacy, Whitehaven Lost track of where this recycling is up to?	Terracycle donation to Cockermouth Mountain Rescue
6	Recycle	Ring Pulls	Claire collects to send to PCF	Support work of PCF in Philippines
7	Recycle	Soft plastics including pet food and biscuit packets	Sainsbury's, Tesco and Morrison	Reduce landfill
8	Reduce	Buy goods from Plastic free shop	Goodness and Grain in Cockermouth, Another Weigh in Penrith	Mainly organic produce sourced from environmentally and economically accredited sources. Reduction in plastic packaging and reduced carbon footprint for local products
9	Reduce	Buy vegetables/meat/fish locally sourced	Use local butchers, fishmongers and veg box schemes	Reduce food miles
10	Reduce	Car share		Reduce fuel usage
11	Reduce	Cheeky Panda	Mail order toilet paper/tissues/kitchen roll - recycled or bamboo and plastic free	Reduced usage of trees and part of profit to environmental charities
12	Reduce	Clean recycling at the end of a wash rather than rinsing with clean water	Use grey water to clean rather than fresh water	Reduce water usage
13	Reduce	Concentrated cleaning products	Put into reusable bottles - Smol/ Aldi etc	Reduce plastic bottles
14	Reduce	Consider changing home heating system	Installation of air pump heating	Reduce fossil fuel usage
15	Reduce	Consider changing type of home electricity supply	Installation of solar panels	Reduce mains energy usage/fossil fuels
16	Reduce	Cycle/Walk		Reduce fuel usage
17	Reduce	In a large garden consider installing water butts away from the house which can be filled by a hose but then used by watering can	Although using mains water this limits the wastage of having to use water from the hose directly to remote areas of the garden.	Reduce water usage
18	Reduce	Install Rain Water butts	Use rain water for watering plants	Reduce mains water usage
19	Reduce	Rain water used for toilets	Conversion of existing toilets to rain water flushing	Reduce mains water usage
20	Reduce	Reduce flow of tap when rinsing hands/toothbrush	Less flow takes about the same time as a full flow	Reduce water usage
21	Reduce	Reduce house temperature	By 1 degC	Reduced power usage
22	Reduce	Reduce laundry wash temperature	Try washing at 30 degC	Reduced power usage
23	Reduce	Refill shampoo/conditioner	Available from G&G/North Lakes Clinic/Booths	Reduce plastic bottles
24	Reduce	Reusable lids - beeswax wrappers/silicon lids etc	Use instead of clingfilm for storing foods	Reduce plastic
25	Reduce	Re-usable water bottle	Carry own water instead of buying bottled water	Reduce plastic bottles
26	Reduce	Review energy supplier to one who sources electricity from green routes - wind/solar	Change energy suppliers if possible	Reduce fossil fuel usage
27	Reduce	Shampoo/Conditioner bars	Change to solid bars	Reduce plastic bottles
28	Reduce	Smol	Mail order Dishwasher tablets	Plastic free and low chemical
29	Reduce	Smol	Mail order Laundry liquid tablets	Plastic free and low chemical
30	Reduce	Toothpaste tablets or powder	Use in same way as toothpaste from a tube	Reduce plastic
31	Reduce	Turn tap of whilst brushing teeth		Reduce water usage