



Greener Lifestyle Challenge for families with older children

In the chart below there are a number of greener alternatives that teenagers and parents can make to their day-to-day living. Simply tick the check boxes when you have completed a task.

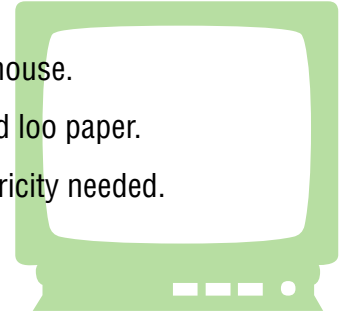


6:30am

WHEN YOU'RE:

Getting up, turning the lights on, using the bathroom, listening to the radio, watching TV

- Use energy efficient light bulbs throughout the house.
- Don't flush the toilet every time and use recycled loo paper.
- Use wind-up radios – no more batteries or electricity needed.
- Avoid leaving the TV on in the background.



7:30am

WHEN YOU'RE:

Making breakfast, tea and coffee; showering and getting dressed; checking email



- Don't overfill kettle – only heat up what you need. Alternatively, why not invest in a teapot and cosy?
- Make one pot of porridge for everyone rather than cooking separate breakfasts.
- Have a shower race! Every minute less in the shower can save up to 23 litres of water!
- Remember to turn tap off when brushing your teeth.
- Towel-dry your hair before using a hairdryer.
- Do you get letters you don't want from companies? Don't just recycle them – ring and ask them to stop sending it!
- Don't buy new – search vintage and charity shops for household items and clothes.



8-8:30am

WHEN YOU'RE:

Going to school or work

- Turn the central heating off before you leave the house – set up the timer on your boiler, so the heating only comes on when you want it to.
- Leave the car at home – why not walk, cycle or use the bus to get to school/work?



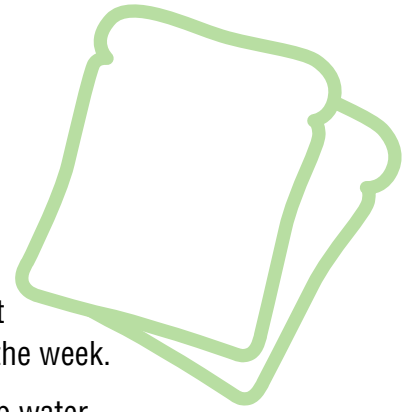
9am

WHEN YOU'RE:

Using the washing machine/tumble dryer when you're not at home

- Don't leave appliances on standby.
- Use a 30-degree wash and lower spin cycle.
- Cut down on tumble-drying – use airers instead





1pm

WHEN YOU'RE:

Having lunch

- Make a packed lunch – leftovers make great lunches and save you cooking time during the week.
- Don't buy bottles of water – drink chilled tap water.
- Bake your own bread! A homemade loaf taste great and reduces transportation of loaves.
- Parents: If you're having a work lunch, go somewhere within walking distance.



4pm

WHEN YOU'RE:

Back from school, wanting an afternoon snack

- Put in a 'no-cook snack' rule – eat fresh fruit or nibble on dried fruit.
- Organise a 'swap party'. Invite your friends around to swap clothes/books/music/– you might get a new outfit or that game you wanted.



7pm

WHEN YOU'RE:

Making dinner



- Grow herbs in a window box for cooking and use only what you need.
- Consolidate meals – try to eat at the same time and aim for one 'no-cook' meal a week.
- Batch cook meals and freeze the surplus.
- Keep an eye on the use-by dates and use up food before you buy more.
- Don't rinse the dishes before putting them in the dishwasher – just scrape off the excess food. Only run your dishwasher when it's full
- Start weekly meal plans to reduce waste.



8pm

WHEN YOU'RE:

Watching TV, listening to the radio, playing/working on computers

- Use laptops on battery power.
- Don't use the computer and the TV at the same time.
- One TV per house – invest in a TV recorder to watch competing shows.



11pm

WHEN YOU'RE:

Going to bed



- Don't have TVs in bedrooms – you waste a lot of energy if you fall asleep while watching.
- Turn off all unnecessary appliances overnight.

