



## Greener Lifestyle Challenge for families with under 13s

In the chart below there are a number of greener alternatives that you can make to your day-to-day living. Simply tick the check boxes when anyone in your family has completed a task.

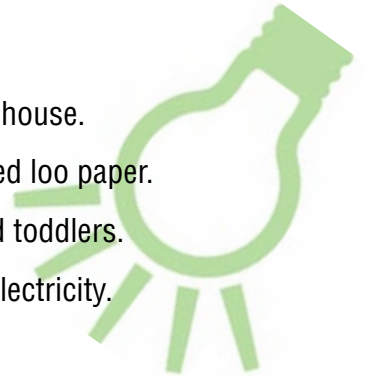


### 6am

**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.
- Consider using reusable nappies for babies and toddlers.
- Use wind-up radios – saving on batteries and electricity.
- Avoid leaving the TV on in the background.



### 7am

**WHEN YOU'RE:**

Making breakfast, tea and coffee, showering and getting dressed

- Don't overfill the kettle – only heat up what you need. Alternatively, why not invest in a teapot and cosy?
- Try organic cereal instead of toast.
- Make one pot of porridge for everyone rather than cooking separate breakfasts.
- Shower for five minutes or less.
- Don't leave the tap on when brushing your teeth.
- Towel-dry your hair before using a hairdryer.
- Wear recycled clothes – arrange a swap day with other families.
- Do you get letters you don't want from companies? Don't just recycle them – ring and ask them to stop sending it!



### 8am

**WHEN YOU'RE:**

Going to school/nursery

- Skip the car – why not walk, cycle or use the bus?

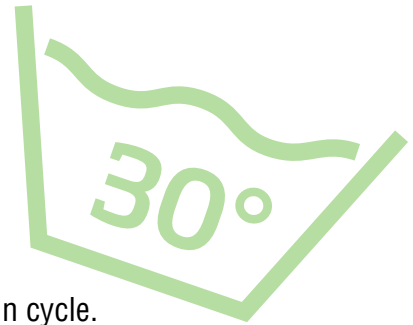


### 8:30am

**WHEN YOU'RE:**

Off to work

- Parents: work at home when you can (remember, if you have kids you have a legal right to ask for flexible working)
- Skip the takeaway coffee – bring your own from home in a flask.
- Don't leave your mobile plugged in after it's fully charged.



**11am**

**WHEN YOU'RE:**

**At home: washing,  
cleaning etc**

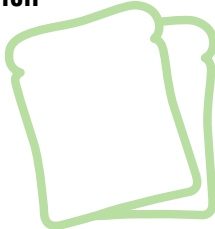
- Use a 30-degree wash and lower spin cycle.
- Hang clothes outside or on an airer and iron on a low setting.
- For cleaning, use a broom and microfibre cloths – no detergent.



**1pm**

**WHEN YOU'RE:**

**Having lunch**



- Eat 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 tastes great and reduces transportation of loaves by road.
- Parents: If you're having a work lunch, go somewhere within walking distance.



**7pm**

**WHEN YOU'RE:**

**Having dinner**



- Grow your own herbs in a window box for cooking and use only what you need.
- 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 use when it's full.
- Institute weekly meal plans to reduce waste.
- If you eat out, ask for a doggy bag for leftovers.



**9pm**

**WHEN YOU'RE:**

**Going to bed**

- Do an appliance check before going to bed and turn off anything not needed.
- Don't have TVs in bedrooms – you waste a lot of energy if you fall asleep while watching.

