

# Save the Earth

Your chance to be an eco-warrior

## Change the light bulb



Switching from 'old' light bulbs to **fluorescent bulbs** has reduced energy needs by **80%**. **LED light bulbs** could save a **further 10%**, meaning even less electricity needs to be generated.

## Bee-friendly



Be kind to **bumble bees**. Without them (and other insects), crops can't be **fertilised** and won't be able to produce **seeds**. Without seeds there's no farming and without farming, no food.

## Ban the bottles



Drink from the **tap**, not the bottle. Water from your tap is a **thousand times cheaper** than water from a bottle, and yet in the UK we still consume two billion litres of bottled water a year.

## Bring in bathroom rules



One of the **least** environmentally-friendly rooms in your house is the bathroom. By following a few basic rules you can make a massive difference to your eco-footprint. You don't have to flush the loo every time it is used. If you leave the tap running for three minutes you'll waste 15 litres of water.

## Don't become a waster...

Eat what's on your plate. More than **half the food produced** for us to eat in the UK gets wasted. One solution to the waste leakage in the food chain is to buy **locally produced goods** from high street shops.



## Tackle our plastic problems



Up to **12 million tonnes** of plastic waste ends up in the world's **oceans** every year. This causes problems for animals who can become trapped in it, or even mistake it for food. Try using fewer **disposable plastic cups** and replace plastic bags with **bio-degradable** alternatives.