

Season of Creation – What can I do? (Part 2)

A few ways we can help care for 'our bit of Creation' – even during a pandemic



Caring through the way you shop:

1. Use reusable bags for shopping, and recycle old plastic ones at supermarkets.
2. Instead of buying bottled water, fill a reusable container from the tap
3. Buy produce with little or no packaging. Take your own boxes/bottles to shops like Zero in Leamington Spa or Green Bean in Warwick to refill with a wide range of unpackaged foods and cleaning products.
4. Buy Fairtrade products where you can. Buy only what you need. Buy local, buy ethical, buy organic
5. Only buy wood products, cards and paper that are FSC certified or responsibly sourced

Cutting down on waste:

6. Avoid single use products such as plastic or Styrofoam cups, straws etc.
7. In a notebook, keep track of everything your household throws out for a week. Make a note of what kind of waste it is and weigh it, if you have a scale. How much of your week's waste consists of food scraps? Plastic? Paper? Other items? How could you reduce it? Keep track for the rest of the Season of Creation. Are you able to reduce your household waste?
8. Try to avoid using disposable wipes, which contain plastic and do not biodegrade. Where you can, use cotton cloths/rags and put them in the washing machine to use again.
9. Bring your own coffee mug to the local café – a lot of shops even give discounts

Saving energy:

10. Ride a bike or walk for short journeys, instead of driving
11. Turn off the car engine if sitting idle for more than 10 seconds. Reduce pollution and save fuel
12. Turn the lights off when you are not in the room.
13. Don't heat your house more than you need. Minimise water use when brushing teeth, cleaning or washing dishes
14. Consider changing your energy to a 'green' or renewable tariff.
15. Choose energy efficient appliances and products

Helping clean up the environment

16. Pick up litter when you see it. Every recycled can and plastic bottle makes a difference!
(Recycling aluminium saves around 95% of the energy needed to make the metal from raw materials).
17. Donate unwanted duvets to the Guide Dog breeding centre or to the Dogs Trust
18. Recycle used electronics and video games in charity shops or Action 21 in L Spa. If you can't recycle it, don't buy it! Donate unwanted furniture
19. Reduce junk mail by opting out. Where you can, go paperless and subscribe online
20. Go to the library instead of buying books, DVDs and CDs. Or buy second-hand and give something a new lease of life.

Make your voice and your actions count! Be the improvement you want to see!

21. Join an action group or support those which are working to care for creation. Let your voice count - if you feel strongly about something, write to your MP or to the organisation you want to change.
22. Take part in a community garden – maybe help out with the St Charles Borromeo parish allotment.