

# FOOTPRINT

Hill House School

Cambian  
INTERNATIONAL SCHOOL

Edition #13 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

## 8 WAYS TO BE ENVIRONMENTALLY FRIENDLY

A new year is a good time to start some new habits! Friends of the Earth have some great tips on how to be environmentally friendly the lazy way - no more excuses!

1. Save water. Don't wash the dishes. That's right - let them pile up until you have a full load for the dishwasher. Then, and only then, casually load it and simply press the start button knowing you're playing your part by doing nothing. According to Which? a fully loaded dishwasher can be more water efficient than washing by hand - even if you're using a washing-up bowl. Are you getting the hang of being environmentally friendly yet?



2. Let it Bee. Don't mow the lawn. Look at everyone else murdering the life out of their garden. They won't sleep soundly until they've lopped the head off every buttercup, daisy and bee-friendly dandelion. What would an eco-warrior do? Absolutely nothing. Pull up a chair, grab a drink and watch the grass grow - you are a green hero! Leaving even part of your garden to grow wild can help pollinating insects, like bees, thrive.

3. Stop plastic waste. Avoid plastic packaging. Takeaway food and drink often come in plastic food containers with disposable utensils. They're a big part of the plastic pollution in our waste system. And as we know, disposing of them doesn't mean they disappear. A lot of disposables are landfilled, blown or washed into waterways or end up as yet more plastic pollution in our rivers and oceans. Check out these alternatives to plastic.

4. Tackle climate change. Chew less. If you really want to be good at this eco thing, you're going to have to do less - like eating less meat. Meat and dairy production are responsible for 14.5% of climate changing gases (more than all forms of transport). Chewing involves effort! The clever environmentalist indulges in meat-free food that requires less mouth muscle.

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5. Help the planet with a veg box. If you're keen to avoid supermarkets and looking for organic, planet-friendly food, then veg box deliveries will be right up your street. Ordering an [organic veg box](#) helps keep our pollinators safe from chemicals. It also invites less plastic waste into your home, and can help cut down on separate car journeys - reducing your carbon emissions.



6. Plant trees. Or don't, we'll do it for you! Look out for the announcement of the [Hill House Tree Planting Party](#) soon when we'll also be helping the [Woodland Trust](#) with their [Big Climate Fightback](#).

Did you know that [Ecosia](#) will also plant trees while you search the web? Ecosia is a search engine that plants trees with the money it makes from ads. Every time you click on an ad in your search results, you're helping to reforest the Earth. Just remember though, if you block adverts, you won't be helping the planet. You might prefer to use [Google](#) - it's [reportedly](#) buying enough green power to match all its electricity needs.

7. Clean the air. Share a ride. Find someone going to the same place as you. By sharing a ride with others - or as I like to think of it, being chauffeur-driven around by someone - you'll be helping to reduce air pollution. Try using public transport or, even better, why not cycle or walk more.

8. Support clean energy. No need to build a windmill in your back garden - we both know that your talents are better served doing other fun things. [Switch to renewable energy](#) instead. Sit back and watch it happen in as little as 5 minutes. No disruption to your supply and no engineers expecting you to make them a cup of tea. It's cheaper than you think and means your dreams of an eco-powered robot butler to make YOU a cup of tea are still well and truly alive.

## #MAKEONECHANGE

What one change can you make today?