

Eco Tips

- 1 Turn your thermostat down by two degrees.
- 2 Ensure your walls, roof and water tank are well insulated.
- 3 Run dishwasher and washing machine on full load only.
- 4 Dry clothes outdoors (weather permitting)!
- 5 Shower instead of bath. Use a low-flow showerhead.
- 6 Turn off TV, computer, lights etc when not in use.
- 7 Compost fruit and vegetable peelings and garden waste. It's easy!
- 8 Choose energy efficient appliances and use energy efficient light bulbs.
- 9 Buy recycled paper products and use both sides of paper.
- 10 Plant a tree! Or two! Or three!
- 11 Switch to green electricity.
- 12 Walk/cycle/use public transport/carpool, where possible.
- 13 Buy locally grown food.
- 14 Even better, grow your own food!
- 15 Buy organic and Fairtrade.
- 16 Buy minimally-packaged products. Bring your own cloth shopping bag and refuse unnecessary bags over the counter.
- 17 Don't put WEEE (waste electrical and electronic equipment) in your grey bin (its illegal). Recycle it for free at Ballyogan.
- 18 Use a fuel-efficient car, check tyre pressure regularly and get your car regularly serviced.
- 19 Fly less often. When you do fly, offset your air travel by investing in renewable energy projects.
- 20 Choose green and ethical investments.
- 21 Pick up a piece of litter every day.
- 22 Ask for ethical/charity gifts for Christmas/birthdays.
- 23 Support charity and eco shops e.g. Oxfam.
- 24 Eat less meat! It takes far more land and water and ten times the amount of energy to produce animal than vegetable protein.
- 25 Get lobbying! Write to your local TD and join in Stop Climate Chaos actions. See www.stopclimatechaos.ie.
- 26 Buy eco-friendly cleaning materials. Most supermarkets sell a good range, including soap, washing up liquid, washing powder, toilet and general cleaners.
- 27 Better still, clean the old fashioned way, using household basics. You can clean almost anything with lemon, baking soda and vinegar. For sparkling windows, all you need is a bottle of vinegar and some old newspapers!
- 28 Work out your carbon footprint at www.change.ie ... then work at cutting it down!

Recommended Websites

Eco-Congregation Ireland – www.ecocongregationireland.com
350 international climate campaign – www.350.org
Power of One – www.powerofone.ie
CTBI climate change resources – www.ctbi.org.uk/environment
ECO-UNESCO – www.ecounesco.ie
Green Christian – www.greenchristian.org.uk
A Rocha – www.arocha.org

European Christian Environmental Network – www.ecen.org
Christian Aid – www.christianaid.ie
Trócaire – www.trocaire.org
Oxfam – www.oxfamireland.org
Earth Charter – www.earthcharter.org

Eco-Congregation Ireland encourages churches and their members to adopt an eco approach to worship, lifestyle, community outreach and contact with the developing world. It is an inter-denominational project of the Irish Inter-Church Meeting, involving the Roman Catholic, Church of Ireland, Presbyterian and Methodist churches and the Religious Society of Friends. For further information see www.ecocongregationireland.com. To receive our bi-monthly newsletter, send an email with the word 'subscribe' in the subject line to info@ecocongregationireland.com.