



save our seas  
FOUNDATION

# Eco-friendly tips to save the planet





# What did you do yesterday?

Every thing we do affects the environment. Where we go, what we eat, what we wear, even just sitting browsing the internet or watching TV.

What did you do yesterday?  
Did you make any unnecessary journeys in your car? Did you leave the TV or computer on standby all night? Did you use a tumble dryer? Did you stay in the shower an extra few minutes to wake yourself up or leave the tap running whilst you brushed your teeth? Did you clean the bathroom and use lots of bleach to make sure it was extra clean?



You can reduce your own personal impact on the environment by taking a moment to think about the things you do every day – and then changing them ever so slightly. Even small changes can make a big difference, not only to the environment but to your pocket as well. It soon snowballs and acting in a more environmentally responsible way becomes second nature.

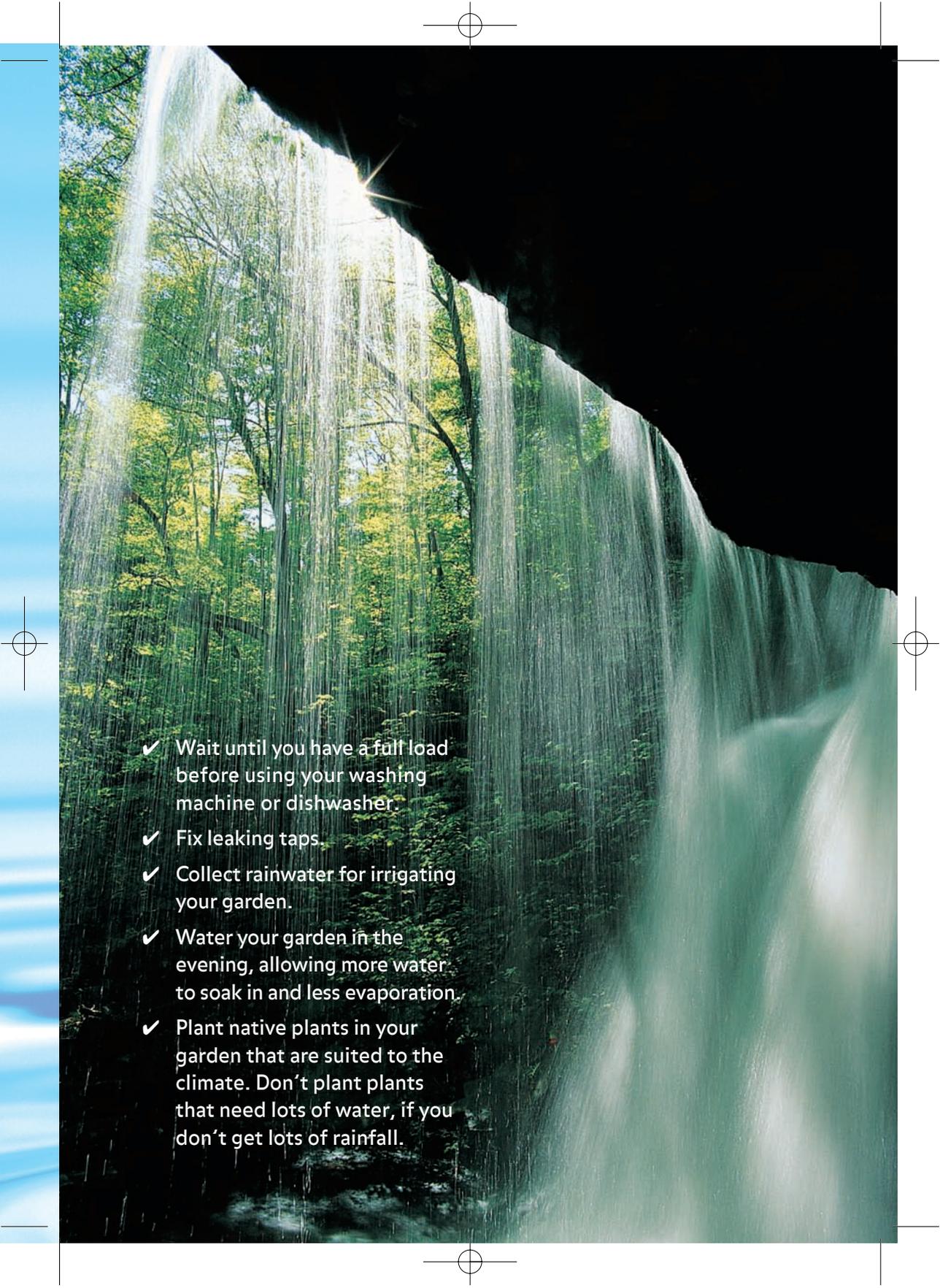
Why not start by following some of the simple tips in this booklet. Then you can begin encouraging your friends and family.

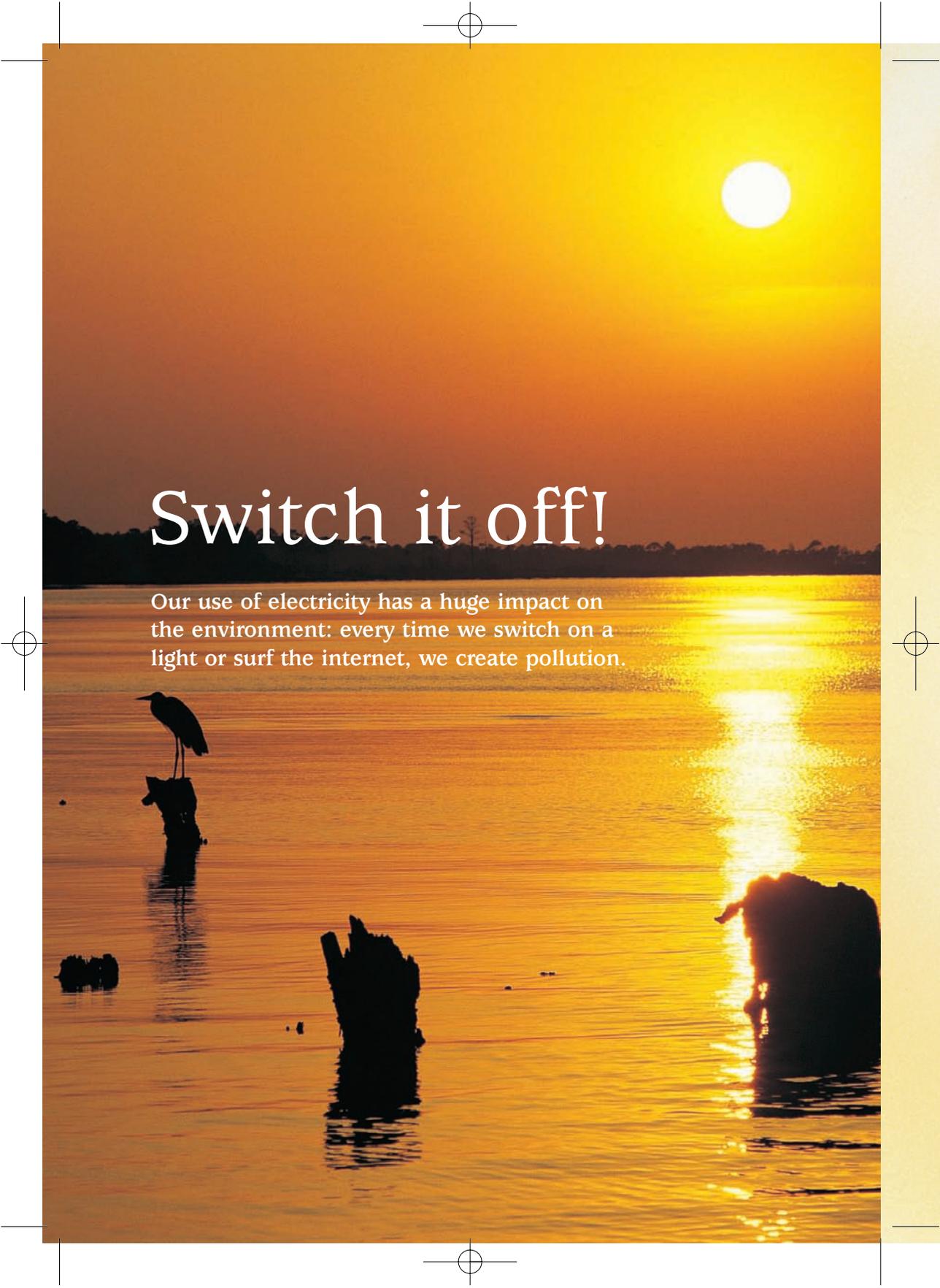
Try it, it's contagious!

# Don't pollute and don't waste water

Clean water is a very precious commodity. Think carefully about what you put down the drain. Chemicals from cleaning products and shampoos take years to break down affecting the balance of the marine environment. Chemicals from cleaning products have been found in fish and the breast milk of mothers, prove that they are getting into the food chain. Chemicals that we put on our gardens or farmlands will also eventually get to our water courses. Every time we turn on the tap we use a huge amount of energy to heat, clean and get the water safely to our homes.

- ✓ Use household cleaning products that biodegrade. There are loads of ideas on the internet for completely natural and effective homemade cleaning products that don't harm the environment. If that's too much like hard work, switch to the ranges of eco-friendly products available at your local store.
- ✓ Always use the minimum amount of detergent required to clean clothes.
- ✓ Take showers instead of baths.
- ✓ Install water-saving shower heads.
- ✓ Make sure that your toilet is water efficient.
- ✓ Look for information about the water efficiency when purchasing washing machines or dishwashers.

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- ✓ Wait until you have a full load before using your washing machine or dishwasher.
  - ✓ Fix leaking taps.
  - ✓ Collect rainwater for irrigating your garden.
  - ✓ Water your garden in the evening, allowing more water to soak in and less evaporation.
  - ✓ Plant native plants in your garden that are suited to the climate. Don't plant plants that need lots of water, if you don't get lots of rainfall.

A full-page photograph of a sunset over a body of water. The sun is a bright white circle in the upper right, casting a shimmering golden path across the water. The sky is a gradient of orange and yellow. In the foreground, several dark, jagged logs or stumps protrude from the water. On the left, a silhouette of a bird, possibly a heron, stands on a log. The overall mood is serene and natural.

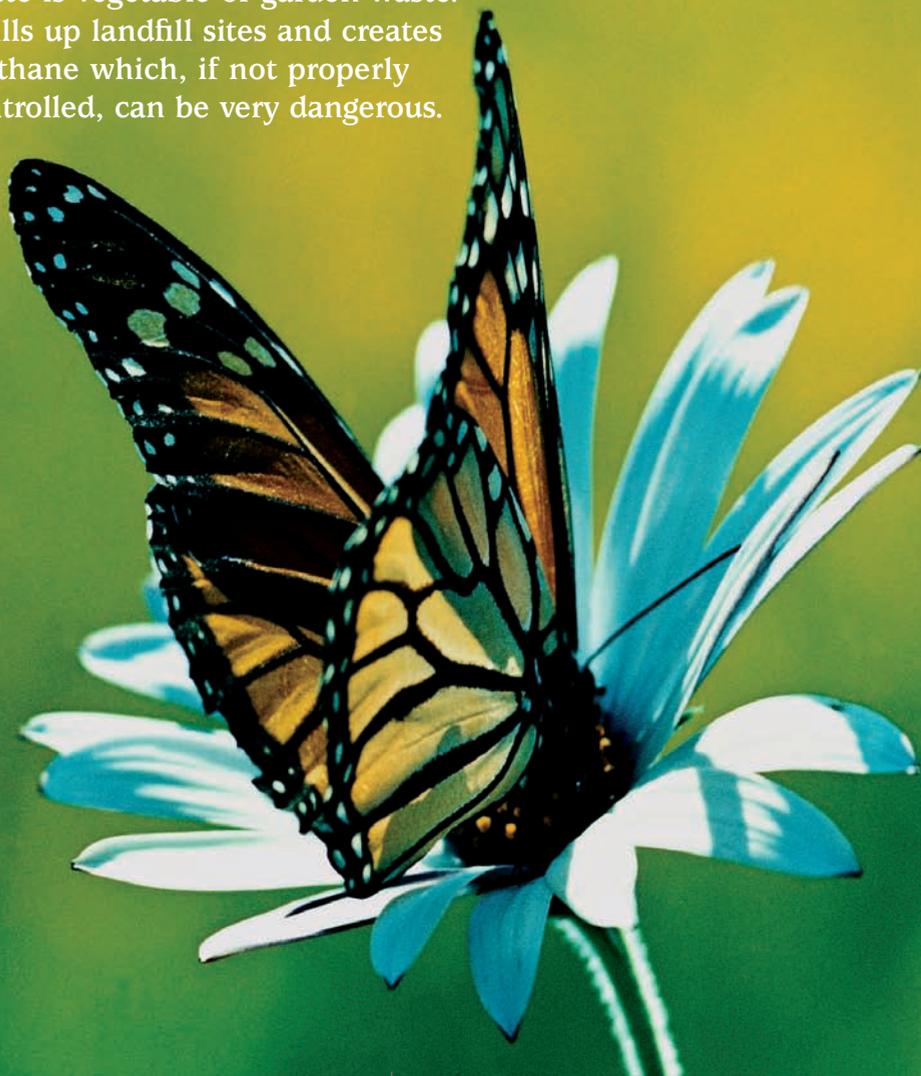
# Switch it off!

Our use of electricity has a huge impact on the environment: every time we switch on a light or surf the internet, we create pollution.

- ✓ Choose energy-efficient appliances.
- ✓ Choose an energy company that uses renewable energy sources.
- ✓ Install energy-saving light bulbs.
- ✓ Use fans instead of air conditioning.
- ✓ Don't leave electrical equipment on standby when it's not been used for long periods of time.
- ✓ Turn the air conditioning or heating off when you are not in the house or install timers.
- ✓ Put an extra layer of clothing on instead of turning up the heating.
- ✓ If you live in a hot country, keep curtains or blinds closed in unused rooms during the day to keep the house cooler.
- ✓ If you live in a cold country, close curtains at dusk to keep the house warm in the evenings. Ensure your home is properly insulated and only heat or cool areas of the house that are lived in.
- ✓ Dry clothes outside instead of in a tumble dryer (dryers use up huge amounts of electricity).
- ✓ When boiling a kettle only boil as much water as you need at the time.
- ✓ When cooking food on the hob, use a lid on the pan or use a pressure cooker.
- ✓ Think about installing solar panels or a wind turbine to reduce your electricity usage from the national grid.

# Be greener in the garden

A large portion of our household waste is vegetable or garden waste. It fills up landfill sites and creates methane which, if not properly controlled, can be very dangerous.

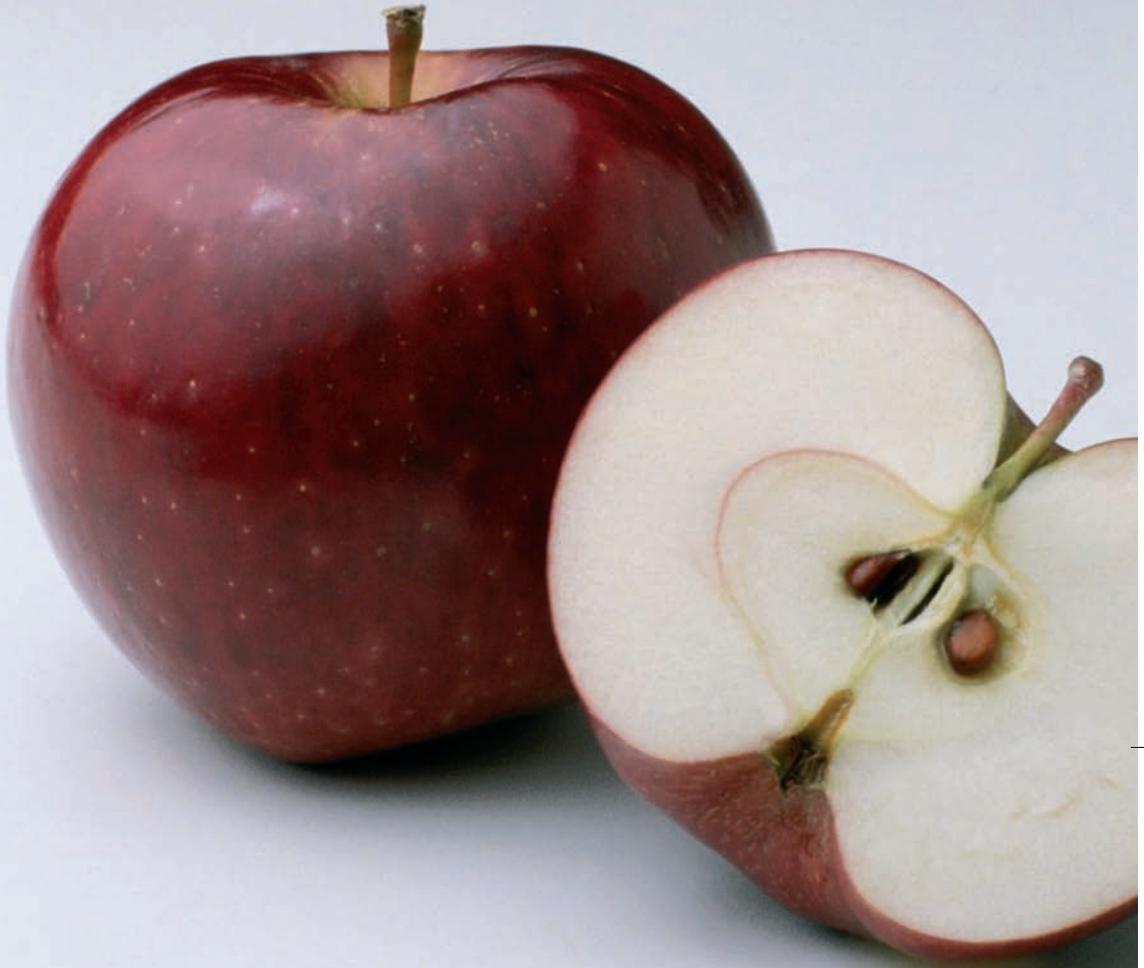


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- ✓ If you have a garden, why not make your own compost? You can buy purpose-made compost bins or you can make your own. There are loads of helpful web sites on the internet. Eventually you will create your own free garden fertilizer. Contrary to popular belief a properly maintained compost heap doesn't smell.
  - ✓ If you only have a small garden or patio, wormerys are great: the worms munch their way through all your kitchen waste in no time at all and are a great educational tool for children.
  - ✓ A pesticide and chemical free garden is a garden filled with biodiversity. There are heaps of ideas for alternative methods of pest control on the internet, at your local library or just ask your Grand Parents – often the old fashioned methods are just as good and are often overlooked.
  - ✓ Grow more trees and plants to absorb carbon dioxide from the atmosphere. If you haven't got a garden, a window box will do or even just a welcoming potted plant next to your front door.
  - ✓ Growing your own fruit and vegetables is a really great way to see what goes into food production. It's not difficult and soon you'll realise that there is nothing nicer than eating your own home grown organic produce. Try to buy locally grown organic foods that have not been treated with pesticide chemicals and do not have to be transported long distances.

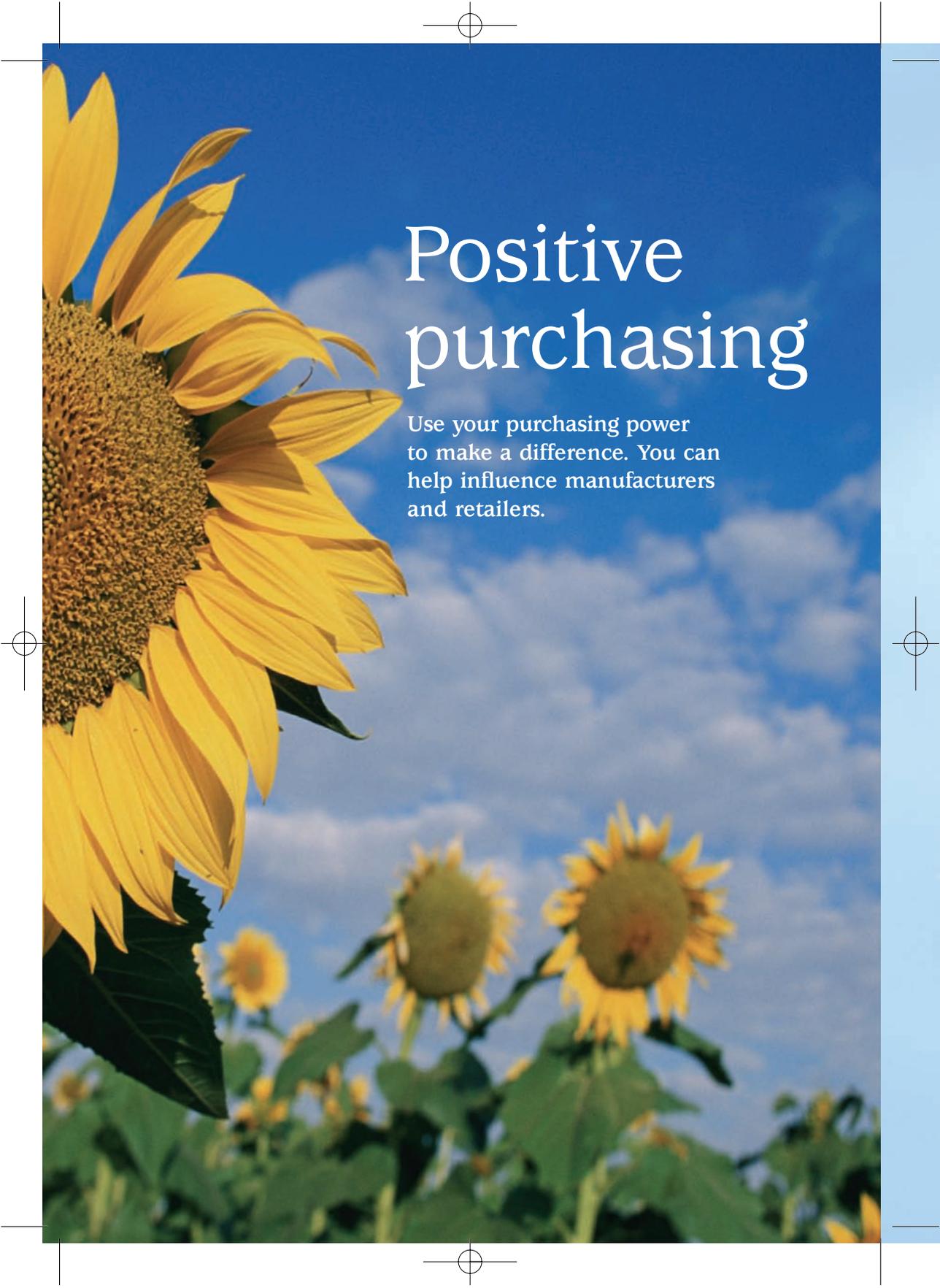


# Eat organically

Conventionally grown foods can rely on a cocktail of hundreds of different chemicals to boost production and reduce pests. It seems crazy that many of these chemicals are labelled as 'hazardous' to our health by the World Health Organisation but are still used in food production. In contrast, organic farming works with nature, promoting diversity and building healthy eco-systems. Instead of polluting our water courses with an over load of nitrates and hazardous chemicals, organic farming helps to preserve our lakes and rivers.



- ✓ Organically grown food is not only beneficial to the environment but to our health as well. Eat and drink organic foods.
- ✓ Eat locally grown products where possible. Are there any farm shops in your area?
- ✓ Eat more fruit and vegetables: highly processed foods require energy to produce, more energy to be transported and more energy to be packaged and distributed.
- ✓ Reheating homemade dishes, rather than pre-packed foods, is a great eco choice.



# Positive purchasing

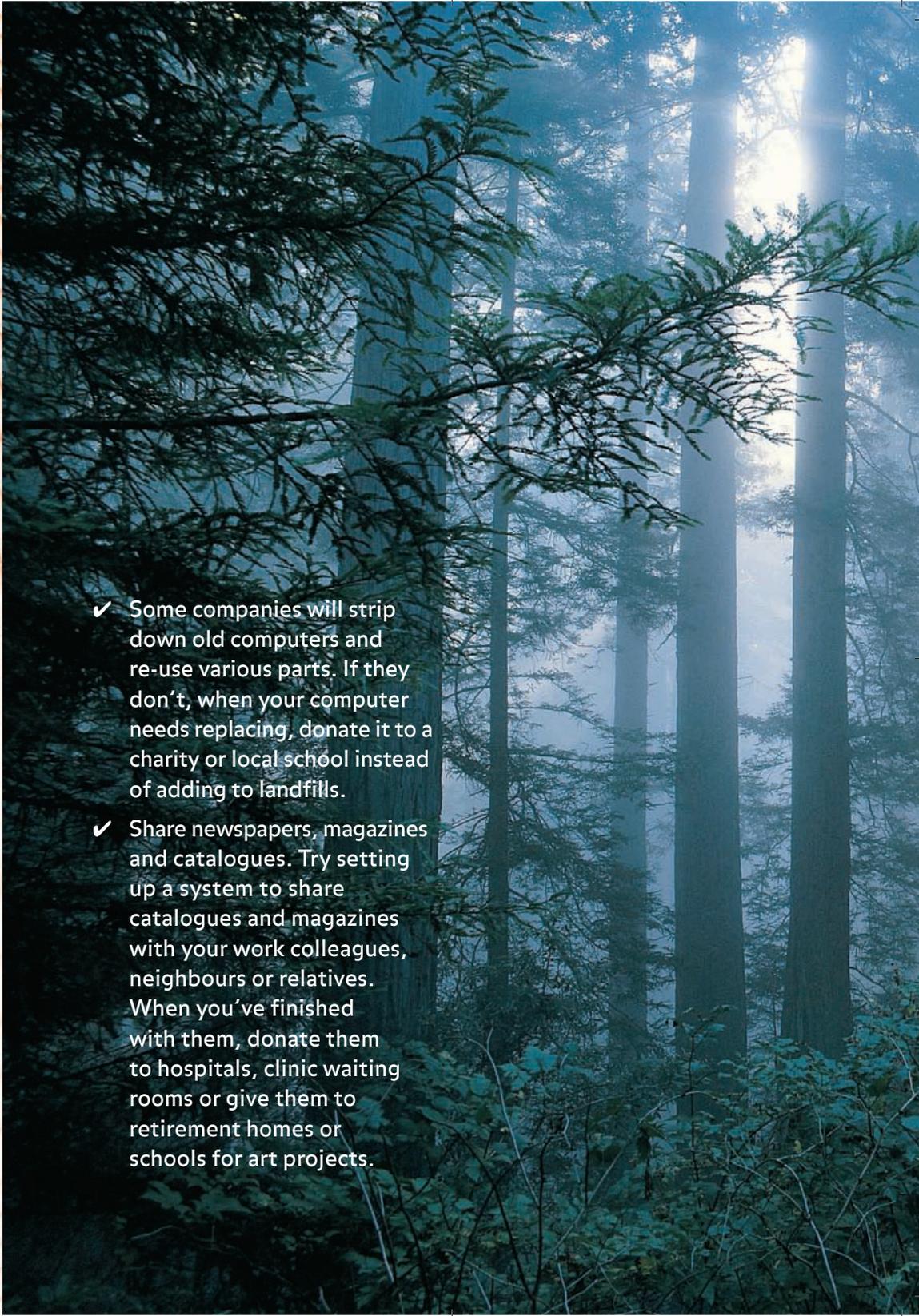
Use your purchasing power  
to make a difference. You can  
help influence manufacturers  
and retailers.

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- ✓ Don't buy things that come with loads of unnecessary packaging.
  - ✓ Buy organic, it's the best way to stop polluting our countryside and water courses.
  - ✓ Buy as many goods as you can from local producers (it will not only help to save on transport miles but will help your local economy).
  - ✓ Buy less canned and bottled food.
  - ✓ Take your own bags to the super market.
  - ✓ Avoid buying dry clean only clothes: dry cleaning chemicals are harmful to the environment.
  - ✓ Buy recycled goods. It's no use taking your waste for recycling, if you don't complete the loop by buying recycled goods: from recycled note pads and toilet tissue to garden furniture made from post-consumer plastic. Find out what's available in your town.
  - ✓ Consider buying second-hand goods, eg, clothes, furniture and toys. It all helps to lessen the load on the environment.

# Recycle and re-use

Your unwanted or used items can be valuable to others and you can even make some money out of utilizing them.

- ✓ Sort your household rubbish and recycle your waste: glass, plastic, metals, paper, card and compost waste can all be recycled. If your local authority doesn't collect for recycling, find out where your nearest recycling point is.
- ✓ Consider selling your unwanted items instead of adding to landfills. Selling your unwanted wooden furniture reduces the demand for wood.
- ✓ Computers contain a whole range of harmful substances. Before buying computers or mobile phones, ask whether the company does a 'take back scheme' for responsible disposal.

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- ✓ Some companies will strip down old computers and re-use various parts. If they don't, when your computer needs replacing, donate it to a charity or local school instead of adding to landfills.
  - ✓ Share newspapers, magazines and catalogues. Try setting up a system to share catalogues and magazines with your work colleagues, neighbours or relatives. When you've finished with them, donate them to hospitals, clinic waiting rooms or give them to retirement homes or schools for art projects.



# Re-think your transportation

Reduce the number journeys you make by car.

- ✓ Use public transport or walk or cycle where possible.
- ✓ Car pool for regular journeys to work, school or the supermarket.
- ✓ If you need to buy items a long way from your home see if the shop will deliver. The delivery cost may be less than the round trip in your car and it's more energy efficient to have one delivery vehicle on the road than several cars.
- ✓ Service your car regularly to ensure that it's energy efficient.
- ✓ Consider fuel consumption when buying a car or consider purchasing a hybrid vehicle.

# On holiday

Aviation is one of the worst culprits for carbon dioxide emissions. Think about your airmiles. Can you minimise them? Can you travel by train or coach instead? Whilst you are on holiday, live by the same environmentally-friendly principles that you do at home.

- ✓ Use towels several times before they are washed,
- ✓ Don't waste water and electricity.
- ✓ Eat local or organic food.
- ✓ Don't waste fuel by making unnecessary journeys.
- ✓ Use public transport when you can.



# Why not start today?

Everything we do that pollutes the land will eventually pollute the sea and vice versa. To reduce your impact on the environment, you need to be aware of the consequences of your everyday actions.





Your choices do make a difference. Of course, there is always more that you can do but you have to start somewhere. By starting today, you can make a difference tomorrow.

The Save our Seas Foundation is a non-profit organization headquartered in Geneva Switzerland. Its purpose is to implement and support diverse programmes of research and education that encourage awareness, protection, preservation and conservation of the global marine environment. Since conception, the Foundation has supported over 50 research, education and awareness initiatives in nearly 25 countries. The Foundation mission is to document the problems facing the marine environment and highlight the need to protect our world's oceans by providing key educational information using High Definition documentaries, educational publications, interactive websites and teacher workgroups.

For more information about the Foundation and on ways you can help, please visit our website: [www.saveourseas.com](http://www.saveourseas.com).

As long as there are people who care and take action, we can and we will make a difference.



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