

TWENTY IDEAS FOR ECO FRIENDLY LIVING

- 1 Avoid processed foods - in other words, eat healthy home cooked food.
- 2 Don't buy gift wrap. Use kinship-kids' artwork, magazines, catalogues, junk mail, or use a reusable bag or a tea towel, scarf or towels so wrap a gift or to make gift tags. Plenty of your kinship child's creations sent home from school at the end of term.
- 3 Buy a reusable water bottle – better still get one from school and write the child's name on it or decorate it using different coloured markers that can't be washed off
- 4 Shop for local healthy produce. The local farmers markets in Midlothian towns on a Saturday morning are ideal to avoid plastic packaging stickers or trays for food
- 5 Return egg, fruit, berries, and veggie containers and cartons to the farmers markets for reuse
- 6 Buy ECO cleaning products – available through the church – Smol and milk in glass bottles can be delivered to your door
- 7 Help your kinship children to grow vegetables in wooden boxes or trays if you haven't got a garden
- 8 Install rain barrels or other containers to conserve water
- 9 Bring your own reusable shopping bags to the farmers markets or grocers
- 10 Use paper napkins, placemats, straws, cups, ketchup and soy sauce packets
- 11 Make your own household cleaners. (Recipe sheet available from Admin Office if required)
- 12 Reuse cloths (and old t-shirts that are too stained and torn for hand-me-downs) for cleaning cloths around the house
- 13 Carry cloth napkins or your own hand towel for drying and wiping hands
- 14 Kinship children that don't get a free lunch at school, send a litter free healthy lunch in a paper bag
- 15 Wash laundry in cold water and hang out to dry when the weather allows
- 16 Use public transport when you can
- 17 Unplug chargers and switch off lights and appliances when rooms are empty or during the night
- 18 Use Council recycling wheelie bins provided and dispose of minimal amounts of landfill refuse
- 19 Teach kinship children to be proud of all that they can do
- 20 Volunteer with the charity, to inform and inspire others