

4th Sep	Everyone is starting to go back to school or work after the summer holidays. Maybe you could use public transport or catch a ride from a friend to lower your carbon emission. If you wanted to go a step further, you could cycle or walk.
11th Sep	Use the first in, first out method. A handy trick to help reduce food waste is to move older products to the front of the fridge so you eat them first. It keeps everything organised as well as reducing food waste.
18th Sep	Use a reusable sandwich container for your lunches to avoid plastic bags and cling film.
25th Sep	When washing you could try soap bars instead of bottles to reduce your plastic usage. If you can't find suitable soap bars, then you could also try buying refills which are just as good.
2nd Oct	With it starting to get a bit rainier you might often find yourself bored at home. To help, you could have a go at making bread. It means you can control what goes into your bread and therefore your body as well as reducing plastic.
9th Oct	With the nights drawing in, now is the time to change to energy saving light bulbs and maybe make changes to insulation and draft proofing your home, for example, radiator foil and draft excluders.
16th Oct	Use your leaves in the garden to create habitats for insects and other animals by putting them in a small pile.
23rd Oct	By keeping track of your rubbish for 1 week, you will uncover some surprises about your habits. See what you can do without and make changes accordingly.
30th Oct	When going to the shops remember to bring a reusable shopping bag. A quick reminder that bonfire night is next week so please only go to organised firework displays, if you must use silent fireworks to protect wildlife, livestock and pets.
6th Nov	Replace battery operated touches with hand crank LED alternatives.
13th Nov	Make small changes to your diet to reduce the meat you eat. For example, meat free Monday.
20th Nov	Give all your bird baths a good wash before winter as well as filling up bird feeders.
27th Nov	Wait to preheat your oven. Don't preheat the oven while you get the ingredients together. Save energy by preheating only once you're ready to cook.
4th Dec	Have you ever thought of going to a charity shop to look for new clothes? Well this could be a great opportunity to. Donating to charity shops is also good as it keeps your clothes out of landfills and the money goes to a charity.