



10 SMALL CHANGES FOR A BIG DIFFERENCE



1. Turn food waste into soil

Throw food scraps, such as fruit and vegetable peelings, into a compost bin in the garden. It will slowly transform into soil that's great for growing new plants in.

2. Give 'rubbish' a second chance

Reuse shopping bags, water bottles and scrap paper. If something is broken try mending it, or if it is now unwanted, give it to friends or to charity, so that someone else can use it.

3. Take charge of the recycling at home

Sort glass, cans, plastic and paper and put them in the recycling bin. This gives them a second life as new products and keeps them out of landfill.



4. Slay energy vampires

Unplug phone chargers and game consoles that drain electricity, even when they're not in use.

5. Go wild

It's easy to turn a corner of your garden into a pollinator paradise. Let the grass get tall and allow weeds, such as dandelions and clover, to grow. They're food sources for many insects.

6. Use your legs

Biking or walking about 1.5 kilometres a day for a year (instead of taking the car) could stop almost 150 kilograms of CO₂ from entering the atmosphere. It's as effective as planting four trees and letting them grow for 10 years!

7. Try a meatless Monday

Meat farming produces a lot of greenhouse gases compared to other foods, so why not try a plant-based meal once a week to reduce your carbon footprint?

8. Swot up

Borrow books from your local library to learn more about Earth Shakers and nature. It's free and a great place to start for sharing ideas and information with your family, friends, teachers and neighbours.

9. Eat local

From honey and vegetables to eggs and milk, lots of foods are probably grown or produced near you. Buying from local sellers helps reduce greenhouse gas emissions, because these products don't have to travel far to reach you.

10. And remember to be kind

Take care of the natural world and the plants and animals that live here. Remember, it's their home too.