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# East & Old Green Team Eco Newsletter

Edition 7, Issue 3

Newsletter Date June 2022

## Your Planet Needs You!

- Handy hints of the month
- Litter Pick Up dates
- Events hosted by the Green Team
- News from Other Church Committees about their Eco events

## Inside this issue:

How You Can Help Climate Change 1

## Your Planet Needs You



Over the coming months the Green Team will be posting a number

of editions of the Green Team Eco Newsletter on the teams pages on the East & Old Church website at <http://www.thebigkirk.co.uk/church-information/green-committee/>

## How You Can Help Climate Change

### Sometimes the little things do matter

#### Reduce your Energy At Home by:

1. Switch off the lights if you don't need them.
2. Switch to low energy bulbs
3. Don't use the dryer—hang up your clothes instead.
4. Switch off the dish washer—wash them by hand instead
5. Use less central heating if possible. Closing doors and windows keeps the existing heat in the winter months.

#### Reduce Your Carbon Footprint by:

1. Walk, cycle or take public transport if you can.

2. Car pool on the school runs or going to and from work.
3. If you need to go on a holiday consider going on a cruise holiday instead of flying off somewhere. Less aeroplanes in the air mean less carbon released into the atmosphere.
4. Consider a British vacation and visit those parts of the UK you have never seen before. This way you can go by train to your destination and perhaps hire bicycles or walk around your holiday destination. This may be a safer type of vacation given the Covid state just now.
5. Switching your household energy to one produced through renewable sources such as wind or solar power. Is possible install solar panels on your roof.

#### Diet

1. Why not try growing your own vegetables. Even if you don't have a garden vegetable such as tomatoes, potatoes and herbs can all be grown in pots indoors or on verandas or in window boxes.
2. Eating more vegetables equals less carbon emissions.
3. Eating locally produced food equals less road transport and therefore less lorry emissions on the roads.
4. Throw away less food—use your left overs to make sandwiches or other types of next day lunches. Food in landfill produces Methane which is also harmful to the environment.
5. Compost the food you can't use as next day meals. This will produce a nice compost for your garden in the coming months. It also means no need to travel by car to a garden centre to buy more compost the following year.

Everyone can make a difference—all you need to do is choose at least one thing from the lists above to adopt and we can make the world a better place.