

## **PAULA'S PARISH POLISH:**

### **CREATIONTIDE SUGGESTIONS from ST.JOSEPH'S PARISHIONERS.**

In the HOME:

Use natural ingredients for cleaning e.g. white vinegar, water and newspaper to clean windows, lemons to clean many things, bicarbonate of soda to clean sinks, washing-up liquid and soda water for carpet stains;

Use a steamer to cook vegetables all in one pan;

Take showers instead of baths;

Unplug the T.V. when not in use;

Do not leave any electrical equipment on standby;

Turn off lights when rooms not used;

Save water by not leaving the tap running when cleaning teeth;

Eat home grown vegetables;

Use low-energy light bulbs;

Cavity wall insulation;

Loft insulation;

Double glazing;

Install solar panels if you can afford them;

Re-use plastic and foil trays;

Use up left-over food;

Freeze surplus;

Air dry clothes- do not use tumble drier;

Wash clothes at low temperatures;

Turn the heating down or off whenever possible;

Recycle plastic bottles for storage;

Use natural materials where possible;

Heat only amount of water needed;

If you live alone, wash up only once a day;

Use a water meter;

Wash larger amounts of clothing fewer times a week;

Iron clothing all in one session;

Repair things when possible instead of throwing away;

Recycle paper, clothing, glass, plastic, mobile phones;

Give items to Charity Shops.  
Buy only the amount of food you need- save waste- you might want to club together with friends or neighbours in order to take advantage of special offers;  
Donate unwanted medicines to 'Intercare';  
Have a water-saving sachet in the toilet.

#### In the GARDEN:

Make a compost heap;  
Collect rainwater in a water butt;  
Use rainwater to water plants;  
Feed the birds;  
Erect bird nesting boxes;  
Put out water for the birds;  
Leave seed heads on plants for the birds;  
Plant woody shrubs and trees to soak up carbon dioxide;  
Leave untidy corners for wildlife;  
Leave woodpiles for insects;  
Avoid large paved areas and decking, so rainwater can soak into the soil and not flood sewers;  
Avoid peat-based products and sphagnum moss. Commercial extraction of peat is damaging wildlife habitats at home and abroad and destroying wonderful wetlands which absorb carbon dioxide and help slow climate change;  
Grow fruit and vegetables- this cuts food miles and transport energy costs;  
Use hand tools, not power tools;  
Don't burn waste- recycle it;  
Use washing-up water to water plants;  
Use planting to attract insects;  
Cultivate an allotment, which you might share with another family;  
Grow salads and herbs in pots if you don't have a garden.

## OUT and ABOUT:

Notice the countryside;

Go on walks and look for beauty, instead of spending money on clothing etc. in shops;

Buy Fair Trade goods;

Offer to share lifts in cars;

Ride a bike;

Offer to help others with shopping, gardening, cleaning;

Use public transport;

Walk;

When you shop, try to buy organic produce;

Buy gold only when you know it has been ethically produced;

Support in disasters;

Campaign and question your M.P.;

Reduce your air miles;

Try to avoid buying goods which have travelled by air;

Use recycled bags/reusable bags;

Thank God every day for what you have;

Read and find out more;

Buy at local markets.