

HELP SAVE THE PLANET - A **BOX TICKING EXERCISE**

1. Switch to energy saving lights in all rooms
2. **Walk, cycle, car share and use public transport**
3. *Turn down your central heating by one degree*
4. **IMPROVE THE INSULATION IN YOUR HOME**
5. Switch to a green energy provider
6. **Switch to three plant-based meals a week**
7. If you fly, take one less flight a year
8. **BUY LESS STUFF - REPAIR, REUSE, RECYCLE**
9. **Avoid buying new clothes where you can**
10. **Switch things off at the plug**

Stick me on your fridge and tick each you achieve

For more information contact: info@buriton.co.uk