

A pledge for change

We can all make a difference...
...one small step at a time.

Reduce your
Carbon footprint

Cut down your
Waste

Eliminate causes of
Pollution

How? Read on to find out!

Each individual is seen by God and known by him.

In the same way, each action we make, however small, will make a difference to the world God has placed us in.

God can take faith the size of a tiny seed and grow it into faith like a tree that gives sanctuary and food to many living things. Matthew 13:31,32

Here at St Andrew's Church, Histon, we would like to invite you to pledge to care for God's creation by making some changes you *can* make. Then, to pray that God will take those changes, however small they may seem, and use them to reverse climate change and bring justice for those whose lives are impacted by it.

This leaflet is full of ideas and resources to inspire you that change is possible and beneficial.

My pledge:

In the next 12 months, I will work towards and make the following changes to help repair and minimise damage to God's creation

1.

2.

3.

Resources:

visit these websites for more ideas and 'How-to's':

<https://www.thisisourworldtoo.com/>

<https://zerowastehome.com/>

<https://footprint.wwf.org.uk/>

<https://greenerideal.com/guides/green-living/beginners-guide-to-carbon-offsetting/>

<https://energysavingtrust.org.uk/>

Book: 'How bad are bananas?' by Mike Berners-Lee

for local/sustainable food, cleaning products, personal care and refillables:

Daily Bread Cooperative Cambridge, King's Hedges Rd

IVC Farmer's Market, 3rd Sat. monthly, 9am – 12pm

Histon Country Market Fridays 9am - 12pm HBC

www.fullcircleshop.co.uk (Branch in Cambridge)

www.cambridgeorganic.co.uk

www.oddbox.co.uk

www.greenblueyou.co.uk

www.theplasticfreeshop.co.uk

For repair experts:

<https://www.repaircare.co.uk/>



St Andrew's Eco-Church WhatsApp Group Do you have resources to share? Questions? Need support? Why not join this group? Contact **07443640096** or **07500866817** to join.



Household

- Buy used or reconditioned** phones, laptops, tablets.
- Repair broken appliances** if possible, even if it is more expensive than replacing them
- Use wood, bristle, **natural fibre cleaning brushes, cloths, grooming** items
- Keep **fridges/ freezers defrosted** and well stocked
- Ask to be **removed from junk mail** lists
- Refuse 'freebies'** that you do not need or which are plastic. Even 'free' cotton bags have a carbon cost.
- Switch to **'Green' cleaning products** (dilute citric acid or bicarbonate of soda will clean most things effectively)



Finance and investment

- Invest in pensions, stocks and shares etc. using ethical and sustainable portfolios only**
- Donate** to charities supporting environmental improvement e.g. Tearfund, World Wildlife Fund, Woodland Trust, Coalition for Rainforest Nations, The leaf charity, Tree Aid, Cool Earth
- Switch to ethical, sustainable banks** e.g. Nationwide or the Co-operative Bank
- Buy less!** If you thrive on 'retail therapy', pledge to take up an alternative hobby for your wellbeing e.g. gardening! The less you buy, the less energy is used and carbon produced to make things.



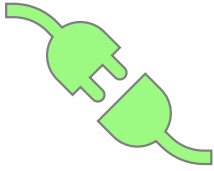
Food

- Learn about the environmental and ethical impact of what you eat**
- Meal plan** and only buy what you need for that plan to avoid food waste
- Buy locally produced food** when possible, to reduce transport fuel
- Buy organic or sustainably produced** food that is kind to the land and eco-system
- Reduce red meat** from ruminant livestock to one meal a week
- Reduce dairy consumption** by two pints of milk a week
- Reduce all meat consumption** by two meals per week
- Use reusable produce bags** for loose, plastic packaging-free fruit and veg.
- Research and plan to switch to **gas-free cooking** alternatives for your hob and/or oven



Travel

- Walk or cycle** whenever possible
- Use public transport** for longer journeys where possible
- Research and make a plan for when you will **replace your vehicle with an electric**, petrol/diesel-free one.
- Keep tyres pumped** up and your vehicle well-maintained.
- Plan routes** to use least fuel.
- Avoid air travel** for work or pleasure. Plan holidays in the UK, or by train or boat in Europe.
- Carbon-offset** your fuel usage, especially for (unavoidable) flights
- Consider the impact of retail transport:** avoid purchasing products that have been imported by air.
- Carpool/lift share** to work, school or events



Energy use

- Switch to **green energy** provider
- Switch off** lights and appliances when not in use.
- Improve insulation**: roof, windows, walls, doors
- Install solar panels** and water heating
- Research **low energy heating** options and make plans to install when you need to replace.
- Wear warmer clothes and **run heating one or two degrees cooler** than normal
- Wash clothing on cooler**, shorter setting.
- Air dry** washed clothing
- Fill dishwasher** completely before running
- Use good quality, **rechargeable batteries**
- Keep **kettles descaled and do not boil more water** than you need



Clothing

- Avoid 'fast fashion'** Buy good quality, timeless style to last for years.
- Buy second hand** clothing and support a charity shop.
- Reduce the number of new clothes** you buy by 50% this year
- Switch to green laundry detergents**
- Repair or repurpose** worn clothing (get creative!)
- Buy or borrow a second-hand sewing machine** to help with the above!
- Buy **natural fibre** clothing to avoid microplastics from washing
- Buy **sustainably, ethically produced and manufactured** clothing