

Hot Air Topical Tips

How to save the planet ...and save money



Compiled by the IoM Friends of the Earth, working in conjunction with
The One World Centre.

- **Borrow from Mum! While Dad-dancing is positively out - clothes fashion goes full circle!** That 80s stuff your mother wouldn't be seen dead in now is probably the next big thing! Recycling everything, including clothes, cuts down on pollution.
- **Refuse plastic! Take an old bag with you when you shop... (so long as she isn't busy!)** It's estimated that 750 billion plastic bags are used worldwide every year. If everyone in the UK used each plastic bag twice then 4 billion bags could be saved every year. Wow. If you do get plastic bags use them for your rubbish, it saves on the production of new bags.
- **R&B is one thing - but wrapping is sooo yesterday!** Extra wrapping is unnecessary waste. Choose the option with least packaging, this will save in the resources and pollution involved in manufacturing unnecessary packaging in the first place.
- **Buy seasonal fruit & veg!** - You wouldn't get sprouts and cream at Wimbledon, would you? Buy local vegetables that are in season, save on air miles, support local farmers, have a varied diet - how could life get better - ticking ALL those ethical boxes?
- **Albert Steptoe was a trend setter!** - Share your rubbish! Use the local amenity site to recycle unwanted STUFF; it helps enlightened people not to buy new. The UK is dumping up to 900,000 tons of textiles a year. Synthetic products in landfill won't decompose, woollen ones will but produce methane! If your clothes aren't good enough for the charity shops they can still be recycled through a textile bank by becoming filler for car insulation, roofing felts, and furniture padding.
- **Petit-pots equal gross-out trash!** small individual portions in plastic pots are the devil in disguise to the environmentally minded - get value packs instead!
- **Which came first - the bus or the passenger?** Create the demand for a decent public transport system, and we might get one. A bus replaces 40 cars on the road, and gives you time to plan your day or read a book or magazine. A commuter making a 30-kilometre round trip in a five-door hatchback, for example, will save 1.5 tones of greenhouse emissions a year by taking the bus instead.

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- **Take life gently, go by boat!** Carbon emissions from boats or trains are much less than 'planes. Going by boat or train rather than plane can reduce your carbon emissions by 75 per cent.
- **Use the web!** New technology reduces the need for those high powered business meetings, chill and communicate at your leisure, and save on air miles!
- **Icarus discovered the cost of flying.** Break the habit of short breaks! Take a low cost holiday at home (how well do you really know the Island) - but if you have to fly pay to off-set your carbon emissions - www.co2.org
- **One swallow, doesn't make a summer -** But one flight to Manchester gives you a tonne to CO2.
- **Give your right foot a rest, ease up on petrol.** A car at 50 mph uses 30% less fuel than a car going at 70mph. If you turn your engine off if you're are stopped for more than a minute, even at traffic lights, you save polluting the street.
- **And on the seventh day He rested.** Give your car a day off too.
- **Channel your E-numbers - cycle to school...** if you live on a mountain hang-glide to work... ?!
- **Driving on a flat tyre is like walking on a bruised foot.** Keep your car tyres properly inflated... otherwise you use more energy and put unnecessary strain on your car.
- **Would you rather to feed an elephant or a caterpillar?**Run a smaller car! It's cheaper. And avoid rapid changes of speed - driving more smoothly make a big difference to the emissions you produce.
- **Don't stand by...** Leaving office equipment on standby is like employing someone to work extra house to achieve nothing. When electrical appliances are switched off they still consume energy. Turning off all appliances at the source will save huge amounts of energy ...and money! More than two out of every hundred power stations in Western Europe could be closed if stand-by electricity was eliminated.

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