

Great Big Green Week Challenges

One of the aims of this week is to show people some of the things that we can do as individuals to help reduce our carbon footprint and live more sustainably. We have therefore compiled a list of 10 challenges that we would like you to consider (and hopefully try out!).

This list is by no means exhaustive and there are loads more things we can be doing but remember, every little bit helps. We're not saying you should be doing every one of these challenges (although congratulations if you are) but even picking one or two of them and just giving it a go means you are on the right path and making a contribution to the wellbeing of our planet. If you do decide to try one or more of these challenges then please share your progress with us on the [Great Big Green Week Facebook page](#) or on Instagram @GreatBigGreenWelford, and if you already do some of these things then do let us know about it too. Likewise, if you have any other tips or advice on ways to live life a little more sustainably that you would like to share with others then share away!

1. EDUCATE YOURSELF

- Watch a film/documentary with an environmental theme. Ideas include any of the David Attenborough ones such as Extinction, An Inconvenient Truth, An Inconvenient Sequel - Truth to Power, Kiss The Ground, Melting Ice, Chasing Coral, BBC's War On Plastic with Hugh and Anita, The Lorax (a good one for the whole family).
- On Saturday 18th September we will be screening Chasing Coral at Welford Village Hall at 8pm. Book your tickets [here](#).
- Read a book - you can find some great suggestions [here](#)
- Prefer to listen to a podcast? Then check out [this great selection](#) on all things sustainable.

2. EAT MORE PLANTS

- Eat a plant-based meal, or if you are feeling up for the challenge eat plant-based for a whole day or even a week.
- Try cutting out dairy or limiting your intake. Or get your milk from an organic farmer such as [PrOganic](#) (the Eco Village in Market Harborough has a refill machine as does Waterloo Farm in Great Oxenden), Farndon Fields has a refill machine and Kibblecote Farm in Kimcote has one too. Dairy2door deliver in glass bottles to the village.
- If you eat meat then try to reduce the amount you eat and make sure you are buying meat which is produced to higher welfare standards. This includes local, grass-fed and higher welfare meat like organic. Local suppliers include [Joseph Morris](#), [Waterloo Farm](#) in Great Oxenden, or [Park End Farming](#) near West Haddon. Avoid meat that has been intensively farmed where animals are kept indoors and bred to grow abnormally quickly.
- Be aware of where your food is coming from and buy locally sourced/grown food if you can. [edible16.org](#) is an online food shop of locally sourced products, various farm shops in the area sell food they have grown themselves and there is a [CSA \(Community Supported Agriculture\) scheme at Stanford Hall](#) where you can order weekly veg boxes and even go along and help out

3. REDUCE PLASTIC IN THE HOME

- Make at least one eco-friendly swap in the home. E.g use bars of soap instead of liquid, or start using a refill store for your liquids. Ditto with shampoo/showergel. Use a biodegradable dish sponge. Switch your usual toilet roll for a more sustainable one like UK-based [BoxRoll](#) or similar.
- Start using a refill store for things like pasta, dried fruit, spices, cleaning items, etc and reduce your plastic usage. The closest place is [Refill Revolution](#) at the Eco Village in Market Harborough

4. CURB YOUR CAR

- Try to reduce your car use, even if it is just for one day. Need to get a couple of groceries? Use the village shop and walk or ride a bike there - this is good for your health too!
- Try and combine several errands into one trip so that you can reduce the number of times you have to use the car.

5. CONSERVE ENERGY AT HOME

- Unplug unused appliances in the home. There are many appliances that actually use electricity even when they are not being used. By simply switching them off at the wall you are reducing your energy consumption (toaster, microwave, coffee machine, phone charger, TV, video game system).
- Reduce dryer usage, hang clothes outside to dry when possible.
- Look into switching energy providers to one who uses 100% renewable energy such as [Bulb](#) or [Octopus](#).

6. BE WATER WISE

- Using less water means less carbon emissions are caused by bringing the water to and from your home (this is because cleaning water before and after it is used causes carbon emissions, which contribute to the climate crisis)
- Try to limit the time you spend in the shower - even shortening by just one minute can make a difference. It is recommended that you take no longer than 5 minutes so see if you can stick to that! It means more time to do other things.
- Make sure you turn the tap off while brushing your teeth.
- If you haven't already then get a water butt to make use of the abundant rain in this country for watering your garden.

7. BE A CONSCIOUS CONSUMER

- Set yourself a period of time where you don't buy anything new such as clothes, shoes, bags, electronics, etc. Try a month or three, or even more.

- There are lots of places you can buy second hand good quality items and also more places you can go to get broken electronics fixed. (Fixers cafe at Eco Village).
- If you don't fancy trawling charity shops for clothes then try one of the many online pre-loved clothing websites such as [Vinted](#).
- For those of you with kids at Welford School, check out their [preloved uniform page on Facebook](#) to save you having to go and buy new
- On Friday 24th September there will be a children's clothing and toy swap at the Community Centre which would be a great opportunity to pick up some new things for your kids for free.
- Later in the autumn, Welford Pre-School will be hosting an adult clothing swap too so look out for details of that. As well as being better for the planet it will also save you money.
- [OxfamGB](#) are promoting Secondhand September to encourage people to either not buy new clothes at all, or buy secondhand ones, so why not give it a go!

8. GREEN YOUR MONEY

- Make sure your money is having a positive impact on our planet.
- Many of the big high street banks use your money to invest in fossil fuels, arms and deforestation so check your bank account/pension provider and see what industries they are investing your money in.
- <https://switchit.money/> is a great tool to see how green/ethical your bank is.
- <https://makemymoneymatter.co.uk>

9. WASTE NOT WANT NOT

- Reduce your waste whether it is food, clothes or general rubbish.
- Make smart purchasing choices. Don't buy cheap things that will fall apart within months and you'll just have to replace them.
- Plan your meals so that you minimize food waste. Learn to love your freezer - you can freeze everything from overripe bananas to cheese, milk, avocado and onions. [Read more here.](#)

- If you have food waste either compost it if you have that facility or use the brown bin provided by the council (the food then goes to an anaerobic digester that will turn the food waste into electricity and compost).
- If you have clothes that are damaged then either try and mend them yourself - check out [Repair What You Wear](#). YouTube also has plenty of how-to videos. Or find someone who can help. We are hoping to get an expert in during the Great Big Green Week to run through some easy mend-it-yourself techniques so keep a look out for more details.
- All these steps will help to save you money and decrease your carbon footprint.

10. PLANT TREES/TRACK YOUR CARBON FOOTPRINT

- No, we don't mean you have to go out and physically plant an apple tree in your back garden (although that would obviously be wonderful!) but there are a great many apps nowadays that allow you to plant a tree simply by clicking on a few links on your phone or by going for a walk.
- [AtlasGo](#), [TreeApp](#) and [Ecosia](#) (this is a search engine which plants trees for you) are all well worth checking out.
- [GIKI](#) is an amazing website which allows you to input all sorts of data from your daily life and consumption to help you work out what your carbon footprint is - it then gives very doable suggestions as to how you can work to reduce this and live in a more sustainable way.
- We plan to post a video tutorial during the Great Big Green Week about these different apps and how to use them - more details to come soon.