

Environmental Sustainability

Mini Series #2
07/03/20



Rainbows and bear hunts are being placed in windows all around the world to help lift spirits distract children and adults during this pandemic.

Energy saving tip of the week

With an increased amount of time indoors energy bills are likely to push up, so what can you do?

Turn your thermostat down by 1 deg C to save around 7% of heating energy. With the average household bill being £1,254, you'll save about £88!

Have a look at our thermostat guide [here](#).

Look out for our next instalment to find out more on how you can help wildlife



WARWICK

RAWKUS;

Turning negative waste into positive action

From just a small number of blocks, this Easter collection we have been able to save 1-2 tonnes worth of food surplus and other household items.

These items were donated to Coventry Food Bank, Leamington Winter Shelter and Coventry City Mission.

RAWKUS are always in need of more volunteers to prevent as much food and usable items from going to waste as possible. If you are interested in joining a collection please sign up [here](#).

Time to make easy plastic switches?

We have more time than ever to pause and reflect about our own futures, and the role each of us might play in protecting the planet when this is all over.

There's never been a better time to reassess our individual impact.

1. **Plant-based Loofahs** and **plant-based dish washing scrubs** have a longer life and they don't pick up stains or odours.
2. Have a baby in the house? On average, a baby will need about 4,000 nappy changes before they're fully potty trained (that's a lot of single-use plastic waste!), so reducing the amount you spend on nappies can make a really big difference. Try **re-usable nappies!**
3. Replace your single use cotton pads for reusable ones. Tons of water and environmentally damaging pesticides are used in the production of of cotton, not to mention the plastic packaging it is sold in . **Shop cotton pad alternatives!**
4. **Plastic free period!** Did you know the average pad is made of six carrier bags of plastic? A cost comparison over five years (60 periods) shows that using reusable sanitary pads could **save you around £300.**

Research also suggests disposable sanitary products expose the body to toxic and hazardous chemicals.

Another option could be **Mooncup/DivaCup?** Isn't it time to get eco-conscious and save money?