



What eco pledge did you make?
Are you managing to keep your pledge?

If you didn't make a pledge, why not make one now?

Pinch others' ideas!

Food – I will try to:

- Shop weekly in the market
- Go vegetarian more regularly each week
- Buy loose fruit and veg
- Eat less imported food
- Order milk from a milkman
- Shop locally
- Grow my own vegetables
- Give my excess fresh veg to food kitchens





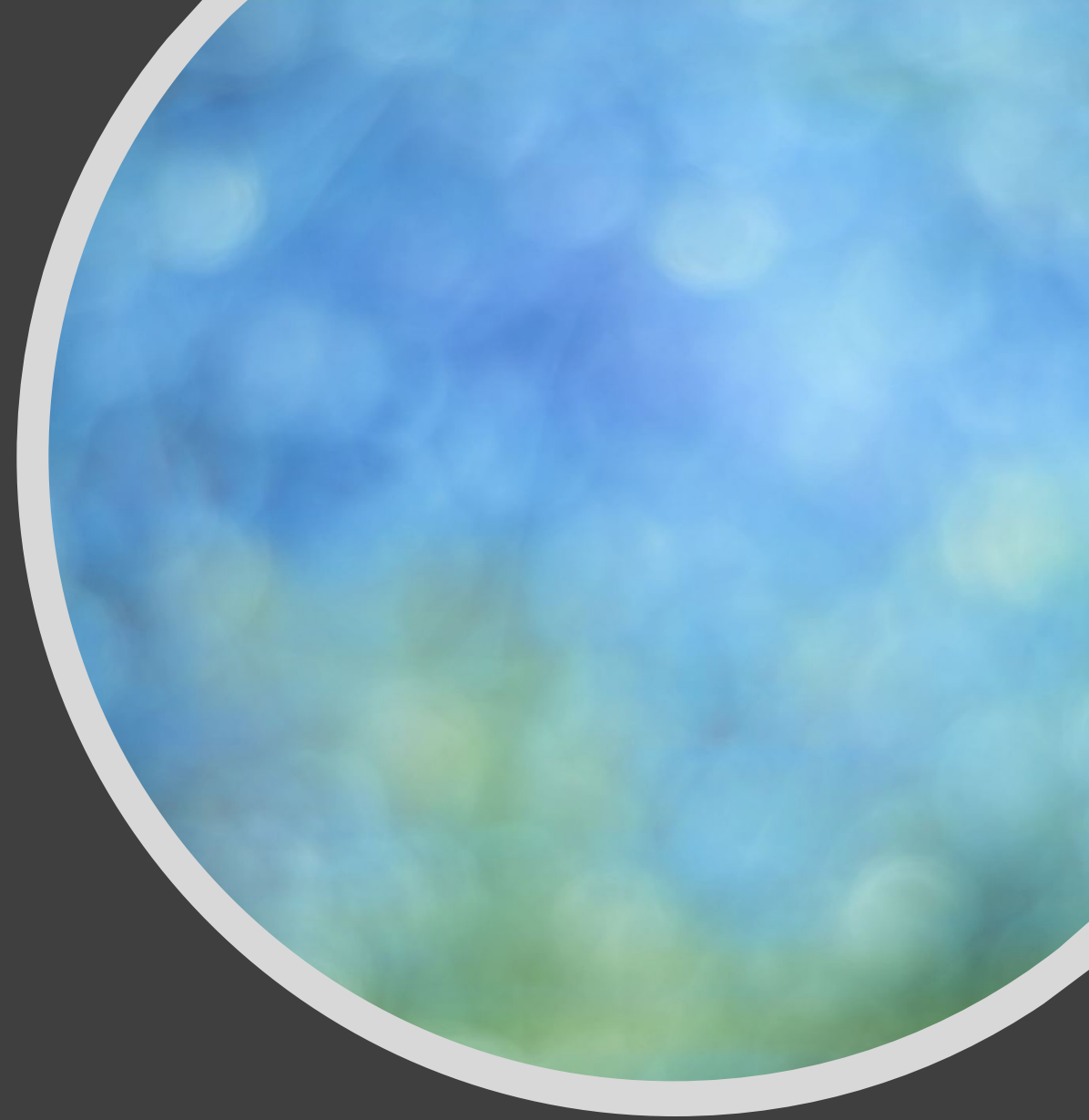
Energy -I will try to:

- Fly less
- Use public transport where I can
- Cut down on my gas and electricity consumption
- Reduce my energy consumption
- Waste less and donate more
- Walk more
- Use my car less
- Drive a little less quickly

Plastic and pollution – I will try to:

- Choose plastic-free wrapping options for my lunch
 - Use less plastic
 - Choose eco-friendly household products
 - Choose eco-friendly toiletries
 - Dispose of re-cyclable items in a responsible way
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- Do we re-cycle our waste at Emmanuel?

Sharing the message of climate crisis – I will try to:



Talk about	Talk	Support	Talk
Talk about the environment, climate change and saving energy with my grand children	Talk with my councillors and MPs about my concerns	Support the Green Party	Talk with my friends about the climate crisis and the church's response

Growing my own - I will try to:

- Compost more
- Leave wild areas of my garden
- Find ways of saving rain-water for my garden
- Source plants in peat-free compost
- Grow from seeds or seedlings
- Plant more shrubs to attract bees and butterflies
- Use washing up water on my garden



Money – I will try to:

Think about

Think about the environmental credentials of my bank

Think

Think carefully about where my pension is invested

Donate

Donate to Christian Aid's Climate Crisis campaign

Buy

Buy Fair Trade food and products