

## BE THE CHANGE

(52 ways to live more sustainably – most of them achievable by everyone)

If you can only implement 10% from the list below, you will have made a difference – for yourself and for the rest of the world. The more you can do the better for us all, but the object is not to cause hardship or massive effort – because then you're less likely to do it in the first place and less likely to keep it going.

So please choose **ONE** thing on the list that would be possible for you to do, that you are not already doing, and make it part of your life. When you have done that, tick it off and choose **ONE** more and so on. If you can do one a week, then within one year (that's why there's 52) you will have made a huge difference. However, it all helps, do what you can.... Small, achievable steps are what really make the difference, then you are truly being the change you wish to see in the world. You can add your own ideas to the list and maybe let us know what they are. Anything marked with a \* Transition Town Worthing (TTW) may be able to help you with (visit our website – [www.ttworthing.org](http://www.ttworthing.org)).

1. Choose environmentally friendly cleaning materials or laundry products.
2. Buy products made from recycled materials whenever you can.
3. Buy locally produced vegetables/free range eggs whenever you can.
4. Refuse plastic carrier bags from the supermarket, take your own bags.
5. Buy one of our bags and re-use it hundreds of times!\*
6. Help with The Big Beach Clean each year (in September) or join Plastic Free Worthing. \*
7. Buy what you can from your local shops – support your local traders.
8. Bake your own bread, cakes and biscuits.
9. Support local Farmers Markets.
10. Buy Fair Trade products.
11. Try to use your car less, use a bike when you can, or public transport.
12. Plant some fruit trees or support organisations that plant woodlands.
13. When walking in the countryside or on the beach, collect litter as you go.
14. Join sustainable lifestyle promoting groups like this one.\*
15. Grow your own veg/salads – you can even do this on a window sill.
16. Buy local fish off the beach from local fishermen.\*
17. Join your local Freecycle/Freegle organisation to avoid putting things in landfill.
18. Switch to low energy light bulbs.
19. Talk to your neighbours and become more community minded.
20. Learn how to make and mend. (\*You could come along to our Repair Cafe.)
21. Use your recycling bin and put minimal waste in the landfill bin.
22. Support your local W.I. Market.
23. Learn how to garden Permaculture style.\*
24. Sign up to a local veg. box scheme. \*
25. Walk the kids to school instead of using the car whenever you can.
26. Help out at one of TTW's\* allotment or wildlife garden projects.
27. Monitor your electricity usage- use a Smart Meter or by taking regular readings.\*
28. Compost kitchen fruit/veg waste – either yourself or by using council provided bins.
29. Join a car-share scheme.
30. Install water butts on down pipes to avoid watering with tap water – plants prefer it.
31. Join a choir or make your own music.
32. Try not to buy more food than you need – a huge amount of food ends up in landfill sites.
33. Make your own chutneys, jams, preserves when there is a glut of produce.
34. Support local heritage events and learn how Worthing fed itself in the past.

35. Take good care of your health – it puts less of a strain on you and on precious resources.
36. Use leftovers creatively rather than bin them, e.g. chicken carcasses or veg discards for stock etc.
37. Try to help create the kind of world you want your children/grandchildren to inherit.\*
38. Save seeds and share/use next planting season.\*
39. Support Community Supported Agriculture (CSA) projects.
40. Switch to a Green Energy supplier or support a local energy initiative.\*
41. Plan your car trips to maximise petrol consumption.
42. Eat more seasonal fruit and veg - become more aware of food miles.
43. Only buy sustainably/responsibly sourced timber.
44. Insulate roof space.
45. Need to learn a skill? Find someone locally to teach you – or share skills you have with others.\*
46. Prune fruit trees regularly, it keeps them more healthy and provides a better yield.\*
47. Save water – turn the tap off when cleaning teeth, shower instead of bath when you can.
48. Get to know your local environment and spend more time in nature.
49. Get cavity walls insulated – there are grants available.
50. Switch off appliances when not being used and turn lights off when you leave a room.
51. Reduce meat consumption – meat production creates a huge drain on natural resources.
52. Think about installing solar/photovoltaic panels.

YOUR IDEAS: