



Haslemere Herald column – January 2011

Green resolutions for 2011

New Year is a time for resolutions and a fresh start, so here are some suggestions for how you can make your life a little greener in 2011.

1. Leave for journeys a earlier so you can drive a little more slowly and efficiently. With petrol prices being sky-high at present, you will not only save carbon emissions but money too.
2. Buy seasonal vegetables and look up new ways to cook them. Parsnips don't always have to be roasted. Celeraic makes a tasty addition to mashed potato and kale is a versatile green.
3. When planning your budget for the year, look at what energy efficiency measures you might afford, remembering they will pay back over time. Can you upgrade your heating boiler or your fridge to more efficient models? Or could you insulate your loft or double glaze your windows?
4. Plant a tree – preferably an indigenous species. Although we are surrounded by woodlands in Haslemere, the planet can always use more trees. Britain is the least wooded country in Europe. Trees absorb carbon dioxide, provide habitats for wildlife, hold the soil and nourish the soul.
5. Eat less meat. Having one or two meat-free days a week is one of the most effective ways to reduce your carbon footprint. And when you do eat meat, try to use local, free range and organic products.
6. Consume less. We can learn a lot about living more sustainably from the

generation who lived through the War years. As they used to say: use it up, wear it out, make it do or do without.

7. There are three more “Rs” you can try besides Reduce, Reuse and Recycle. Respect the natural world around you – it is what provides use resources and sustains us. Rethink your lifestyle – are there greener ways you could live? Restore – try to give back as well as consume, for example by composting your waste.

8. Use water more sparingly. It may seem that we have enough water around us at this time of the year but remember it takes resources – and produces carbon emissions – to collect, purify and distribute water. Install a rain barrel for watering the garden.

9. Take your own water in a reusable bottle rather than buying bottled water.

10. Get an energy monitor and find out just how much energy your various appliances use and how you might reduce your electricity consumption. You can borrow energy monitors from your local library.

To find out more ways you can go green, including detailed information on energy saving measures, visit Transition Haslemere's website: www.transitionhaslemere.org.

Happy New Year!

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