



SUSTAINABLE LIVING

Produced by SUSTAINABLE CRAYKE

10 tips for a more sustainable life.

10 Things to think about, consider and contemplate.

Make a few minor changes or perhaps big ones....

Less buying, more doing. Less wanting, more enjoying.

A quick guide on how to live sustainably. Caring for yourself, others and your environment.

Ten steps to a sustainable lifestyle with less consumption, food waste and use of plastic. You can reduce your impact on the environment and improve air & water quality.

Ref Live Green by Jen Chillingsworth.

Natural Household Cleaning by Rachelle Strauss

SUSTAINABLE CRAYKE

We are a small group, trying to raise awareness, increase available information and arrange events.

We want to encourage and facilitate the sharing of ideas, knowledge, and resources to build a more sustainable community incorporating social, economic, and environmental aspects of life in Crayke.

Group Members Contact details below:

porterjane200@gmail.com,

lesleyhartley445@btinternet.com,

m.pepper168@btinternet.com,

merritt.cr@gmail.com,

nigellevin@btinternet.com.

10 EASY STEPS TO A MORE SUSTAINABLE LIFESTYLE

STEP 1.

DECLUTTER

One drawer, one shelf, one room at a time- however much you can manage. You will feel better and unwanted items can be sold, donated, shared, or swapped.

Consider what you need around you, we all have too much 'stuff,' we keep it just in case, or buy it and don't use it. Less stuff means less dusting and easier cleaning.

Transfer to paperless options for household admin to reduce items coming in.

STEP 2.

REDUCE INDOOR AIR POLLUTION.

Cleaners, plastics, paints can all produce air borne pollution, you have seen VOC, Volatile Organic Compounds on paint labels. You can help filter the air and improve the quality using plants such as Spider plants, Peace Lily and Mother in Laws tongue or you can reduce the pollutants going into the air, see STEP 3 for another way of reducing chemicals in your home.

STEP 3.

NATURAL PLANT BASED CLEANING PRODUCTS



Bicarbonate of soda, castile soap, lemon juice, white vinegar are all natural products which can be utilised for cleaning. If buying commercial products, labelling can be challenging as many appear green or planet friendly, so check the labels for information or speak to retailers.

Also think about your cleaning materials, buy wooden handled dish mop or bamboo instead of plastic, you can get biodegradable cloths and sponges, scourers made from loofah or coconut. Brushes with natural bristles. Wash cloths to refresh them- don't just throw them away. Paper towels can be composted after use (depending on use), and you can get bamboo alternatives which can be washed and reused, and finally composted.

STEP 4.

ECO LAUNDRY

Wash less often, ensure full loads, reduce temperature (also saves energy and reduces cost). Consider using Eco friendly products, such as soap nuts or ECO EGG laundry, you can presoak any stained items using washing soda. If possible dry outside and try and avoid tumble dryers as they are very costly and use lots of energy. GREEN dry cleaners do exist.

STEP 5.

CONSIDER YOUR DIET: VEGETABLE PRODUCTION CAN BE MORE PLANET FRIENDLY THAN MEAT PRODUCTION- but you don't have to go vegetarian to make a difference.

Growing vegetables uses less energy than growing meat and vegetable are often cheaper too, especially if in season. (Eat the rainbow was a health catch phrase to encourage you to eat a range of vegetables and fruit.) Consider eating less meat. Eat meat, vegetables and fruit grown locally to reduce food miles and/or support local businesses and farmers.

Reduce food waste, make soups, freeze leftovers, cook only what you need etc.

If you grow your own, or have excess, consider preserving as jams or chutneys, also many vegetables freeze well if blanched, or you can swap with friends if you have a glut.

STEP 6



Avoid single use plastic, reuse any plastic container by buying refills, or ensure they can be recycled. Many plastics can go in the council recycling, soft plastics can be recycled through supermarkets. Instead of cling film, use Tupperware or other reusable containers, or use bowls or plates with covers.

Consider anything you buy not just for the contents but also for the packaging, there is lots of choice, consider a cardboard sleeve instead of shrink wrap, brown paper bags instead of plastic for veg or glass bottles instead of plastic

etc. The simplest way to reduce plastic waste is to reduce the amount you buy, and this can be different choices as well as buying less.

Plastic shopping bags have been the greatest reduction in recent years, we now mainly use jute or reusable bags for our shopping, it was tricky initially, but we all got used to it. This is a prime example of how change can work.

STEP 7

BUY VINTAGE OR SECONDHAND ITEMS INSTEAD OF NEW

Auctions, car boot sales, charity shops are all great sources of items someone does not want but you may need. Cooking utensils, pots, pans, clothes, household furniture, tools, toys etc.

York Auction Centre (Murton market) has household sales throughout the year.

Local papers have wanted and for sale ads.

Easingwold and Thirsk have Charity shops available.

Various local car boot sales through summer months.

Virtual marketplaces such as Gumtree and Vinted and Etsy.

Fashion is starting to consider its impact, making more sustainable clothing so you have choices if buying new. Making clothes last longer reduces the need to purchase more and reduces waste. If buying new, buy the best quality, organic or natural materials and look after them.

STEP 8

USE YOUR SPACE TO GROW YOUR OWN AND/OR HELP NATURE

Green space is good for you, its official!

Whether it just looks good, or you can eat it, if you have space grow something, -window sill, window box or garden, even indoors!



Try to garden organically, those bugs that eat our plants are food for birds and mammals, and, if you let them -they will help keep the 'garden pests' under control. Supply water, even just a bird bath or tub and this will help support the wildlife in your space. Consider natural deterrents such as companion planting or coffee grounds. Natural fertilizers such as animal dung or wood ash can be used as well as home- made compost (made using vegetable trimming, grass

cuttings and pruning waste). Buy peat free compost for pots- if it does not say peat free it likely isn't. Food waste can feed a wormery which makes liquid fertilizer.

Plants choices can encourage Bees, Butterflies, and moths as well as other beneficial insects, which will encourage birds and small mammals into your garden, maybe even amphibians.

Don't be too tidy, ensure a hedgehog highway, have nectar rich plants, or add insect hotels and hedgehog houses, feed the birds, hang bird boxes, every little helps.

STEP 9



War time slogan, along with Waste not want not, but equally relevant today.

Buy the best you can afford, make it last and mend or repair it to prolong its life. If you don't have the skills perhaps you could learn them or someone else can help.

Reduce the items in your life that are throw away items, cheap fashion, single use, poor quality so they don't need replacing as often, save you money and reduce waste in landfill.

If it's beyond repair, can it have another life, be repurposed perhaps. Make a quilt from old clothes or a rag rug? Use pots as plant holders, old cutlery can make sculptures or I have seen them as drawer pulls, check out Pinterest for ideas.

There is always charity collections and shops who may be able to take some items too.

STEP 10

REDUCE ENERGY USE

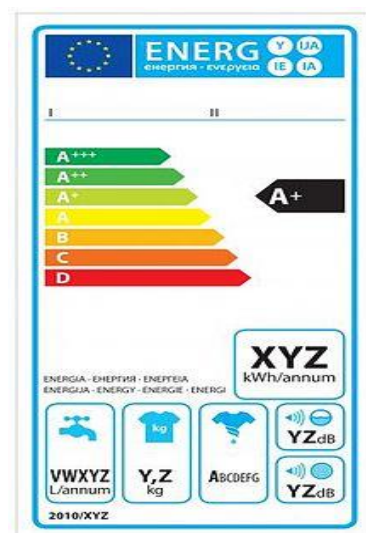
This has a cost benefit as well as a planet benefit. Reducing the energy you use is a good thing all round.

Always fill washers, limit use of tumble dryers, if you put the oven on- fill it by cooking tomorrow's tea as well as today's, keep pan lids on, turn lights off and use energy efficient bulbs, lag pipes and insulate your loft, place reflectors behind radiators, make draught excluders (from old jumpers!), insulate poorly fitting windows and doors, get double or triple glazing, thermal curtains.

Check new appliances are energy efficient and don't leave items on standby. You can get solar powered rechargers now for phones, solar outdoor lights, and pond pumps, that's free energy!

Look at your supplier, do they offer green energy options?

Would a Smart meter help you monitor and reduce?



USEFUL RECIPES:

HOUSEHOLD

Window cleaner: 300 ml distilled white vinegar and 300 ml distilled water, mix, spray onto windows and wipe off with a cloth. No need to rinse. Add essential oils for a 'nicer' smell if you like.

Drain cleaner: Pour a little bicarbonate of soda down the plughole and leave for 20 minutes, run hot water to clear.

Oven cleaner: Oven off and cool. Sprinkle a thin layer of bicarbonate of soda over the bottom of the oven, spray lightly with water and leave for 1 hour, use a scourer to wipe away and lift dirt.

Multi surface cleaner: 1 litre tap water (or distilled water if hard water area), add 50 ml concentrated liquid castile soap (no additives or colour added) and add a few drops of essential oil if preferred. Spray lightly then wipe off.

GARDEN

Weed killer: spray distilled white vinegar directly onto weeds, reapply if there is regrowth.

Plant bug spray: 1 litre water plus 2 teaspoons liquid castile soap concentrate, spray directly onto plants morning or early evening.

FOOD

Banana ice: freeze ripe bananas, slices. When needed remove from freezer and place directly into a food processor, pulse until they resemble soft ice cream, you can add a dash of milk, chocolate chips or peanut butter, then this can be eaten or frozen for later.

Left over veg soup: Onions, garlic, 2 small potatoes, courgetti, celery, cabbage, carrot, tomato, tomato puree, oil, herbs, salt/pepper, stock cube.

Fry onion and garlic, chop veg, use anything you have left over, and add to the pan (add longer cooking items first), cook for about 5 to 10 minutes stirring occasionally, season, add tomato puree and mix. Crumble in the stock cube, add water 500-800 ml depending on amount of veg, boil. Cook for 15 minutes. Inspired by Marco Pierre White Rustic Vegetable soup.

Here are some useful REUSE/RECYCLE options:

<https://www.recyclenow.com/recycling-locator>

recycling locator, select the item you want to recycle, add your postcode and you will be provided with a list of possible locations.

<https://www.repaircafe.org/en/cafe/thirsk-repair-cafe/>

Cafe in Thirsk details below (nothing coming up in York), but will also help you set up your own cafe, and advice on how to become a volunteer:

<https://www.freecycle.org/>

Giving and getting stuff for free in your local area

<https://www.ilovefreegle.org>

Lots of local communities in York, Harrogate, Ryedale, Northallerton & Thirsk. Giving and getting stuff for free.

<https://www.gumtree.co.uk/>

the first site for free classifieds ads in the UK. Buy and sell items, cars, properties, and find or offer jobs in your area.