



Eco Jo and her Top 10 Tips

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1. **Assess your Carbon footprint** – check out www.bestfootforward.com/footprintlife.htm to assess how sustainable your life is and how much carbon dioxide you produce.
2. **Recycle your waste** – it requires up to 80% less energy to recycle than it does to reproduce.
3. **Switch off electrical items** – leaving them on standby uses electricity which increases carbon emissions.
4. **Ditch the car** – share cars, walk or even take the bus to school.
5. **Have a shower** – baths waste water and require energy to heat the water, more water=more energy wasted.
6. **Buy organic products** – they don't use pesticide which kills off our wildlife. Food tastes better too!
7. **Fly less** – flying causes a large amount of pollution, only fly if you have no alternative. Take a holiday in Portugal!
8. **If you do fly, offset your carbon emissions** – check out www.co2balance.com which supports environmental projects that compensate for the carbon you emit.
9. **Replace your light bulbs** – use energy saving ones, they save 75% of the electricity used and last much, much longer.
10. **Wash your clothes wisely** – wash them on the lowest heat setting and only wash dirty clothes (you can wear some items twice!)
11. **Bully teachers into recycling and turning off electrical items** – it's your world, don't let us ruin it!
12. **Live a healthy lifestyle** – sport, hobbies, friends and family are far better than the Playstation and TV.

Blue = Paper



Green = Glass



Yellow = Containers

