

Saving Energy

We use a lot of energy every day, but we waste a lot of energy too!

We need to remember to reduce, reuse and recycle.

Reduce

- Don't buy so much and throw away less.
- Walk more instead of using the car.
- Buy loose food, not packaged.
- Switch off electrical items when you are not using them.
- Turn off the tap when brushing your teeth.

Reuse

- Mend things instead of throwing them away.
- Find a new use for things you can't mend.
- Give unwanted items to charity.
- Reuse carrier bags.
- Reuse scrap paper.

Recycle

- Buy things made from recycled materials.
- Sort all your rubbish so that the glass, tin cans, plastic and paper can be recycled.
- Think about what other things can be recycled at your local centre, like batteries and ink cartridges.
- Use kitchen waste as compost on the garden.

If we reduce, reuse and recycle we can save energy and also save money!

