

Some more tips for protecting the environment



Freeze leftovers, take-away food and fresh products that you are not going to eat before they spoil



Put down carpets to keep the house warm



If you use **food waste as fertiliser**, you will recycle nutrients and lessen the effects of climate change



Don't rinse the dishes before putting them in the dishwasher



Turn off the lights you do not need and unplug electrical household appliances when you're not using them



Avoid preheating the oven unless it is essential



Fill up your washing machine and forget the clothes dryer and hairdryer. Better in the open air!



Insulate windows and doors, and adjust the thermostat for summer and winter



Don't spend more than five or ten minutes showering. **No more full bathtubs!**



Download electricity, water and telephone bills, etc. from the Internet and **ask to go paper-free**



Buy **products with little packaging**



Replace old electrical household appliances with others more energy efficient

