

Some more tips for protecting the environment

- 1 Freeze leftovers, take-away food and fresh products** that you are not going to eat before they spoil.
- 2** If you use **food waste as fertiliser**, you will recycle nutrients and lessen the effects of climate change.
- 3 Turn off the lights** you do not need and unplug electrical household appliances when you're not using them.
- 4 Fill up your washing machine and forget the clothes dryer** and hairdryer. Better in the open air!
- 5** Don't spend more than five or ten minutes showering. **No more full bathtubs!**
- 6** Buy **products with little packaging**.
- 7 Put down carpets** to keep the house warm.
- 8 Don't rinse the dishes** before putting them in the dishwasher.
- 9 Avoid preheating the oven** unless it is essential.
- 10 Insulate windows and doors**, and adjust the thermostat for summer and winter.
- 11** Download electricity, water and telephone bills, etc. from the Internet and **ask to go paper-free**.
- 12 Replace old electrical household appliances** with others more energy efficient.



Source: United Nations (UN).