

Pick a pledge!

Catch a bus instead of drive.

Check car tyres regularly.

Line dry clothing.

Switch unused lights off.

Mend rather than throw away.

Join Wildfowl and Wetlands Trust.

Try growing vegetables and fruit.

Collect rainwater for the garden.

Seal drafts around windows and doors.

Reduce your thermostat setting.

Take showers not baths.

Recycle correctly e.g. no films in envelopes.

Join the Wildlife Trust.

Heat only occupied rooms.

Buy loose fruit and veg.

Reduce cruising speed in your car.

Holiday in this country.

Use the trains.

Microwave foods rather than pan boil or use oven.

Join Friends of the Earth.

Wash at 30 degrees setting.

Check for food miles, choose food from this country.

Use a hot water bottle in cold times.

Use Air con in car wisely (uses fuel).

Join RSPB.

Only enough water for each cup in the kettle.

Accelerate slower, when its safe to do so.

Support your local farm shop.

Plan meals to prevent waste.

Avoid or reduce flights.

Reduce fast fashion.

Join Greenpeace.

Get an allotment.

Have one extra vegetarian day a week.

Avoid natural peat for planting.

Allow more time for journeys.

Support local fruit farms.

Join World Wildlife Fund.

Have two extra vegetarian days a week.

Avoid teak and mahogany furniture.

Make your next car purchase, electric or hybrid.

Join a local environment group.

Cycle instead of drive.

Support local vineyards.

Join the Woodland Trust.

At low speeds, open window to cool cockpit.

Have three extra vegetarian days a week.

Use an extra layer of clothing in cold conditions.

Join the National Trust.

Use LED lights.