

Waste Less, Worry Less Campaign.

There are lots of things you can do to waste less...which means you can worry less about harming the environment.

Here are a few ideas but there are more ideas in the other activities available to download on our website.

If you are going to make changes...persuading people to alter what they do in relation to energy conservation...you will need to be creative in your campaigning. Try to engage with people in a variety of ways. Here are some ideas.

Write to your local MP about the work you are doing asking for further support	Write an article for your local newspaper to describe what you have achieved so far	Write an Energy Saving Top Tips page for your school newsletter
Design a Waste Less, Worry Less poster and copy it 10 times to post around your community (with permission!)	Give a short presentation in a school assembly about Energy	Design a flier to copy and deliver to people you know near where you live
Prepare, rehearse and record a short 'announcement' for you're a radio station	Design some stickers or tags to put on home appliances	Have a chat with somebody new everyday about energy conservation

Watch out! Is the kettle being filled to the top for just one cup of tea? That will waste energy and cost £20 a year extra.



Shower Power! A shower uses 1/3 of the energy needed for a bath. That would save you £50 a year too!




If you have a thermostat for your heating, ask a grown-up to check it. It should be set at around 18-21°C. If you turn it down by 1°C you will save about £65 a year!

Have you got a thermostatic valve on your radiator? If so, it should be on number 3 for the most effective, steady heating.



Don't let the tap run while you're brushing your teeth! Just use water to wet the brush and rinse afterwards. Leaving the tap running wastes 6 litres of water a minute. That would fill 24 cups. And it costs you £30 a year, too.



Don't waste food! The average UK family throws away food worth around £540 every year! That's a lot of money and a lot of wasted energy.




