



# ECO ADVENT

from St Mary's, Iffley

## TAKE ACTION...

Small steps can make a big difference. Start the New Year by taking some decisive action

### FIT FINANCES

Think about who you bank with and what investments you hold – and make a change if necessary. Ethical banking isn't just available to online account holders. High Street banks such as Nationwide and the Co-operative Bank currently rank highly on the ethical stakes\*.

### RECYCLE UNRECYCLABLES

Make use of recycling schemes that don't happen at the kerbside. Recycle used pens at Rymans, soft bottle lids at Lush, crisp packets at the Oxford Hub, and cosmetic packaging at Boots. Terracycle specialises in recycling unrecyclable products such as toothbrushes, pet food pouches, and Pringle tubes. They have many drop off points across the county. Visit [terracycle.com](https://www.terracycle.com) to find out what you can recycle and where.

### FOOTFALL

Change the way you travel to cut your carbon footprint. Car share to places like church or the supermarket, walk or cycle when you can, and take public transport rather than drive. And for all the journeys you can't cut out, offset your travel footprint through charities like the World Wildlife Fund.

## A GREEN GARDEN

Garden with the whole environment in mind. Remove chemical pest control and use eco-friendly methods such as putting pots in a moat to discourage slugs. Make space for nature and create a bug hotel, a pond in a pot, a wildflower meadow and a hedgehog house. The Wildlife Trusts have a whole host of projects to help wildlife thrive in your back yard and your garden burst with biodiversity. [wildlifewatch.org.uk](http://wildlifewatch.org.uk)

## THINK FOOD

Whether you drop meat from one meal a week, sign up for a local organic veg box, opt for a milk delivered in glass bottles, or cut out palm oil from your biscuits, don't underestimate the difference a change to your consumption can make. From coffee to cocoa, and biscuits to bananas, look out for the following labels:

- Fairtrade
- Organic
- Rainforest Alliance
- Forest Stewardship Council (FSC)
- RSPO (Roundtable on Sustainable Palm Oil)

\* [good-with-money.com](http://good-with-money.com), May 2020



## GIVE A LITTLE...

Rather than money, why not give a little time to a charity or local cause you support. Whether you choose to help in a shop, litter pick, clear a path, or plant a tree, there are a multitude of local causes that rely on volunteers to carry out their work. Find out more about volunteering at Oxford Community and Voluntary Action, [ocva.org.uk](http://ocva.org.uk)