

COVID-19

STAYING

SUSTAINABLE.

Abingdon School Eco-Committee



5-A-DAY

Here's 5 things you can do to stay eco-friendly during lockdown:

1. Recycling
2. Responsible Shopping
3. Self-Sustainability
4. Energy Consumption
5. Donations



RECYCLING

Making sure that we responsibly take care of our waste is more important than ever at this time! Whilst at home, we're producing more rubbish than we ever have- and that's ok- but we need to act responsibly

Here's a few things you can put into the recycling bin at home:

Plastics/Bottles/ Cans

- Any plastic bottles, containers or cans found in your kitchen

Paper/cardboard

- Cereal & Snack Boxes
- Magazines & Newspapers
- Office Paper

Glass

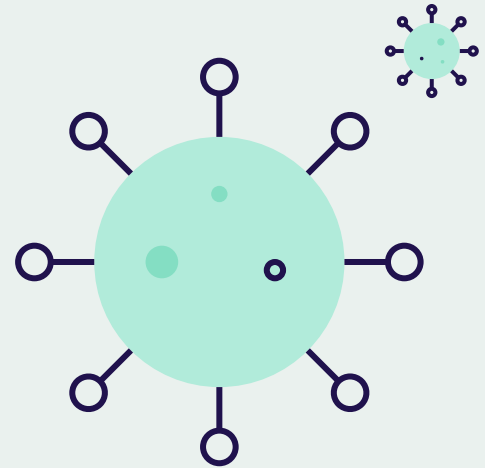
- Food Containers & Jars
- Soft Drink/ Beer Bottles
- Wine/Liquor Bottles



RESPONSIBLE SHOPPING

During this time of crisis it is easy to panic when shopping and buy far too many products, however this leads to a large increase in waste.

This crisis will end and when it does we will still have a responsibility to protect the planet. We do not want to be suffering from the aftermath of this disease any longer than we have to.



SELF SUSTAINABILITY

01. GROW YOUR OWN

If you have the space, how about growing your own fruit and veg?

02. REUSE

Try and get as much usage out of each item before throwing it away!

03. REPURPOSE

If something breaks or runs out, why not turn it into something new?

04. ENCOURAGE

Spread the word, try and get others to be more sustainable themselves.



ENERGY AND WATER CONSUMPTION

We're all at home now so lets do our best to limit domestic energy usage

- Turn off lights when you're not in the room
- Turn off appliances instead of putting them on standby
- Use water sparingly if you can

This advice always applies but is even more important now!

DONATION

British Heart Foundation:

Fill a bag of unwanted goods, and they'll collect it from your home- for free!

<https://www.bhf.org.uk/>

The Salvation Army:

They need donations more than ever, to support the homeless and poor.

<https://www.salvationarmy.org.uk/>

Or simply donate money to local charities who are supporting those in need during these troubled times!

It seems like everyone's having a good spring clean-out now we're at home!

Instead of throwing away old clothes and books, how about donating them?

Think Smart.

THANK YOU

At this scary time, the most important thing is that we all come together and look after each other's safety... 2m apart of course ;)

AND PLEASE REMEMBER TO WASH YOUR HANDS!

