



EcoPledge 2024

All Saints, Chedgrave

In January 2023 we invited you to make an EcoPledge.

It was an invitation to all in the church of All Saints to live out our faith by stepping up our care for the earth and the life that it sustains.

I wonder what you pledged to do, and whether you succeeded.

Here are the suggestions we made:

Our Homes:



To reduce your home's environmental impact you might consider:

- Changing to a green energy supplier
- Turning your thermostat down 1° and wearing an extra layer
- Using eco-friendly light bulbs and turning lights off in empty rooms
- Using recycled paper products (tissues, kitchen roll, toilet paper)
- Reducing the amount of water you use (shower instead of bath, shower less frequently and for shorter time, use a toilet 'hippo')
- Avoiding use of single-use plastics
- Recycling where possible
- Composting whenever possible
- Improving draught proofing and insulation
- Installing solar panels and/or a heat pump

Our Food:



To eat a more sustainable diet you might consider:

- Eating foods that are in season
- Eating less meat and dairy produce
- Becoming vegetarian
- Buying locally-sourced food more often
- Buying more organic produce and fairly-traded products
- Buying zero-waste products
- Reducing your food waste (plan your weekly menu and buy only for that)

Our Clothes:



To reduce the environmental impact of your wardrobe you might consider:

- Buying no clothes for a year
- Buying second-hand clothes and doing clothes swaps
- Avoiding 'fast fashion'
- Choosing clothes made from sustainable fabrics
- Choosing clothes made and sold by companies paying fair wages
- Washing your clothes less often and in eco-friendly detergents
- Drying your clothes on a line and not using the tumble dryer

Our Gardens:



To create an eco-friendly garden you might consider:

- Creating a wild patch
- Mowing the lawn less often
- Making a pond
- Creating spaces for wild life (log piles, insect houses, bird boxes, pond)
- Encouraging birds by putting food and water out for them
- Using eco-friendly pest control methods
- Composting garden waste
- Watering with water from water butts
- Using peat-free compost
- Re-using plastic pots and trays

Our Travel:



To reduce your carbon footprint you might consider:

- Walking or cycling more often
- Using public transport wherever possible
- Using your car less often and sharing journeys where possible
- Joining a car share club and selling your car
- Flying less frequently (once a year or not at all)
- Travelling only on public transport for your next holiday
- Buy an electric car

Our Money:



To invest in a fairer and more sustainable world you might consider:

- Supporting an environmental charity or aid agency
- Checking the ethical policy of your bank or building society
- Using an ethical and eco-friendly bank
- Investing in an ethical and eco-friendly pension scheme
- Investing in sustainable projects at home or abroad

Our Wider Community:



To have an impact on decision makers you might consider:

- Writing to your MP and the PM in support of green policies and a more sustainable economy
- Writing to newspapers in support of local and national green initiatives
- Joining an organisation that campaigns for action against climate change
- Organising or participating in a local 'eco' event in your village or town
- Writing to supermarkets and other businesses encouraging to take up green initiatives

What to do with this form...

- 🌍 Review your EcoPledge 2023. Take some time to reflect on whether you succeeded or not in what you pledged to do.
- 🌍 I wonder what you might start or do more of this year. Perhaps you could continue with your EcoPledge from 2023 if you didn't make it.
- 🌍 Please underline what you are already doing and tick what you intend to take on in 2024.
- 🌍 Keep this form as a record of your EcoPledge 2024 and review it at the start of 2025.