

## **Buriton's earth day show shares valuable messages**

It was great to see so many people out at the B-earth Day Village Show on 11<sup>th</sup> May. All the activities, stalls and stands were popular as well as the cookery demonstration, the dog show and the refreshments!

There was also the opportunity to meet representatives from the proposed ReCharge One 'eco-lodge' site (to be built at the Buriton A3 junction near Greenway Lane) to learn about their plans and to ask any questions.

Some of the main messages from some of the stalls seemed to be:

### **Making small changes in our gardens can make a big difference:**

- grow nectar-rich native flowers to help bees and butterflies
- put up a bird or bat box
- provide a bug hotel – even just a small pile of dead wood
- let your grass grow longer to help insects and caterpillars
- grow some berry-bearing shrubs or climbing plants to help through winter
- provide some water – even just a small sunken pot
- plant a hedge instead of a fence (a home, shade and food for lots of wildlife)
- create a hedgehog highway so that they can move in and out of your garden
- reduce using pesticides.

### **Save water by:**

- using a water butt to collect rain for watering plants
- making sure that washing machines and dishwashers are full before turning them on
- having a shower instead of a bath
- turning taps off when cleaning your teeth
- choosing a small flush for a pee and a big flush only for a poo.

### **Keep the sea, rivers and drains cleaner by:**

- only putting paper, pee and poo down the loo
- wipes, cotton buds, dental floss, plasters and period products are all unflushables and should all go in a bin
- scraping all leftover food, grease and fat into a bin – instead of washing it down the drains.

### **Waste less food by:**

- checking your cupboards and the fridge before going shopping
- keeping all your fruit and veg in the fridge apart from onions, pineapples and bananas: they'll last longest if the fridge is set to 3-5 degrees
- checking portion sizes so that you don't cook too much
- freezing foods before their 'use by' dates to extend their life
- using leftovers in tasty recipes.

### **How 'green' is your pet?**

- avoid plastic food pouches and try a greener diet
- buy eco-friendly pet toys
- don't let your pet upset local wildlife – or crops
- beware of tick and flea treatments that can last up to 90 days and be harmful to pollinators
- make your pet's bedding from second hand materials rather than anything involving plastics.
- always pick up poops and take it home or put it in appropriate bin whilst out: very little effort with a massive positive benefit.

### **Save energy and money by:**

- switching to energy saving lights in all rooms
- turning central heating down by one degree
- switching things off at the plug
- improving insulation and draft-proofing in our homes
- buying less stuff: repair, re-use and recycle
- walk, cycle, car share or use public transport
- if you fly, take one less flight a year
- change to a green energy provider
- book a Thermal Imaging Survey of your home via the Parish Council.

### **How many of these tips can you tick?**