


WFOE: 10 Tips - Dec 2022 

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Get the latest updates on in-person meeting and other notable events at wfoe.co.uk.....22nd December 2022
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Happy holidays readers! For this December newsletter, two Wandsworth Friends (Laura and Amelia) have put together a list of **10 ways to save money and the planet** which we think readers will enjoy. If you are able to implement all these ideas, then you'll surely end up on Santa's 'Nice List'...

Also - we are now fundraising for our 2023 activities. You can donate and find out more about why we need your support [at the link here](#). Keep an eye out for further fundraising news to come!

REDUCE YOUR HOUSEHOLD FOOD WASTE**1**

Throwing away food = throwing away money.
Households are binning 4.5 million tonnes of perfectly edible food every year. When food ends up in landfill, it rots, producing one of the most damaging greenhouse gases driving climate change - methane. Reducing your food waste will not only reduce your carbon footprint, you could also save up to £60 per month! [Source](#).



[The website 'Too Good to Go' has some practical tips to help cut your food waste](#)



2

SWITCH TO LED BULBS

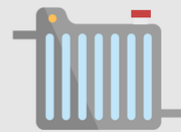
LEDs use 90% less energy and have a lifespan 40 times longer than incandescent bulbs. Switching a 60W incandescent bulb for an LED could save you £7 per year. So, switching 10 could knock £70 off your energy bill! [Source](#).

Try [this energy savings calculator \(link here\)](#) to see what you could save by switching to LED bulbs

3

TURN DOWN THE HEATING

When you turn on the heating, consider reducing the thermostat by just 1°C. It will reduce your energy bill (and carbon emissions) by 7% - and you probably won't even notice the difference! [Source](#).



4

CHECK YOUR ELIGIBILITY FOR INSULATION GRANTS

Cavity wall and loft insulation is worth up to £1,000 and can slice up to £570 per year off energy bills. Energy firms are offering it for free, as long as you own your home and meet their eligibility criteria. See [here](#) for more information.

5

INSTALL A SMART METER (FREE!)

With smart meters (the next generation of gas and electricity meters) you only pay for what you use instead of relying on monthly estimates. They also display your real time energy use in £ and kWh so you can track your usage and identify where you can cut back. The UK Government are offering smart meter installations free of cost. Contact your energy provider to find out more or click [here](#) for more information.



6

REDUCE THE AMOUNT OF MEAT IN YOUR DIET

The carbon footprint of meat is considerably higher than plant-based alternatives. Diets high in meat also tends to be more expensive. A recent [study](#) published in The Lancet found vegan diets to be 21-34% cheaper, vegetarian diets to be 27-31% cheaper and flexitarian diets to be 14% cheaper than diets high in meat. Consider reducing your meat intake by having meat free days or just by reducing the amount of meat in the meal by subbing half the meat with alternative protein sources such as pulses and legumes which are cheap, high in protein and have a low carbon footprint. [Source](#).

7

BUY SECOND HAND INSTEAD OF NEW

Clothes, kitchenware, office ware, homeware and more are all available to be bought second hand. Here are a few of our favourite places to look for second hand bargains: charity and vintage shops, eBay, Gumtree and Facebook marketplace as well as apps such as Vinted or Depop. Or you could organise a clothes swap amongst friends or try your hand at repairing.



In fact, WFoE are hoping to organise a clothes swap ourselves in the new year - keep an eye out for further updates on this and set some clothes aside!



8

TAKE UP ACTIVE TRANSPORT (CYCLING, WALKING, ETC)

Avoid emissions and costs from transport such as cars, tubes, buses and trains by walking or cycling where possible instead. By switching to a bike for your commute to work you could save over £3,000 a year and keep fit too. Cycling is second only to walking as the cheapest way to get to work. [Source](#).

[See the Money Saving Expert tips here for how to get your hands on a cheap bike](#)

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WASH YOUR CLOTHES AT 30°C

Help the planet and your wallet by washing at 30°C. If everyone in the UK switched to washing at 30°C, it would equate to taking almost 400,000 cars off the road. You can also use up to 60% less energy per wash and reduce your household bills. Now that most detergents are designed to work well at low temperatures, washing at 30°C is the most efficient way to clean your clothes whilst keeping them vibrant and minimise shrinkage. [Source](#).



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BUY LOOSE FRUIT & VEG

Buying loose fruit and veg from your local supermarket or grocer and by buying only what you need is not only cheaper than buying their plastic-wrapped counterparts, but it also significantly reduces both plastic and food waste. [New research](#) by the waste and resources charity Wrap, found that selling just five of the most commonly purchased fresh fruit and veg loose could prevent 100,000 tonnes of household food waste and 10,300 tonnes of plastic.

@WandsworthFoE

Bonus tip - join a local climate action group, like Wandsworth Friends of the Earth

- Whilst Laura and Amelia's top tips can help, systemic changes are required to make the world fairer and more sustainable

- Joining a local climate action group is generally free and enables you to put pressure on governments to make the changes required to tackle the cost of living and climate crises. Please feel free to drop by one of our meetings, information for which can be found on our website: <https://wfoe.co.uk/>
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Wandsworth Friends of the Earth is a local volunteer group concerned with improving the environment we live in. We campaign locally for improvements to local council policy surrounding transport, air-quality, public open space, housing and renewable energy generation. We also do outreach work within the borough to improve residents' knowledge of environmental issues and to enable them to reduce their own carbon footprint.



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