



Protecting the Environment
What can you do?



Harlow Youth Council (HYC) is a group of young people aged between 13 and 19 years old who have been elected by their peers to serve for a period of two years to represent the views and interests of young people in Harlow.

We campaign for change that improves or enhances the lives of the young people that live or attend school in Harlow. Each year we strive to tackle issues raised by young people in the annual Make Your Mark consultation, which is carried out in schools each December.

If you would like to learn more about HYC and the work that we do please contact Julie Cochrane on **01279 446365** email **julie.cochrane@harlow.gov** or email Sandrine Munyakazi **sandrine.munyakazi@harlow.gov.uk**

Use less water

Take quicker showers and turn the tap off when you are not using it to help save valuable resources.

Turning the tap off when not in use

Simply turning off the tap while you brush your teeth in the morning and before you go to bed could save up to 36 litres of water - that adds up to more than 909 litres a month!



Quicker showers

If you shorten the time it takes to shower by 2 minutes, you could cut your water use by 45 litres. You would also save on the amount of energy used to heat the water.



Walk, don't drive

Helping to reduce the amount of gas in the atmosphere.

How much walking can help

Scientists have calculated that if a person was to walk 1.5 miles, they would generate less than a quarter of the gases in the atmosphere that are made when a car is driven the same distance.

A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions. You can reduce your carbon footprint massively by walking.

Walking is also good for your health and mental wellbeing.

Other things you can do to reduce the gas in the atmosphere:

Instead of walking you could ride a bike to get to your destination. If where you want to go is far away, another option to use is public transport.



Unplug items

Unplug items not being used to reduce energy consumption and also to save your family money.

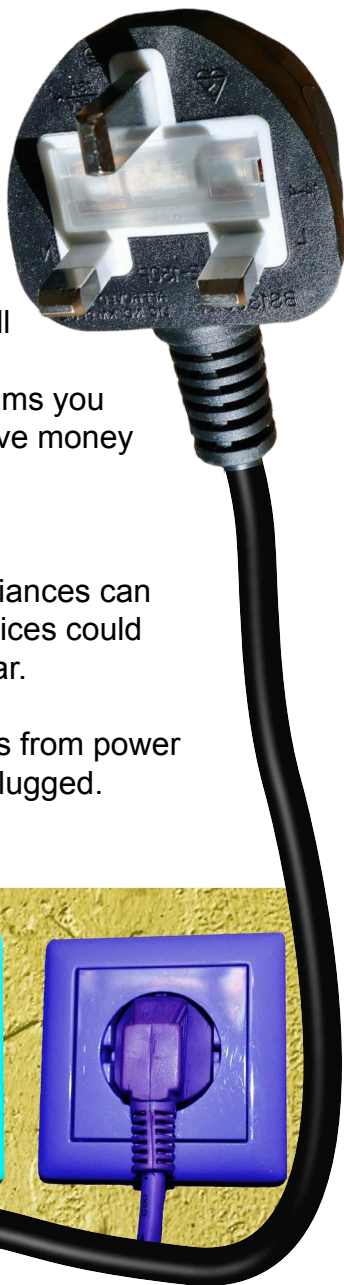
How to reduce your own energy consumption

Everything that you plug into the wall is automatically on standby, slowly using energy. If you unplug these items you will help to save energy and also save money at the same time.

How it helps you to save money

The energy costs of plugged-in appliances can really add up. Unplugging these devices could save you around £100 to £200 a year.

You can also protect your appliances from power surges by making sure they are unplugged.



Grow food items

How growing food can benefit you.



Many people agree that home grown fruits and vegetables taste much better than supermarket produce - and its fun to eat what you grow!



You are able to eat the freshest produce, available straight from your own garden. It is a healthy and satisfying way to spend more time outdoors - there is always something happening in an edible garden and its a great way to start a new hobby!

How to grow food and how it helps

Most vegetables can be grown in a pot or a plant bed in your garden using seed that you can buy in the supermarket.

Being able to plant our own crops helps us choose what we put into our ground and what we eat. Doing this can help prevent harmful substances being used to grow our food. Not only is growing organic food better for us, it also helps to nourish the soil ready for the next year's crop.



Recycle

Recycle items and cut down on what you throw away to conserve our natural resources and reduce landfill.



Why should we recycle?

Recycling is very important as waste has a huge negative impact on the natural environment. Harmful chemicals and greenhouse gases are released from waste in landfill sites.

Recycling helps to reduce the pollution caused by waste. It also reduces the need to use more raw materials, which means places like rainforests can be preserved.

What you can recycle?

In Harlow, paper, cardboard, juice and milk cartons, green, clear and brown glass bottles and jars, food tins, cans and foil, all plastic bottles marked with the recycling symbol 1 or 2 and aerosols can be recycled.

Did you know, 10 recycled plastic bottles could make a tshirt and 63 bottles could make insulation for sleeping bags, carpeting or even furry coats!



www.harlow.gov.uk/bins-and-recycling

Reusable items

Invest in reusable items to help protect the living things in our environment.

Why should we do this?



Reusing things if you can is better than recycling as it reduces the energy used to dismantle and re-manufacture products. It also lowers waste and pollution because it reduces the need for raw materials, so saving forests and keeping water supplies clean. It can also reduce the amount of plastic in the oceans, which can get tangled around wildlife.

What you can reuse?

There are many things that you can reuse like water bottles, straws, carrier bags and eating utensils. Some less obvious things are: unwanted clothing, plastic containers, empty takeaway containers, cooking water, mesh produce bags, shower caps, apple and lemon peel, old tennis balls, candle jars and bacon grease!

Take the Plastic Pledge at www.loveessex.org

Make a pledge on the Essex County Council website to reduce your use of single-use plastic.

By signing the plastic pledge you will receive a monthly newsletter giving ideas on how you can reduce your plastic waste. You will also be entered into the Love Essex competitions, where great prizes are up for grabs!



Volunteer

Volunteer to do things like pick up litter in your community to help the environment.

Why should we do this?

Volunteering allows you to connect to your community and make it a better place.



Dedicating your time as a volunteer helps you make new friends, expands your network, and boosts your social skills. It will also help to make your community a nicer, cleaner, healthier and safer place.



Things you can volunteer to do

There are lots opportunities for you to get involved in your community. You could plant trees with a local organisation or council, volunteer for a local river clean up group, help out at an urban farm, local nature reserve or even the park.

Reduce paper use

Be mindful on the amount of paper you are using. Reduce what you use to help stop natural habitats becoming endangered.

What it does to the environment

The pulp and paper industry has an enormous influence on global forests. This industry supplies material for office and catalogue paper, glossy paper, tissue and packaging, using over 40 percent of all industrial wood traded globally. Chlorine-based bleaches are used during paper production, resulting in toxic materials being released into our water, air and soil.

Alternatives you can use

Instead of writing notes down on paper you could write them on a whiteboard or chalkboard!

Sustainable alternatives to paper include:

Bagasse – sugar cane pulp is used to make things like newspapers, printing papers, tissues, packaging boxes.

Bamboo paper is a very renewable plant source and is 100 percent recyclable.

Kenaf, a fibre taken from a plant similar to a conifer, is widely used as an alternative to paper.

Cotton paper comes in different grades – the highest grade is able to last for more than 100 years. In most countries, this paper is used to print currency notes.

Acknowledgements

Save Water

bu.edu sustainability
The EPA blog

Unplug Items

Blog.directenergy
Wikipedia

Walk, Don't Drive

Econlib.org
Science.howstuffworks.com

Grow Food Items

Gardentech.com
Localharvest.org

Recycle

Recycling-guide.org.uk
Netwaste.org

Reusable Items

Loadingdock.org
Onegreenplanet.org

Volunteer

Helpguide.org

Reduce Paper Use

Wikipedia
worldwildlife.org
Pgpaper.com



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