

Simple Sustainability Practices

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<https://www.rte.ie/create/2017/0202/849674-behold-10-simple-eco-friendly-hacks-that-make-a-huge-difference/>

When washing clothes, set the temperature 10 degrees lower than suggested - it will still get the job done and the difference, over time, is huge.

To clean white clothes, bleach them with lemon juice instead of nasty chemicals. Add 1-2 cups of lemon juice to your next whites wash. For badly stained clothes, leave them to soak in lemon juice for a while before using the washing machine.

Keep your mobile phone on “airplane mode” as often as you can - it saves the battery, meaning you need to charge it less often.

Find ways to reuse jars when you’re finished with them by planting herbs or storing other foods.

Don’t fill the kettle fully – just boil the water you need; the rest is a waste of energy.

Make a homemade all-purpose cleaner to cut down on chemicals. Shine up your surfaces and create an aroma that tickles your fancy with the natural oil of your choice. Mix 3 parts filtered water with 1-part white vinegar, 1-2 tsp lemon juice and 6 or 7 drops of essential oil - orange, lemon or lavender.

Leave reusable shopping bags in the boot of your car where they’ll always be to hand, saving you from having to buy plastic bags in the shop. For unplanned shopping trips, invest in one eco-friendly bag that can easily fold into a small size and be kept in your handbag or coat pocket.

QUAKERS

Religious Society of Friends

Roscrea Meeting

PROMOTING SUSTAINABILITY

Following a resolution made by Ireland Yearly Meeting in April 2016 Quaker Meetings in Ireland are endeavouring to become “as sustainable as possible”.

The Quaker testimonies of equality and peace are witness to our vision of a world grounded in love and in answering that of God in each other. They call for a transformation of the economic and political system, as well as the ending of the misuse of the Earth’s resources, which we recognise creates inequality, destroys community, and affects health and well-being, leads to war and erodes our integrity.

Friends all over the world are – in the Quaker tradition – stepping out of our comfort zones to see where our lives may be part of a system of harm, and strive to live sustainably and fairly.

This challenge is as much a spiritual call as a material one, to act not in fear, but with hope and love.

As a small Meeting without its own Meeting House, Roscrea Friends have produced this leaflet to offer tips on Sustainable practices to Friends and Visitors. It is hoped that some of the content of this leaflet will be of help to others.

Roscrea Friends Meeting

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Sustainable practices in the Workplace

- Take advantage of the business supports offered by the SEAI (Sustainable Energy Authority of Ireland) and create a company-wide environmental policy.
- Turn off all lights, computers, and other electronic devices when not in use.
- Remember to Reduce, Reuse, Recycle.
- Purchase recycled-content office supplies and buy from local merchants, manufacturers, and farmers when possible.
- Donate unwanted office equipment or materials for repurposing.
- Print on both sides of each page. Encourage paperless practices when possible.
- Follow green building guidelines for any remodelling or new construction.
- Use reusable dishes, cutlery, and glasses to reduce waste.
- Encourage clean transportation alternatives for employees, such as carpooling and public transport.
- Encourage employees to participate in the Bike to Work scheme.
- Consider using an energy supplier that utilises a greater proportion of renewable energy.

Sustainable practices at Home

- Conserve energy – insulate, weatherproof, draught proof and use compact fluorescent light bulbs.
- Remember to turn off or unplug electronic devices when not in use.
- Eat more local and organic produce. Shop at your local farmer's market.
- Grow some of your own food. Create a food growing area in your garden and harvest rainwater to reduce usage of tap water.
- Clean and maintain your home with less toxic or non-toxic products.
- Participate in your local recycling program. Try composting food scraps and garden waste.
- Practice environmental awareness when purchasing products. Buy ENERGY STAR rated appliances whenever possible.
- Turn off your TV/internet/phone and go spend time enjoying your local parks and walks.
- If you live in a city or large town use the bike lanes to get around – or just walk around town.
- Give back to the community by collecting and donating gently used clothing and supplies.
- Consider using an energy supplier that utilises a greater proportion of renewable energy.

Sustainable practices in Schools

- When back-to-school shopping, look for non-toxic or recycled content school supplies.
- Help recycle cans, bottles, paper, and cardboard.
- Encourage outdoor activities, field trips, and learning opportunities.
- Create a schoolyard habitat or educational garden and incorporate them into the curriculum.
- Use both sides of your paper.
- Reduce or eliminate wasteful lunch packaging. Bring lunch in a reusable bag or lunch box.
- Support the use of local produce in the cafeteria
- Encourage car-pooling, use public transport, walk, or bike to school.
- Organise volunteer clean-up days for after-school activities.
- Give back to the community by collecting and donating gently used clothing and supplies.
- Consider using an energy supplier that utilises a greater proportion of renewable energy.