

ECO LIFESTYLE EVENT

Further Reading

Thanks for attending our Eco Lifestyle Event. We hope you have found the presentations interesting and informative.

Making changes to your lifestyle can seem very daunting, so we suggest making changes as you feel comfortable, rather than rushing to do everything at once. Perhaps change one thing a month, for example.

The important thing is to aim to improve how we treat the planet, and to encourage others to do the same.

We have summarised many of the key points and references from our presentations in this document. If you would like more information, then please speak to any member of the Eco Team, or post a question on our Facebook page (facebook.com/NCBCEC).



FOOD

YouTube Videos to search for (*youtube.com*)

UTZ Certified Cocoa

UTZ Certified Coffee

Fairtrade song for my school (Fairtrade I should Cocoa)

A Paradise Lost - Info on deforestation

How can palm oil be more sustainable? The Roundtable on Sustainable Palm Oil and WWF's role in it.

Malaysian Palm Oil Overview - The Facts The World needs to Know

Palm Oil And Its Effects On Indonesia (Kabir, Neil & Aio)

Good Oil - Sumatra's Sustainable Palm Oil

Land grabbing and deforestation for palm oil - Wilmar

Friends of the Earth

16 things you need know about food and the environment

<https://friendsoftheearth.uk/food/16-things-you-need-know-about-food-and-environment>

Certified Logos

Look out for the Fairtrade, RSPO Palm Oil and UTZ logos on food packaging



MONEY

Ethical Consumer magazine

There is information on the Ethical Consumer website about current accounts and savings accounts. Ethical Consumer give each bank a rating based on a variety of factors. A good starting point for information on alternative options for banking.

ethicalconsumer.org

'L is for Lifestyle: Christian Living that doesn't cost the earth'

Ruth Valerio's book contains the sections 'I for Investments' and 'M for Money', and covers the biblical background to how we deal with money as well as practical suggestions.

Christian Aid Big Shift Campaign

Christian Aid are running a campaign focused on encouraging banks to move away from investment in fossil fuels

www.christianaid.org.uk/campaigns

Operation Noah Bright Now Campaign

Christian climate change organisation, Operation Noah, are running a campaign encouraging churches to disinvest from fossil fuel companies. Their website has some useful background information and suggestions of actions to take.

www.brightnow.org.uk

TRANSPORT

Cycling - Pedalways

Using Norwich's colour-coded cycle network avoids vehicle traffic and makes biking safer.

norwich.gov.uk/info/20187/cycling/1312/pedalways/2

Cycling - ofo

Station-free bike sharing, from 50p per half hour.

ofo.com

Cars - Green Frog Taxis

Norwich's first taxi company with hybrid-only vehicles.

01603 744 747 greenfrogtaxis.com

Cars - Liftshare

Share your journey with others to make travel more efficient.

norfolk.liftshare.com

Cars - Norfolk Car Club

Move away from permanent car ownership with pay-as-you-go cars available for hourly, daily or weekly hire.

norfolkcarclub.com

Hybrid / Electric Cars

There are now a wide range of options available, at a range of costs. Many car review magazines will now have specific sections on hybrid / electric vehicles.

Carbon Offsetting

Pay to neutralise the effect of your CO₂ emissions with offsetting - essentially donating to green startups. There are a range of providers online, so do your research. Ensure they meet the QAS standard, or speak to the Eco Team for more specific guidance.