



















- A** Appreciate: We are part of Creation - our Common Home. **A**gencies – volunteer.
 - B** Biodegradable – (**B**irth to death **B**uying); glass **B**ottles, ethical **B**anks, **B**iological diversity.
 - C** Composting, **C**ar-sharing, **C**ycling, less **C**onsumption, no damaging household/garden **C**hemicals.
 - D** Dry laundry naturally; **D**ie ethically: investigate a green funeral/tangi.
 - E** Energy – conserve, source a green/community supplier, **E**at less meat.
 - F** Fair trade, **F**armers markets, **F**ly less, **F**ewer flushes. 
 - G** Grow your own - plant **D**iversity, avoid pesticides, herbicides, insecticides and glyphosates.
 - H** Holiday on 'staycation' (trying to avoid flying); **H**ousing and **H**ealthy food for all.
 - I** Invest and **I**nsure ethically. 
 - J** Justice mahi, **J**oin a **J**ustice organization, **J**ustice campaigns.
 - K** Kettle, fill only the amount required; **K**ia Kaha /Stand Up, for Creation. 
 - L** Lifestyle - **L**ess stuff, slower, simpler **L**iving.
 - M** Make-do, **M**end, **M**aintain.
 - N** Natural food and fabrics, **N**eeds, not wants; **N**appies - reuseable. 
 - O** Organic food locally grown, **O**wn less - share more.
 - P** Plastic - refuse, reuse, recycle, **P**ray: to house & feed the **P**oor, **P**lay - non-digital
 - Q** Quakers' 'Green Action' - great ideas website. 
 - R** Requirements only, **R**efuse, **R**euse, **R**epurpose, **R**ecycle, **R**ot.
 - S** Solidarity, **S**hare more, **S**hop locally, ethically; **S**witch off standby lights. 
 - T** Travel using public transport; **T**ool libraries, **T**urn off **T**aps.
 - U** Understand the issues, **U**nite/connect the environmental dots. **U**se your **LOAF**. *
 - V** Vote wisely for common good; go **V**egetarian.
 - W** Water – clean – don't waste, **W**alk if you can, **W**ant less, make **W**orm juice plant food. 
 - X** 'X-travagance' - recycle, **X**mas gifts (ethical/sustainable – eg: Caritas /CAFOD World Gifts?).
 - Y** Young people **Y**earn for change and must be involved - Together we **Y**ield the difference.
 - Z** Zoology diversity - threatened by consumption; goal: net **Z**ero carbon/carbon neutral. 
- * **LOAF** = *Locally produced, Organically grown, Animal friendly, Fairly traded.*



- A** Appreciate: We are part of Creation - our Common Home. **A**gencies – volunteer.
 - B** Biodegradable – (**B**irth to death **B**uying); glass **B**ottles, ethical **B**anks, **B**iological diversity.
 - C** Composting, **C**ar-sharing, **C**ycling, less **C**onsumption, no damaging household/garden **C**hemicals.
 - D** Dry laundry naturally; **D**ie ethically: investigate a green funeral/tangi.
 - E** Energy – conserve, source a green/community supplier, **E**at less meat.
 - F** Fair trade, **F**armers markets, **F**ly less, **F**ewer flushes. 
 - G** Grow your own - plant **D**iversity, avoid pesticides, herbicides, insecticides and glyphosates.
 - H** Holiday on 'staycation' (trying to avoid flying); **H**ousing and **H**ealthy food for all.
 - I** Invest and **I**nsure ethically. 
 - J** Justice mahi, **J**oin a **J**ustice organization, **J**ustice campaigns.
 - K** Kettle, fill to the amount required; **K**ia Kaha /Stand Up, for Creation. 
 - L** Lifestyle - **L**ess stuff, slower, simpler **L**iving.
 - M** Make-do, **M**end, **M**aintain.
 - N** Natural food and fabrics, **N**eeds, not wants; **N**appies - reuseable. 
 - O** Organic food locally grown, **O**wn less - share more.
 - P** Plastic - refuse, reuse, recycle, **P**ray: to house & feed the **P**oor, **P**lay - non-digital
 - Q** Quakers' 'Green Action' - great ideas website. 
 - R** Requirements only, **R**efuse, **R**euse, **R**epurpose, **R**ecycle, **R**ot.
 - S** Solidarity, **S**hare more, **S**hop locally, ethically; **S**witch off standby lights. 
 - T** Travel using public transport; **T**ool libraries, **T**urn off **T**aps.
 - U** Understand the issues, **U**nite/connect the environmental dots. **U**se your **LOAF**. *
 - V** Vote wisely for common good; go **V**egetarian.
 - W** Water – clean – don't waste, **W**alk if you can, **W**ant less, make **W**orm juice plant food. 
 - X** 'X-travagance' - recycle, **X**mas gifts (ethical/sustainable – eg: Caritas /CAFOD World Gifts?).
 - Y** Young people **Y**earn for change and must be involved - Together we **Y**ield the difference.
 - Z** Zoology diversity - threatened by consumption; goal: net **Z**ero carbon/carbon neutral. 
- * **LOAF** = *Locally produced, Organically grown, Animal friendly, Fairly traded.*