

SUSTAINABLE LIVING IN BLACKROCK

CAN WE COUNT YOU IN?



*Food Waste can cost over €700 per year...
Here's how you can cut that cost!*

BE A 'SAVVY' SHOPPER!

Stick to your list - don't get distracted!

Always check 'use-by' dates before buying -and remember 'best before' is a guideline but 'use-by' is a deadline!

Very hungry? Then don't shop - chances are you'll buy more than you need!

Very good '2 for 1' deals? Great for non-perishable items - not so good for fruit & veg!

You can avoid distraction and try shopping on-line for the basics - less chance you'll get distracted and buy more than you need!



*Stick to your
Shopping List*



So remember:

- > When buying food, always check if it can be frozen - one sure way to extend shelf life!
- > Make sure to bring re-usable bags every time you shop - reducing the need to buy new ones!
- > Wasting food means wasting money - stop & think before you shop - become a SAVVY shopper today!



Did you know that the distance your food travels has serious consequences for your health and the climate?

FOOD 'MILES'



More local food bought – more local farmers!

Ingredients which are fresh, locally produced and in season means better tasting food on your table!

Long distances travelled by planes, trains and automobiles leads to less taste and more global warming!

Energy consumption means food from afar has a greater carbon footprint – not good for the environment!

So buy fresh, buy local, buy smart!

What YOU can do to help keep our air clean and healthy....

By choosing local produce you can:

- > reduce fuel consumption
- > alleviate global warming
- > strengthen the local economy and
- > protect the environment...

*Buy Fresh
Buy Local
Buy Smart*



So remember:

- > Look at labels to see how far your food has travelled!
 - > Ask your local grocery stores, restaurants and cafes to carry more local foods!
 - > Choose local produce when it's in season
 - > Wherever possible, grow your own!
- Check out 'Grow it Yourself Ireland' at www.giyinternational.org for further information!

*Prevention is better than cure, but if you have leftover food waste
- compost it or use a brown bin!*

COMPOSTING - a few tips to get you started!!

Speed up the decomposition process by shredding or chopping the materials going into the compost system

Reduce fruit flies around your compost bin by leaving the lid off on a sunny day and covering the contents of the compost system with wet sheets of newspaper

Eliminate smells by adding materials to soak up moisture such as sawdust, straw, shredded paper or cardboard. Turn the compost regularly.

Avoid rodents by never adding cooked food into your compost system and by planting strong smelling herbs such as lavender, garlic or mint around the compost system.



Brown Bin
the home for all food
waste & now available
in Blackrock for
kerbside collection.
For further
information, check out
www.louthcoco.ie.

Did you know that:

- > Covering each new addition of food waste with a layer of shredded paper is a great way to minimise odours
- > Adding nitrogen rich products such as nettles, coffee grounds or small quantities of grass cuttings will help the waste to break down faster
- > Sprinkling pepper on the ground as an irritant will keep animals away



Green Materials:

- Grass cuttings
- Weeds
- Raw fruit and vegetables
- Tea leaves
- Wood/ peat
- Ashes

Brown Materials:

- Straw
- Dry twigs and plant stems
- Scrunched paper
- Torn up cardboard
- Hair
- Egg shells





DO THE EARTH A FAVOUR - BE A POWER 'SAVER'!

Service your boiler – it could save up to €150 per year!

Avoid heat loss from attics and walls – insulate and save 30-40% on your home heating bill!

Very high energy bills can result from chargers plugged in unnecessarily – always switch off appliances and plug out after use!

Ensure that curtains are closed at night to avoid heat loss from windows, and never let them hang below radiators!

Reduce your heating bill by lowering your thermostat - just 1°C could save you as much as 10%!



Service Me
& You SAVE



INSULATE
& SAVE
30-40%



Did you know that....

- > Boiling just enough water to make that cup of tea could save enough energy to power a light bulb for a week!
- > Solar panels can provide around 60-80% of your hot water needs for free!
- > For every energy-saving bulb fitted, you could save €10 on your annual bill!
- > 90% of the energy consumption of washing machines is used to heat the water – a good argument for washing at lower temperatures!

And remember....

.....If it's not in use turn off the juice!



WATER - USE IT 'WISELY'!



Water Butts - freely available rainwater is great for your plants & garden!

Install a displacement device in your toilet cistern - reduce the 'gush' when you flush!

Shorter showers - but beware the power shower which can use as much water as 3 baths!

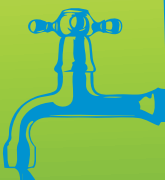
Eliminate leaks! Add food colouring dye to toilet tanks - if leaking, the colour will appear in the bowl in 30 mins!

Lessen water wasted from dripping taps by replacing washers! One drop per second wastes 2,700 gallons of water per year - a costly trickle!

You could save about 300 litres of water every time you wash the car by just using a bucket instead of a hose!



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sec wastes
2,700 gallons
per year



Did you know that....

- > The world's increasing population, coupled with the effects of climate change, mean that water scarcity is becoming a reality!
- > It is estimated by the year 2025, 50% of the world's population will not have enough water!
- > In Ireland, we use 37,000 gallons of water per person per year...twice as much as the rest of Europe!
- > Wetter winters, drier summers and storm occurrences of greater intensity, all due to climate change, will increase the need for water conservation in the future!

For further information log on to:

www.stopfoodwaste.ie www.epa.ie www.seai.ie www.repak.ie
www.change.ie www.conservation.ie www.greenschoolsireland.org
www.greenhome.ie www.erp-recycling.ie
www.blackrockvillage.ie

'TRAVEL' ...MAKE IT SUSTAINABLE TOO!!

Travelling at high speed (above 80 kmph and especially above 100 kmph) uses 10-12% more fuel....causing more pollution!



Reduce unnecessary loads – taking off unused bike racks or roof boxes could save you 15-40% on your fuel bill!

Air Conditioning – use it sparingly – it's surprisingly hard on 'juice'!

Very congested routes and rush hour traffic can put a strain on your fuel – it pays to plan your trip!

Eliminate short or unnecessary journeys – try to walk, cycle or use public transport instead!

Lower fuel usage by 3-5% by just turning off your rear window demister – once it's clear!



Did you know that....

- > Just making the short trip from Blackrock into Dundalk can release as much as 1 kg of carbon into the atmosphere!
- > Taking the bus is much kinder to the planet!
- > Buses travel regularly, so check out www.halpennytravel.com or www.blackrockvillage.ie for travel times and information.

