

7 environmental iDots to do at home

Day 1

Recycle as much as you can to reduce waste – always check labels & wash containers



Day 2

Turn off lights when you're not in a room to save energy



Day 3

Let an area of your garden grow wild to help soak up more CO₂ emissions out of the air



Day 4

Eat more meat-free meals to reduce the environmental impact of your food



Day 5

Turn appliances off at the mains, leaving them on standby still uses energy



Day 6

Save water by taking shorter showers instead of taking baths



Day 7

Come up with your very own iDot & post it on the iDot website for others to see

Over to you!
Add your iDot on our website to inspire others



<https://www.recyclenow.com/how-to-recycle/how-to-recycle-at-home>



<https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>



<https://www.iheartradio.ca/sun-fm/97-1-sun-fm/how-much-water-do-you-waste-brushing-your-teeth-if-you-leave-your-tap-running-1.8978778>



<https://www.cnet.com/home/energy-and-utilities/how-much-money-can-you-really-save-by-turning-lights-off-around-your-house/>



<https://blog.loop.homes/the-cost-of-leaving-appliances-in-standby-mode>



<https://www.waterwise.org.uk/save-water/>
A single bath can use twice as much water used in a 10min shower!



To find out more ways you can help your local wildlife, just head to our website: wildlifeaid.org.uk/helping-wildlife