



Becoming Agents of Care

Becoming an Agent of Care

This e-booklet is designed to help you in your centres become an Agent of Care for the world. Climate change and its impact on biodiversity is one of the greatest global challenges of our times.



This booklet is designed to provide some handy hints and tips as to what can we can do to cut waste, use resources wisely, save money **and** be kind to the planet too!

Any ideas?

There may be many things in the next few pages which you know about or are doing already. Great! Perhaps you may have some energy saving ideas of your own that we can add to the booklet, if so we'd really like to hear from you!



The 4 Rs

REDUCE, REUSE, RECYCLE, RETHINK

VERMINDEREN, HERGEBRIJKEN, RECYCLEN, HEROVERWEGEN

reduire, reutiliser, recycler, reconsidérer

Verrinssern Sie, Verwenden Sie Wieder, Bereiten Sie Auf, Denken Sie Ber

Μειώστε, Επαναχρησιμοποιήστε, Ανακυκλώστε, Ξανασκεφτείτε

Riduca, Riutilizzi, Ricioli, Ripensi

Reduza, Reúso, Recicl, Reconsideração

Уменьшите, Повторно Используйте, Рециркулируйте, Переосмыслите

Reduselo, Reusalo, Reciclalo, Piensalo

Rethink

Get together with students at the centre and come up with new ideas as to how we can reduce our environmental footprint. As you know, when we plan things collectively, people are more likely to co-operate and get inspired.

Reduce Waste

- Buy only what is necessary & reduce waste in all we do: kitchen, office, transport, cleaning and heating

Re-use and Recycle

- Wherever possible find a second life for items especially paper and stationary



How can I reduce waste in the kitchen?

- Collect raw vegetable and fruit peelings and start a compost heap or pass them on to someone at the centre who has a garden or allotment.
- Use biodegradable paper cups, plates etc where you have to use disposables.

Did you know that...

- by matching the pan size to the electric hob you can save electricity and money. Using a 6" diameter pan on an 8" diameter hob will waste **up to 40% of the heat produced**. Keeping lids on saucepans will allow you to turn the hob down and thereby save energy.
- every time you open the oven door **4%-5% is energy lost?** Try rearranging oven shelves before turning the oven on and don't peep at food in the oven except through the glass door!
- when preheating an oven for baking, time the preheat period carefully. **Five to eight minutes should be sufficient.**



And what about laundry?

Did you know that...

- washing machines can account for as much as **10% of the electricity you use?**
- almost **60% of the energy consumed** by washing machines goes to heating the water, so use cold water wherever possible. It's often just as effective!
- adding **too much detergent** actually hampers effective washing action and may require more energy in the form of extra rinses?
- Wash only full loads of clothing-but do not *overload* machine



Reducing environmental impact by using natural cleaning products

- In contemporary society keeping the home environment clean is often linked to the use of *strong chemical products*.
- However, we don't need to be exposed to extra hazardous chemicals in order to offer ourselves a clean environment to live in!
- See appendix 3 or visit the following website for tried and tested natural cleaning products. Save money and improve your health by giving them a go: <http://www.greenangelinitiative.org/2013/07/homemade-alternative-cleaning-solutions.html>



How else can I reduce energy consumption?

Did you know that...

- fluorescent tube lights and energy saving bulbs convert electricity to visible light up to **5 times more efficiently** than ordinary bulbs and also save about 75% of electricity for the same lighting levels?
- whenever you leave a plug point 'ON' after switching an electrical appliance 'OFF' with the remote, power is still being consumed in '*stand-by*' mode. **This accounts for an unbelievable 5% of power consumption** and costs the average household between £45 and £80 a year.
- If you turn down your central heating thermostat by 1 or 2 degrees you can save a lot of energy and money!



How can I help with air pollution?



Shutterstock

Pollution today exceeds health standards all over the world and is responsible for many lung cancers and diseases..

- Plan for what you will need over a week and wherever possible *cut down the number of car journeys* needed for shopping etc.
- Car sharing is already used widely – see if we can take it further!
- To obtain optimum fuel consumption, keep car speed down to *below 50mph (80kmh) where possible*
- Apply brakes gradually as far as possible. Brake speed by changing to lower gears.





What can I do to **Re-use**?

- Use *scrap paper/envelopes* for workshops, taking messages or making drafts.
- Use double sided options for printing. Buy *recycled or FSC paper* for printing and copying
- *Carrier bags* can be re-used or used as bin bags around the home or centre 😊
- By sticking labels over *envelopes* they can be re-used a few times.
- By cleaning *glass jars and pots* you can use them to store odds and ends. They are good as spice jars too.



How can I Recycle?

- Find out from your local council what can be recycled in your area: paper, glass, clothing, tins etc, then keep separate containers/bins at the centre or home to collect the items.
- Beware of making special car trips to drop the items off at your local amenity centre, ask around to see who lives nearby.
- Check out your local www.freecycle.org. There is a network in over 80 countries worldwide.
- This site also has lots of tips on it: www.recycling-guide.org.uk



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Appendix

1. Practical tips on how to monitor or calculate energy consumption at the centre or in your home
2. Other best practices from the BK Environment Initiative
3. Homemade cleaning products



Practical tips on how to monitor or calculate energy consumption

- A kilowatt (kW) is 1000 Watts. If you know the rating of the appliance in kilowatts then you can simply multiply this by the length of time the appliance is being used (in hours) to give you its kilowatt hour (kWh) consumption. A kWh is the same as one unit of electricity on your bill. The price per unit will be on your bill. Or find a *running costs calculator* online such as www.ukpower.co.uk or the equivalent in your country.
- You could also plug your appliance into an *individual appliance monitor*. This will show the electricity consumption when the appliance is switched on.
- You can also get *energy monitors* that tell you how much electricity is being used in your whole house at any given time.
- Before you buy new equipment for the centre, go to websites such as www.sust-it.net and compare the running efficiencies of all kinds of appliances in the UK and Europe.



Other best practices from the BK Environment Initiative

- **Continually learning** - continually learning from each other and especially learning from other organisations we work with, many of whom may have more experience of using environmental practices than we do.
- **Sharing generously** - to share information via the BK environmental blog - so that we can spread best environmental practices within the organisation and beyond. The environmental blog is a good place to start for advice – please post up your experience or knowledge of the products to consider for good environmental features. Sharing what we already know is the best place to start.

Quiz time!



How much do you know about the environment?

How long does it take **orange peel** to decompose?

- 1 week
- 2 months
- 6 months
- 1 year



How long does it take a ***disposable coffee cup*** to decompose?

- 10 years
- 2 months
- 400 years
- 150 years

How much of the world's water is available for human use?

- 97%
- 23%
- 3%
- Less than 1%



Answers to quiz

- Question 1: 6 months
- Question 2: 400 years
- Question 3: less than 3%

Thank you for listening!

Feel free to share your ideas with us!

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