**Suggestions for Action for Parishioners**

**General**

**• Spend some time outside each day.**

• Start to grow some of your own food; support local producers.

• Compost your garden and food waste.

• Avoid or reduce the use of chemicals in your home and garden.

• Use (vinegar, baking soda) and buy eco- friendly cleaners (ecoverdirect.com)

• Plant pollinator friendly plants in your window box or/ and garden at home or/ and in your parish grounds. www.biodiversityireland.ie

• Shop wisely-Buy Fairtrade and buy locally made products when possible.

• Refuse packaging – Reduce - Re-use –Recycle -Upcycle.

• Learn how to read your energy bills and make your home more energy efficient.

• Explore the use of renewable energy in your home, business and school, parish buildings (www.seai.ie).

• Volunteer your time in some creative project. Join an existing group.

• Offer a welcome to newcomers where you live.

• Become an Eco - Congregation. www.ecocongregationireland.com

• Take the Laudato Si’ Pledge (www.CatholicClimateMovement.global/petition)

**Plastic**

• Refuse single use plastics eg cling film, straws, plastic cutlery.

• Switch to a reusable water bottle /travel cup.

• Avoid plastic wrapping when possible

• Use cloth bags for shopping &

• Bring /Use your own containers when possible.

• Check for and then avoid microbeads in products.

**• Reduce-Repair- Re-use.-Recycle-Upcycle.**

• Check the new recycling list www.recyclinglistireland.ie

• Organise a recycling workshop in your parish/community (www.voiceireland.org)

• Show a film or documentary on the topic in your parish/community

• Participate in a beach, stream, river, park, street, area, road cleanup.

• Volunteer your time in some creative project. Join an existing group.

• Take the Laudato Si’ Pledge - www.CatholicClimateMovement.global/petition