

Find out more

- REAP www.reapscotland.org.uk for information & events. Lots of 'how to' leaflets to download and information on climate change as well as guides to what you can pick for free from Cooper Park & Elgin High Street.
- Greener Scotland www.greenerScotland.org/ for hints and tips on all aspects of going green.

For growing, food and waste:

- <http://www.transitionblackisle.org/library.asp> home of the **Grow North Manual** – a growing guide for North Scotland. Has lots of other info including planning, planting, mulching and watering, freezing food and making jams, jellies, pickles and chutneys.
- <http://www.growyourownsotland.info/>
- <https://scotland.lovefoodhatewaste.com/>
- <https://www.zerowastescotland.org.uk/>

For schools :

- <https://www.keepsotlandbeautiful.org/sustainable-development-education/food-and-the-environment/>

Want to dig deeper?

- Permaculture <https://www.permaculture.co.uk/>
- The Carbon Literacy Project <http://www.carbonliteracy.com/resources-top-5s/>
- How to reduce your carbon emissions by 10% <https://www.theguardian.com/environment/2009/sep/01/how-to-reduce-emissions-10-10>

LOW CARBON LIVING

learn – grow – harvest – cook - share



Did you know 40% of greenhouse gas emissions come from decisions we make as individuals? Your choices matter and you can make a difference.

Find out more about what you can do and how you can get involved with Grow Elgin, have fun, learn new skills, and cut your carbon footprint.



Don't fly **Transport**

Use alternatives wherever practical

Be less reliant on the car

Walk or cycle, use public transport, car share, plan 'joined up journeys', fuel efficient driving

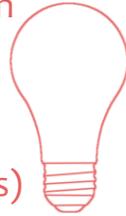
Energy

Keep the heat in with draught proofing & insulation

Save energy – switch off appliances when not in use. Don't use standby

Install a more efficient heating system

(see Greener Scotland website for grants and loans)



Waste

Reduce - Consume less – this has the biggest impact

Re-use - Repair & re-purpose. Consider buying second-hand

Recycle - Once it can't be used, file it in the right bin



Compost

Grow Elgin's top tip!

Cut greenhouse gas emissions.

Get free fertiliser

We can show you how to make it easy



About Grow Elgin

Funded by The Climate Challenge Fund. Activities are FREE for anyone in and around Elgin. Get in touch for more information or see our website and Facebook.

Food and Growing



Grow Your Own

In a raised bed or a spare corner - even a windowsill can grow you loads of flavour and crunch. Grow things you like to eat not what you think you should. It's fun and good for you - "food metres", not food miles. Get in touch with REAP to build your skills and make it easy. Learn how to save seeds, take cuttings and make your own compost to make it cheap or even freeeeee!

Eat a diet low in meat and dairy

Base your meals on tasty vegetables and fruit.

This is one of the most important changes we can make .

Avoid food waste

A great money saver and a good way to cut greenhouse gas emissions. Plan menus, shop from a list, and then get busy with your leftovers. Just how creative can you be?

Eat Local

Food that hasn't travelled is fresher and can be healthier. Support your body, your planet, and your local businesses.

Pick food for free from Cooper Park & Elgin High Street

Eat Seasonally

Food in season is fresher and tastier. Checking food labels can be an eye-opener and help you make good choices.



REAP is a Scottish Charity (SC037988)

177 Mid Street, Keith, AB55 5BL Phone 01542 888 070

Email: info@reapscotland.org.uk www.reapscotland.org.uk

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