

"a happy woman is a happy family"

Low Carbon Communities Initiative

Grow Your Own Vegetables, Flowers and Plants

- Growing your own vegetables, flowers and plants is a lot cheaper and it's fun.
- Flowers and plants also help the environment by taking in carbon dioxide and producing oxygen.
- Gardening is really good exercise.



Buy Locally Grown Foods

- Use locally grown foods to reduce your carbon footprint.

Reduce, Re-use and Recycle

- Recycling is very important for the environment as this allows for new products to be made out of used ones.
- Reduce packaging by buying products in larger quantities. Packaging will then take up less space at landfill sites.
- Reduce your food waste by only buying what you need and use up any leftovers.



Walking

- It doesn't cost you anything.
- You get fresh air when you go for a walk.
- It's a good way to get free exercise.



Contact Information:

Networking Key Services Ltd (NKS),

Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH

Tel: (0131) 221 1915

Email: nks@nkshealth.co.uk, Website: www.nkshealth.co.uk

Charity Number SC000697, Company Number 226920