



PRE-PREP ECO-WARRIORS PLEDGE

If you want to take part in helping the planet, choose at least 3 statements from this list and pledge to encourage your family to carry these out at home on a regular and consistent basis. **This must include something from statement 6.**

You do not have to do all the suggestions within each pledge but try to do the majority. There may also be relevant things you do that are not listed here. That is fine too - just list them!

To get your Eco-Warrior badge, you will need to send in your Pledge Form and some photos of you and your family doing each of your chosen things to pp.ecowarrior@berkhampsteadschool.co.uk

1. We pledge not to waste food/buy food produced in a non-eco-friendly way. This will save you money, reduce food waste and improve production processes.

- We won't buy more food than we need, even when it's a tempting deal.
- We won't put more on the plate than we are able to eat.
- We will use left-overs in other meals rather than wasting them.
- We will put all waste food in the food recycling bin or on a compost heap.
- We will avoid eating food which uses non-eco-friendly products such as non-sustainably produced palm oil, eggs laid by caged hens, veal etc.
- We will try to eat more locally produced food.
- We will grow our own vegetables.
- We will try to eat more vegetarian meals to lessen the impact of cattle farming.

2. We pledge to use less plastic.

- Most plastic does not biodegrade and causes a problem in landfill.
- We will reuse old plastic carrier bags and not buy more at the till.
- We will use reusable bags as much as possible.
- We will stop using cling film and find other ways to preserve food.

3. We pledge not to waste paper.

- We waste a lot of paper unnecessarily. Think of the trees that are being chopped down
- We won't print something unless we really need to.
- We will use old printed pages for drawing or writing notes/shopping lists.
- We will recycle as much paper as we can.
- We will buy recycled/recyclable wrapping paper and reuse it.

4. We pledge not to waste water.

- We will turn taps off properly.
- We will not leave taps running, especially when brushing our teeth.
- We will have at least one rainwater butt for watering the garden.

5. We will support wildlife and plants at home and further afield.

- This will encourage biodiversity, help food production by supporting our pollinating insects, e.g. bees, and help the planet by contributing to the balance of oxygen and CO₂.
- We will provide homes for wild creatures.
- A pond will support frogs, toads, newts and insects etc.
- A hedgehog house will help our endangered hedgehogs.
- Bird feeders and homes help birds which are important to the environment.
- Trees and hedges are also good natural homes for various animals.
- Insect homes are good for over the winter.
- We will encourage and support insects.
- Flowering plants are vital for bees and other insects so grow some.
- We will keep an area of the garden wild for creatures to live in and feed from.
- We will have a compost heap and use the compost in our gardens.
- We will not put down too much tarmac/paving/concrete as this causes a lessening of land for water drainage.
- We will support charities that support rainforests and endangered species.

6. We will spread the word!

- We need to tell people about our commitment to an eco-friendlier lifestyle.
- We will show friends/relatives what we are doing and explain why we are doing it.
- We will help other people to change their lifestyle and become more eco-minded.
- We will give people eco-friendly gifts.
- We will write to companies which are not eco-friendly to urge them to change.
- We will keep abreast of eco-related current affairs and offer support to organisations/people that need it to make the world a better place.



The family Eco-Warrior Pledge

We have done our best to live our lives following the suggestions ticked below and pledge to try and continue to do the same:

PLEDGE	THINGS WE ARE MANAGING TO DO	TICK
1. Reuse and recycle		
2. Less food waste		
3. Less plastic use		
4. Reduce energy use		
5. Less paper waste		
5. Wildlife habitats		
6. Spread the word!		