



# PUM PETH PERSONOL



## 1. Caring Choices regarding Food

Choosing a vegetarian meal instead of meat	Choosing local fruit and vegetables, rather than imported produce	Choosing to make a meal out of leftovers in the fridge rather than putting them in the food waste	Choosing to make a shopping list to prevent buying too much, and creating unnecessary food waste	Choosing Fairtrade/organic/seasonal food, rather than more harmful options
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## 2. Caring Choices regarding Energy



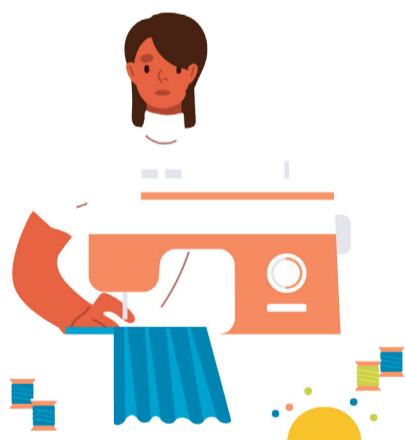
Choosing an eco setting on a machine / a new greener machine	Choosing a greener/sustainable energy supplier	Choosing to wear an extra layer, rather than having the heat on/turning the heat up	Choosing to hold worship/teaching/discussion sessions on global warming, climate change etc.	Choosing to support a carbon reduction campaign etc. by Christian Aid or another organisation
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## 3. Caring Choices regarding Travel

Choosing to walk in your local area rather than go by car	Choosing to make a long journey by train or bus, rather than by car	Choosing a staycation, rather than going abroad	Choosing to share a lift to the service (or elsewhere)	Choosing to drive at a lower speed to save energy
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## 4. Caring Choices regarding Clothing



Choosing to buy a garment from a charity shop/second hand rather than new	Choosing to reuse an existing garment, rather than buying something new	Choosing not to buy from harmful online sites, such as Shein and Temu	Choosing to hold a clothes swap session in the chapel or somewhere local	Choosing to actively support a campaign by Transform Trade etc
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## 5. Five Personal Things Caring Choices that show love and care for others

My caring choice is...	My caring choice is...	My caring choice is...	My caring choice is...	My caring choice is...
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