

How you can help.

The items that you buy and the lifestyle choices that you make have an impact on local and global biodiversity. Everyone can do their bit for biodiversity, even when down the shops.

Buying things – Reduce waste and have a positive impact on local and global biodiversity.

- Buy products that will last as long as possible.
- Buy items with as little packaging as possible.
- Buy a reusable shopping bag.
- Buy recycled paper products.
- Make sure any wood products you buy have the FSC (Forestry Stewardship Council) logo on them.
- Recycle all bottles, cans, paper, cardboard, furniture, white goods and clothing.
- Re-use and repair items as much as possible.
- Buy locally produced firewood and charcoal.

Gardening – A network of wildlife friendly gardens is an urban nature reserve.

- Compost all your garden and vegetable waste.
- Buy alternatives to peat based products.
- Plant native species that will provide food and shelter all year round for your garden's biodiversity.
- Dig a pond if you have space.
- Grow vegetables.
- Go organic.
- Leave a "wild bit" in your garden.
- Put up nest boxes, bat boxes and build log or stone piles for insects.

Getting involved – Do something practical and enjoy yourself.

- Participate in local conservation projects.
- Take part in the BTO's Winter Farmland Birds and Breeding Birds Surveys.
- Send all your wildlife records to CARSE.

Global climate change – Slow it down.

- Use less energy.
- Buy energy efficient appliances when you renew your old ones.
- Make your house as energy efficient as possible.
- Use your car as little as possible.
- Cycle and walk as much as you can.
- Use public transport as much as is practical.
- Look into buying your electricity from renewable sources.

Reduce Pollution – Keep Stirling's waterways clean and full of life.

- Don't flush non-biodegradable items down the toilet.
- Dispose of hazardous substances wisely.
- Reduce chemical use in the home and garden.
- Use biodegradable cleaning products and washing powder.

Politics – Keep biodiversity's profile high.

- MSPs, MPs and MEPs all want your vote. Through letters, surgeries and email you can help to ensure that biodiversity remains high on their agenda. Write to your local politician asking what they will do for biodiversity and our wildlife.

And most importantly – Take the time to enjoy the beauty of the biodiversity around you.

