

## **Ways you can help us to help the environment**

### **Please:**

**Switch off lights and TV's AT THE WALL (No Standby) when not in use**  
*(Studies show that the standby light on a TV uses as much electricity as the TV does when switched on and in use!)*

**Turn off all but the most essential lights at night**

**Don't leave doors and windows open when the heating is on**

**Turn down heating and close all windows when you go out**

**Conserve water, especially in The Farmhouse, when flushing toilets**

**Do not use any chemicals at Hidelow House Cottages**

**Use the ecological cleaning products we provide**

**Buy products with recyclable packaging**

**Recycle your rubbish whilst you are here**

**Compost your green and food waste whilst you are here**

**When you leave, take with you what you want, but we will recycle the rest**

**Buy local foods and services to help the local community you came to visit**

**Try at least one day on holiday without the car; walk locally - take a picnic!**

**Use our 'People Carrier' if you are a group going out at night**

**Thanks, we appreciate your help. We can make a difference.**

*Pauline and Stuart*