

## Did you know:

- By insulating your loft you can save up to 30% on your annual heating bill and reduce CO<sub>2</sub> emissions?
- 99% of the original materials used in the production and packaging of goods becomes waste within 6 weeks of sale?
- The average item of food purchased from a supermarket has travelled over 1000 miles?
- Changing to a green electricity supplier helps to reduce global warming because renewable energy produces no 'greenhouse' gases?
- When you buy a banana only 5% of what you pay goes to the farmer?



## About Action For Sustainable Living

AFSL is a not-for-profit organisation based in South Manchester. Our aim is to help local people live more sustainably.

We offer free information and support on a broad range of sustainability issues:

- Energy supply and consumption\*
- Accessing healthy food and exercise
- Recycling and reducing waste
- Green products and shopping
- Fair trade
- Greener transport options
- Real nappies

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## Small steps to change the world

AFSL supports local to help make their community a greener place to live in. We are a non-profit organisation.

Take advantage of this free service in your area.

**Chorlton & Whalley Range:**

0845 456 4468

**Hulme:**

0845 108 6242

**Old Trafford:**

0845 108 6241

(all local rate)

[www.afsl.org.uk](http://www.afsl.org.uk)

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