



Here in Wales we are using up the world's resources too quickly. And climate change is one of the symptoms of the way we are living beyond the planet's means.

But we can all do our bit to conserve resources and combat climate change. If we all consume more wisely, save energy and cut down on our waste we can produce less carbon dioxide, reduce our impact and tread more lightly on the Earth.

The Pocket Green Guide provides bite-sized information that will help you start making a difference today. It offers a concise explanation of the issues and shows how each one of us can be part of the solution. It's full of advice to make your life greener. And the directory lists a range of companies and organisations that offer goods and services for a more planet-friendly lifestyle.

It's all about greener living to protect Wales, the planet and our natural resources.



Yma yng Nghymru rydym yn disbyddu adnoddau'r byd yn rhy gyflym. Newid yn yr hinsawdd yw un o symptomau'r ffordd yr ydym yn byw y tu hwnt i allu'r blaned i'n cynnal.

Ond gallwn ni i gyd wneud ein rhan i gynilo adnoddau a brwydro yn erbyn newid yn yr hinsawdd. Os ydym ni i gyd yn defnyddio adnoddau'n ddoethach, yn arbed ynni ac yn cwtogi ar ein gwastraff, gallwn gynhyrchu llai o garbon deuocsid, lleihau ein heffaith a throedio'n ysgafnach ar y Ddaear.

Mae'r Llawlyfr Gwyrdd Bach yn rhoi gwybodaeth mewn tameidiau bach a fydd yn eich helpu i ddechrau gwneud gwahaniaeth heddiw. Mae'n cynnig esboniad cryno o'r problemau ac yn dangos sut y gall pob un ohonom fod yn rhan o'r ateb. Mae'n llawn cyngor am sut i wneud eich bywyd yn wyrddach. Ac mae'r cyfeirlyfr yn rhestru amrywiaeth o gwmnïau a sefydliadau sy'n cynnig nwyddau a gwasanaethau ar gyfer ffordd o fyw sy'n fwy ystyriol o'r blaned.

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The Pocket GREENGUIDE for Wales

**Packed with advice,
tips & information to
help you combat
climate change and
make your life greener**

**Yn llawn dop o gyngor,
awgrymiadau a
gwybodaeth i'ch helpu
i frwydro yn erbyn
newid yn yr hinsawdd
a gwneud eich bywyd
yn wyrddach**



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sustainwales.com
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The Pocket Green Guide for Wales

This Pocket Green Guide provides some simple solutions to one of the most pressing problems facing Wales and the world today. Our modern consumer society is living way beyond the planet's resources. And climate change, so much in the news nowadays, is the most obvious symptom of this problem.

We can all do our bit to conserve resources and combat climate change. If we consume more wisely, save energy and cut down on our waste we will produce less carbon dioxide, reduce our impact and tread more lightly on the Earth.

The Guide provides bite-sized information that will help you start making a difference today. It offers a concise explanation of the issues and shows how each one of us can be part of the solution. It's full of advice to make your life greener. And the directory lists a range of companies and organisations that offer goods and services for a more planet-friendly lifestyle. It's all about greener living to protect Wales, the planet and our natural resources.

This edition for Wales has been published in collaboration with WWF Cymru – part of the global WWF network, an international environmental organisation working in over 100 countries worldwide. WWF Cymru works to build long-term solutions to environmental problems for the benefit of people and nature.

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share it with your friends and family!***

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Back cover photographs © WWF Scotland / G Doak & S Morgan

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First Published by Markham Publishing 2007
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Printed and bound by Cambrian Printers, Aberystwyth on 100 per cent recycled, FSC-certified paper (Cyclus) and board (Evolution Silk) using vegetable inks.

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Free copies of this Guide are available from organisations across Wales. Please contact Markham Publishing at the address above for a list of outlets. A PDF version can be downloaded free of charge from www.greenguide.co.uk and from WWF's website at www.wwf.org.uk/wales

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WWF - Not just about pandas

Welcome,

WWF is one of the world's most influential environmental organisations, developing and promoting solutions to the complex environmental challenges facing us all. Although WWF is well-known for its work to protect endangered species, this is just part of what we do.

Climate change, threats to natural resources and rising energy use are just some of the issues that are a growing global concern. However, the origins of these problems often lie in developed countries, including Wales, where our own lifestyles in terms of the food we eat, the waste we produce and the way we travel can have a negative impact on the planet.

WWF Cymru is working on these issues from a Welsh perspective by seeking to influence policy, working in partnership and gaining public support and involvement. By acting locally with WWF Cymru you can make your voice heard and be part of the solution. Find out more by reading this Pocket Green Guide. To support our work see page 28 or call 02920 454 970

**Go on, join in –
and start making
a difference
today!**



WWF Cymru is passionate about seeking ways to reduce our energy consumption so that we can all lead better quality lives © iStock



We can all play a part – just like this young girl pledging to do her bit to combat climate change © WWF Scotland/G Doak

About the Green Guide

The Green Guide is about changing our patterns of consumption and seeking out greener, natural and ethical alternatives to every conceivable type of product and service. It's about buying more wisely, consuming less, wasting less, thinking through the consequences of our purchases. It's about reducing our impact on the planet and our fellows by making choices that are better for us, better for the environment, and better for other people.

The first edition covering London appeared in 1993. Since then the Green Guide has grown in scope and now covers the whole of the UK with a series of nine regional Guides and a range of special editions. Our directory of 12,000 green and ethical goods, services and organisations is the most comprehensive in the UK.

Find out more at www.greenguide.co.uk

One World is not Enough

You can't have helped but notice that there has been a lot of talk recently about how we are using up the world's resources too quickly. Every day there is a story in the news about rising oil prices, global warming, dwindling fish stocks, growing waste mountains, water shortages, pressure on the countryside to build more homes, forests cleared to make way for farmland, and famine, drought and disease in other, poorer countries. In Wales we may be shielded from some of the worst problems but the pressure is now on us all to make changes in the way we consume, the energy we use and the waste we produce.

If everyone in the world were to consume at the same rate as we do in Wales we would need the resources of three planets. So we simply cannot keep up this rate of consumption. The footprint we leave on the planet – the impact each one of us makes on the earth's resources – is getting bigger and bigger. And with the growth in the global human population, projected to be as much as 9 billion people by 2050, we face a daunting future if we don't address the situation now. If we carry on as we are there just won't be enough to go around.

So we all need to think about our environmental impact, from everyday actions like travelling to work and buying food to bigger things like the way we build our homes and how we go on holiday. Our current lifestyles are simply not sustainable! But we can measure our individual impact through our Ecological Footprint (see page 12) and this Green Guide shows you what you need to change, and how to make a start. We all have a part to play to protect our future – and that of our children. Many of the solutions are remarkably simple and just common sense. Many of them will actually save you money too. And some are easy enough for you to start today.



Sian Lloyd, ITV weather presenter, Chris Jones, S4C weather presenter and John Griffiths, Assembly Member with the winner of WWF Cymru's school competition on climate change impacts in Wales.

But it's not just about what we do as individuals and families. To really get to grips with our over-use of resources we need to engage with government both locally and nationally. A good starting point is to join WWF Cymru's campaigning work by helping to spread the word about the need for change. Visit www.wwf.org.uk/wales to find out how to get involved.

If we all start to take a few small steps it will soon add up to a giant leap towards more sustainable living. Don't be daunted by the scale of the problems – we can all be a part of the solution. The important thing is that we don't delay and that together we begin to reduce our impact on the Earth's resources today.



**Composting our food waste will reduce your ecological footprint
© WWF Cymru/Jay Dyer**

The Scale of the Problem

Our rising standards of living and current economic development are already compromising our future because we are using up resources too quickly. And with countries like China, India and Brazil, all with massive populations, rapidly catching up with the developed Western countries the problem is only going to get worse.

Since the early 1970s humankind has been overdrawn at the bank of Earth's resources. We take out more than Mother Earth can provide, and the withdrawals are getting bigger. Some of the consequences of being overdrawn are already upon us: climate change, deforestation and species loss, to name a few. Just as importantly these withdrawals are not shared equitably amongst the human family, storing up tensions that will resonate globally.

The facts are staggering. We are losing our natural forests at the rate of 30 acres per minute. Over-pumping of groundwater exceeds natural recharge rates by 160 billion cubic metres and 70% of freshwater



sources are seriously contaminated or degraded. By 2025 two-thirds of the world's population will be short of water. Our planet simply cannot keep up with us. And the gap between the rich and poor nations is widening.

Producing electricity from renewable sources like this wind farm is one way we can live more sustainably © Ian Homer

The rich Western nations use 58% of global energy production and own 92% of the world's private cars, but account for just 20% of the population. There are still two billion people living with no household electricity or telephone and the poorest 20% of the world's population meet their energy needs by cutting down trees more quickly than they plant them.



Walking more and cycling are not only healthier – they will reduce your impact on the Planet © WWF Cymru/Jay Dyer

So not to put too fine a point on it, our current rate of consumption is eroding the very fabric of our planet and will ultimately threaten our long term survival. Globally we need to develop an economic system that allows us to use resources sustainably and more fairly. Former UN Secretary-General Kofi Annan stated that 'globalisation of the economy implies globalisation of responsibility'. So living sustainably means being more responsible to our planet, its resources and our fellow humans. We need to live in a way which meets the needs of the present without compromising the needs of the future.

On a personal level, we can all be more sustainable – by switching to a renewable electricity supplier, by consuming less, by being energy-efficient and by cutting back on our car use. Our individual actions can make a difference!



Supporting your local farmers' market is one key way to reduce your food footprint © WWF-UK/Steve Morgan

Climate Change

The climate is changing and our planet is getting warmer. More carbon dioxide and other 'greenhouse gases' are being released into the atmosphere due to human activities. Because of this, a delicate atmospheric balance has been altered which means more of the sun's heat is absorbed by the planet rather than reflected back into space. Scientists across the world have now reached a consensus that climate change is man-made and that it's up to us to do something about it.

In April 2007 the United Nation's Intergovernmental Panel on Climate Change (IPCC) released its Fourth Assessment report on global warming. Its warning is stark: unless we cut down on the amount of carbon dioxide released into the atmosphere we face dire consequences. In its worst-case scenario, if we do nothing, average global temperatures may rise by over 6 degrees by 2100. This will lead to rising sea levels which will swamp coasts, increase the severity of storms and droughts, extinguish species and cause economic depression. By contrast the Stern Report states that if we spend just 1-3% of current GDP to combat climate change, we can avoid the worst effects.

We can't stop climate change happening but we can still stop it getting worse – if we act now. We need to go on a carbon diet – and going green is the best way of cutting down. The average Briton produces around 10 tonnes of carbon dioxide per year and we need to cut our average to just over 4 tonnes by 2050.

There are many ways that you can change your lifestyle to reduce your carbon dioxide emissions and combat climate change – from insulating your home to cutting back on flights. Read on through this guide to find out more.

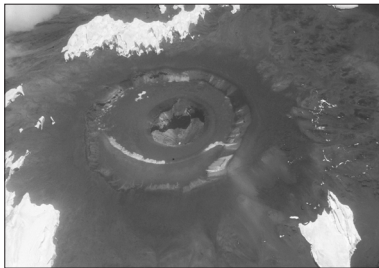
Current impacts of climate change

It's getting hotter and spring is coming earlier in the UK. The Met Office has confirmed that April 2007 was the warmest in the UK since records began in 1659 and observers throughout the UK have noted that plants are appearing earlier after winter each year.

All over the world glaciers and snow caps are retreating.

Kilimanjaro in Africa – literally the ‘mountain of snow’ – has lost more than 80 per cent of its ice sheet since 1912 and the last snows will probably have gone by 2020.

Recent news from China says that glaciers covering the massive Qinghai-Tibet Plateau are shrinking by a shocking 7 per cent per year. As many Chinese in the area get their drinking water from the annual ice melt, once the glaciers are gone millions will be left with no fresh water source.



**Aerial view of Mount Kilimanjaro's crater –
100 years ago this was covered in snow
© WWF-Canon/John E. Newby**

Sea levels are rising – by as much as 3mm per year – because of this ice melt and because the seas are getting warmer – an effect called thermal expansion. The Arctic and Antarctic are beginning to recede and this process is speeding up. Many polar scientists now believe that before the end of the current century the Arctic icecap will melt entirely during the summer months

Rising sea levels threaten low-lying countries like the Netherlands and Bangladesh, and island states in the Pacific like Tuvulu will soon



Parched land due to drought in the
'Sebkhra de Kelbia' lagoon in Tunisia
© WWF-Canon/M Gunther

be swamped by the sea and lost. Cities like New York and London are also under threat.

Droughts are on the increase – much of Australia's prime farm areas are enduring the worst drought in 100 years. The Reserve Bank of Australia predicts that the drought will slow economic growth,

as a result of a drop in farming output, with annual economic growth falling from 1.9% to 1.15%.

A corollary of increased drought is **the increase in severe rains and flooding** due to heavier than normal rainfall as climate variations become more pronounced. Heat waves, too, will become more extreme. The heat wave across Europe in 2003 was directly responsible for nearly 30,000 deaths.

As the seas warm up more energy is released into the atmosphere which causes **more violent hurricanes and typhoons**. The effect of Hurricane Katrina on New Orleans in August 2005 was catastrophic. There are still more than half a million climate refugees unable to return to the city. The total cost of the damage has been estimated at over \$80 billion.

What is an Ecological Footprint?

Whether you drive or cycle to work, live off take-aways or support your local farmers' market, compost your waste or ignore recycling, your lifestyle choices influence the size of your footprint.

An Ecological Footprint describes how much of the Earth's natural resources are used in all our activities. It can apply to an individual, a community or a country. The footprint adds up all the resources we consume, like land, food, oil and timber, and how much waste and pollution we make. The larger our footprint, the larger our impact on the Earth's resources.

The average individual footprint in Wales is 5.25gha (Global hectares). If everyone on the Earth has this footprint we would need three planets to supply all the resources we need. So our goal in Wales is to reduce the size of our footprint to 1.8gha. If everyone had a footprint of this size we could live well within the means of our planet.

How big is your Footprint?

You can use the Footprint Quiz on the following pages to get an idea about your impact on the planet and its resources.

For a more accurate measure of your footprint visit <http://footprint.wwf.org.uk> and try out WWF's new footprint calculator.



Take our quiz to measure your footprint
© WWF-Canon/Chris Martin BAHR

Measuring your own Ecological Footprint

Every one of us in Wales has an impact on the world's resources – whether an individual or a business, a child or an adult. The lifestyle choices we make every day and the policies formed by government affect the quality of our global environment. Try this simple test to see how big a footprint you have – then use the results and the suggestions in the following pages to guide you in the changes you want to make to reduce your footprint.

Your Home

Number of people you live with:

- A** more than 4 people
- B** 1-4 people
- C** by yourself

House size you live in:

- A** flat/terrace
- B** semi-detached house
- C** detached house

Energy source – your electricity comes from:

- A** green electricity or renewable sources
- B** some renewable energy
- C** all from non-renewable sources (oil, gas and coal)

Energy efficiency – your home is:

- A** well insulated, double glazed and fitted with energy saving devices
- B** moderately insulated and part double glazed
- C** not insulated and not double glazed

Recycling – each week you:

- A** recycle all your waste, including glass, paper, plastics, metal and organic waste
- B** recycle some of your waste
- C** recycle none of your waste

Waste – each week you produce on average:

- A** about 1 bin bag
- B** about 2 bin bags
- C** about 3 bin bags

Your Travel

You travel mainly by:

- A** foot/cycle
- B** public transport
- C** car

Each week you travel approximately:

- A** 0-50 miles
- B** 50-150 miles
- C** More than 150 miles

You fly on average each year:

- A** 0 hours
- B** 1-10 hours
- C** More than 10 hours

Your Food

How much of the food you eat is processed:

- A** none of it
- B** some of it
- C** all of it

On a weekly basis you:

- A** compost all of your organic kitchen waste (including via council collection schemes)
- B** compost some of your kitchen waste
- C** don't compost at all

How many times a week do you eat meat or fish

- A** never – you are vegan or vegetarian
- B** 3-4
- C** more than 7 times

Now turn over the page to see how you have done!

How big is your footprint?

Count up your answers as A, B or C.

Mostly As Congratulations! As an individual, you're already doing your bit

Mostly Bs Not bad, but if everyone lived like you we would still need around three planets to sustain ourselves

Mostly Cs Oh dear! if everyone lived like you we would need around four or more planets to sustain ourselves

What next – persuading governments to act

Even if you follow all the advice in this Guide, you will still be consuming at the equivalent level of two planets. To get consumption down to a sustainable, one planet level we need to persuade governments locally and nationally to tackle the big issues such as housing, energy production, transport and infrastructure. Ultimately it is only as part of a community and through government that we will resolve our over-use of resources.

Join WWF's campaign work!

Support WWF's campaign to reduce Wales' footprint. Visit www.wwf.org.uk/wales or phone on 02920 454 970 to find out how you can make a difference.



Go Green in a Fortnight!

Nobody expects you to change your lifestyle overnight – that just isn't practical – but we are all going to have to make changes in the next few years.

While we need policy changes from government to tackle the big issues, we can make changes to our own behaviour that will put us on the path to sustainable living. The suggestions here and over the next few pages include just some of the actions we can take as individuals and families to reduce our footprint. The key things to bear in mind are to consume less and to become more energy and resource-efficient.

We start here with a series of small steps that will break your unsustainable habits and make you think about resources in a more sustainable way. If you follow the 14 simple actions, doing one a day, you can become greener in a fortnight. These smaller steps will prepare you for the larger steps that need to follow.

- Day 1. Turn off the tap when you clean your teeth** – you don't need to run the water while you are brushing. The amount you save will be small but it does add up over time. More importantly this is one of those habit-busters – you are training yourself to think differently about resources, using only what you need and wasting less. Once learnt, you can apply this to every area of your life.

- Day 2. Bin the plastic bag** – next time you go shopping, take your own carrier bag and refuse the ones offered at the checkout. If you need a bag, buy a 'bag for life' that you can reuse.

- Day 3. Turn your heating down by one degree** – you won't notice the difference but you will save energy and cut your bills.

- Day 4. Boil less** – when you make a hot drink, don't fill the kettle to the top but just boil what you need. It's much quicker, too. Overfilling kettles wastes £1 million of energy in the UK every week – see www.ecokettle.com
- Day 5. Start to compost.** All your organic waste can be composted – either in a heap in your garden or in special container like a wormery. You could buy one these or make your own. Many councils now provide a brown bin for organic waste which is then collected and composted on municipal sites.
- Day 6. Turn off all electronic machines left on stand-by** – like TVs, videos, hi-fis, DVD players and anything else with a stand-by function. It's estimated that if everyone on the UK did this we could shut down two power stations with the reduction in required energy. Unplug your mobile phone charger when not being used to charge your phone – the charger still consumes energy if plugged in.
- Day 7. Buy local, seasonal food** – and purchase items with less packaging. Start with a few items – it's not difficult and might make shopping less of a chore. You'll be surprised how much nice, fresh stuff you discover!
- Day 8. Recycle more!** – you may already be recycling your bottles and newspapers, but contact your local council to find out about all the other items they can recycle at their recycling depots. You can also take your unwanted clothes, books and toys to charity shops. They can raise money, you clear clutter and your unused items find new homes and purposes.

- Day 9. Walk rather than drive on short journeys** – next time you need to go somewhere less than a mile away – walk there. It's healthier, cheaper, probably not that much slower once you've had to find somewhere to park, much less stressful and will reduce your carbon footprint immediately.
- Day 10. Flush less** – fit a Hippo water saver in your cistern and save around 3 litres a flush or around 6,000 litres per year per person. Available from www.hippo-the-watersaver.co.uk – but you can also put a brick in your cistern instead.
- Day 11. Buy planet-friendly, biodegradable detergent** for all your household cleaning needs – including laundry, dishwasher, kitchen, bathroom and even your toilet. Ecover (www.ecover.com) is widely available or try WWF's Earthly Goods catalogue – visit www.wwf.org.uk/shop
- Day 12. Hang your clothes out to dry** and try to stop using the tumble dryer. Your clothes will smell fresher if you dry them outside and you will save both money and energy.
- Day 13. Buy energy-saving light bulbs** and replace your most often used conventional ones. It costs a bit more upfront but each light bulb can save you up to £7 per year and make 75% energy savings.
- Day 14. Switch to a green and renewable electricity supplier.** If you do it online it will take you no more than 10 minutes. Visit www.greenelectricity.org which provides consumers with up-to-date and independent information on all of the green electricity tariffs available in the UK.

Make a Difference - Food and Shopping

Buying organic, seasonal and locally-produced food and drink will make your footprint smaller. This is because the food you consume will be produced in a way that is more environmentally-friendly, does not have to travel as far to get to you and does not require additional energy and resources to be produced out of season.

Cooking food from scratch is also a good way to cut down your food footprint – as processed and prepared foods take a lot of energy to produce and tend to use lots of unnecessary packaging. You'll also probably find that preparing and cooking your own food costs you less. By cutting down on the processed foods you eat you'll be making a saving for the planet as well as for your pocket – and it's healthier for you!

When we talk about food miles we mean the resources used to get food from producer to plate. Food now travels from all over the world to our supermarkets. Avoiding foods that have been airfreighted and buying locally where possible cuts down on the food miles and has a great impact in reducing your footprint. Locally produced food also requires much less packaging and storage – again reducing your footprint.

Organic food production needs much less energy than conventional farming as it does not rely on energy-intensive pesticides and fertilisers. Organic farms tend to have higher standards of animal welfare. And organic farmers also tend to take more care of the natural environment, such as by encouraging native species and biodiversity.



Reduce your food footprint

- Support your local farmers' market – buy food in season from producers local to you. To find your nearest farmers' market in Wales visit www.farmersmarkets.net
- Reduce your food miles. Avoid air-freighted foods and buy local and regional foods. Check out the different varieties of fresh fruit and vegetables that are available in your local stores and buy direct from farms, farm shops, farmers' markets and vegetable box schemes – or grow your own!
- Reduce pesticide pollution by supporting organic farmers.
- Think globally. If you are buying produce from overseas look for the Fairtrade Mark – it ensures the farmers and workers get a fair deal.
- Buy MSC-certified fish to make sure it has come from a well-managed fishery and has not contributed to overfishing.
- Support welfare-friendly farming. Purchase free-range dairy, eggs and meat and, if you can't find any, ask your store to stock some.
- Have your groceries and provisions delivered to your home.

Campaign online for WWF!

Join thousands of online campaigners and help us achieve real change on environmental issues. Visit www.wwf.org.uk/oneplanet or contact WWF Cymru on 02920 454 970.

Make a Difference - Energy & your Home

Concern about carbon dioxide emissions from power stations which burn fossil fuels to produce electricity has led to a demand for cleaner sources of energy such as wind, tidal and solar power. There are now several utility companies providing electricity produced from renewable sources and switching your supplier has never been easier. Find out more at www.greenelectricity.org

But as well as switching to renewable and sustainable energy generation, we also need to cut down on the amount of energy we use and the amount we waste. We need to become much more energy-efficient.

Making sure your house is well-insulated and using energy efficient appliances can have a dramatic effect on your footprint. Many of the tips suggested can just as easily be applied to your workplace and office – so encourage your bosses and workmates to adopt energy-efficiency practices and start saving today.

You can also reduce the energy footprint of your home by using eco-friendly and sustainable materials when building from new or when refurbishing and decorating. These kinds of materials minimise the energy used to produce them and come from sustainable and renewable resources.

Always look out for FSC-certified wood products – this means the timber has come from sustainable sources. And rather than buying new products for your home you could look for recycled, salvaged and antique objects and furniture.



Reduce your energy footprint

- Fill in the holes – around 33 per cent of the heat lost in your home is through walls, so insulating them can be the most cost-effective way to save energy in the home – and you could save up to £100 on your annual heating bills!
- Look after your boiler – condensing boilers are the most energy efficient and will save around a third on heating bills – see www.boilers.org.uk.
- Stay cool – with your fridge and freezers. Don't leave the door open longer than necessary, avoid putting hot food into the fridge, defrost the freezer regularly and check the door seals.
- Check the logo – look for the energy rating logo when you're buying new electrical appliances. Replacing an old fridge with a new energy efficient one could save you up to £35 every year – but make sure you dispose of that old fridge responsibly.
- Buy energy efficient light bulbs – swap ordinary bulbs for energy saving ones. They can last 12 times longer and each bulb could save up to £7 on your annual electricity bill. And switch off lights when they are not needed.
- Take a Home Energy Check – use the online home energy check at the Energy Saving Trust's web site – www.est.org.uk

Be an eco-shopper!

WWF's Earthly Goods Catalogue offers a more 'natural' alternative for the environmentally aware shopper. Visit <https://shop.wwf.org.uk> or phone 01483 426 444 for your free catalogue.

Make a Difference - Waste & Recycling

In Wales we produce a massive 15 million tonnes of rubbish a year – that's one and a half bags of refuse per person for every day of the year! This rubbish goes into landfill sites – sites where the stuff we throw away is dumped. Landfill sites are ugly, noisy and smelly for the people who live near them and cost a lot to run.

Fortunately, there is a lot we can do to address this. Domestic recycling rates now stand at about 25 per cent but this figure could be increased much more. Further reductions on rubbish going to landfill can be achieved through reusing and composting.

Waste volumes are continuing to grow at around 2-3% per year. We must stop this growth and produce less waste in the first place. Recycling alone is not sufficient to reduce our footprint unless we cut down on the total amount of waste at the same time.

You can start to reduce your waste footprint by following the simple steps on the following page – before you know it there won't be much left to put in your wheelie bin! Bear in mind that some things you no longer need, like furniture, can find a useful home elsewhere. What you consider junk can be valuable to someone else.

Do take care with products like batteries, oil and paint. Talk to your local council recycling department who will be able to suggest how such items can be recycled or disposed of safely, without damaging the environment. For instance, one litre of engine oil can contaminate one million litres of fresh water if poured down the drain.



Reduce your waste footprint

Reduce

- Try to purchase products that are loose rather than pre-packaged.
- Minimise the amount of packaging you use by buying in larger containers if practical, refusing wrappings and reusing carrier bags.

Reuse

- Some products can be bought in containers which you can reuse around the house.
- Choose reusable bags instead of a new carrier bag every time.
- Repair broken items rather than throwing them away. Remember that things you no longer need could be used by others – charity shops are a good way for you to find a new home for your unwanted items.

Recycle

- Call your council for details of their kerbside recycling collection schemes or use your nearest recycling point for glass, paper and cans. Drop off your recyclables next time you go shopping.
- When you shop, check for recycling symbols and try to buy products that are made out of recycled packaging.
- Compost your own biodegradable waste – such as food, teabags, vegetable peelings, scrap paper, garden waste. You can often get a subsidised, or even a free, compost bin from your Council.

Make your voice heard!

Become an online campaigner with WWF Cymru and receive a free quarterly online newsletter. Email wales@wwf.org.uk or call WWF Cymru on 02920 454 970 to find out more.

Make a Difference - Travel & Transport

In the modern world, we are so used to going where and when we want that we don't stop to think about the consequences of our journeys. For instance, taking a single flight to go on a summer holiday or weekend away can use up more resources and produce so much extra pollution that it can outweigh all the environmentally-friendly actions in other areas of your life.

Carbon dioxide (CO₂) emissions from transport are the fastest growing contributor to climate change – at present transport produces a quarter of all of our greenhouse gas emissions. This is an area we can all have an immediate impact upon simply by getting out of the car and walking or cycling more. Try to think how you can cut back on your car use such as by sharing your journey with friends and work colleagues, or by combining shopping trips. Perhaps you can change your working patterns to use the car less – by working from home for one day a week.

Carbon offsetting is a useful way to make our unavoidable journeys in the car or plane carbon neutral – but only as a last resort. Carbon offsetting is not a substitute for cutting back on your travel. We still have to fly and drive less. Visit www.cdmgoldstandard.org for advice on credible schemes.



Reduce your travel footprint

- Replace short car journeys with cycling or public transport alternatives – it's less polluting and healthier for you.
- Walk more – one in three car journeys is under two miles.
- If you drive less than 5,000 miles a year, consider not owning a car at all. If you consider the costs of purchase, tax, repairs and servicing, you may find it cheaper to just hire a car when you need one.
- Organise a rota for the school run or try walking children to school. Persuade your school to work on safer and car-free routes to school.
- Fly less – the rapid increase in flights is having a detrimental effect on our environment. Cut down the number of flights you take and try taking a holiday in the UK for a change!
- Drive gently – 50mph uses 30 per cent less fuel than 70mph and produces 40 per cent less CO2 emissions.
- Consider converting to LPG – it's half the price of regular fuel and produces far fewer emissions.
- When you need to buy a new car, consider choosing an eco-friendly electric car or hybrid.

Measure your footprint!

To find out how big your impact is on the planet and how you can reduce it, visit <http://footprint.wwf.org.uk>

Get Involved with WWF Cymru

WWF is much more than just about pandas – we are the only truly global organisation that is working locally in Wales on issues.

By giving us some of your time to help us with our campaign work, you can help us change policies and influence decision makers in Wales.

Four ways to make a difference:

1. Join our mailing list

Learn more about our campaigning activities and ways you can get involved through our quarterly newsletter.

2. Subscribe to WWF Cymru's free online newsletter

Keep in touch with WWF Cymru's activities and news through subscribing to our free quarterly newsletter. Email wales@wwf.org.uk or contact 02920 454 970 to find out more.

3. Be a footprint volunteer

By measuring your own ecological footprint on our new footprint calculator and telling us about your lifestyle choices, we may be able to use your story in our campaign work.

4. Join WWF

For as little as £3 a month you can help support our vital work to ensure a healthy future for people and nature. Call 01483 426 333 to join.



Aberystwyth sea front: WWF Cymru is calling for a Marine Act to better protect Wales' stunning coast and amazing marine wildlife © WWF-Canon/Emma Duncan

Key examples of WWF Cymru's work

Ecological Footprint

If everyone lives like we do in Wales, we would need three planets to support us. WWF Cymru is a key member of the Footprint Wales Network which is working with a range of organisations and the Welsh Assembly Government to reduce Wales' environmental impact. Visit www.footprintwales.org

Climate Change

Climate change is the most serious environmental issue to face our planet. We are working to raise awareness in Wales about the causes and impacts of climate change and the available solutions – particularly to reduce the use of energy and the role of renewable energy sources. We are also a member of Stop Climate Chaos Wales, a coalition of organisations which have joined together to influence political action to reduce climate chaos.

Marine

Wales has a magnificent coastline, which ranges from exposed rocky coasts and expansive sandy beaches to the sheltered muddy shores of our estuaries. Underwater habitats are equally rich and diverse, and are home to an amazing variety of plant and animal species.

We are working to promote the sustainable management of our marine resources by lobbying and campaigning for a Marine Act with specific powers to Wales.



The Green Guide Listings

The Green Guide is the most comprehensive directory available of eco-friendly goods, services, contacts and organisations. Whether you want organic food, natural cosmetics, clothing, furniture, sustainable energy, holidays, transport, education or contacts, you'll find it all in the Green Guide.

The Guides are divided into twelve chapters. Each starts with a few pages of editorial – providing an introduction to the issues in each chapter and looking at local initiatives and case studies. There are hundreds of relevant listings split between the immediately local, covering shops and services, and the national, including mail order suppliers and contact organisations. Listings are organised into more than 1200 sections and sub-sections – making it easy for readers to find what they are looking for.

Ways to make your life greener

In this section we have selected some of the best listings from the full Green Guide for Wales to demonstrate the variety of shops, products, services and organisations available to you. To order the new Green Guide for Wales, which will contain more than 3,500 listings and is published in February 2008, call 01945 461 452 or visit www.greenguide.co.uk. The Guide costs £12.99 plus £2.50 p&p (total £15.49). If you quote PGGW07-wwf a donation on your behalf of £3 for each Guide you purchase will be made to WWF Cymru to support their work.

Food & Drink

Mail Order & Internet

Bumpylane Organic Rare Breeds

Shortlands Farm, Druidstone, Broad Haven, Haverfordwest SA62 3NE

T: 01437 781 234

E: davidandpam@btconnect.com

W: www.bumpylane.co.uk

Produces organic beef and lamb from the rare breeds born and reared on a Soil Association-registered coastal farm at Druidstone. Locally slaughtered, then hung in the on-farm cold-store, the meat is carefully prepared to customers' specifications. Available in half or whole lamb and 5kg and 9kg mixed beef packs ready for the freezer, or in smaller quantities from their farmers' market stalls. A selection of rare breed lamb-skin rugs is available together with luxury Longhorn hide carpets.

Cambrian Organics

Unit 2 Horeb Business Park, Llandysul SA44 4JG

T: 01559 363 151

E: cambrianorganics@btconnect.com

W: www.cambrianorganics.com

Award-winning quality organic meat and meat products direct from the family farms of Wales – produced the way it used to be. Enjoy the taste of traditionally reared organic Welsh lamb, beef, pork and poultry as well as a range of burgers, sausages, etc – from the family farmers of the Cambrian Hills, united in a passion for producing delicious fresh food.

Caws Cenarth

Fferm Glyneathinog, Lancych, Boncath SA37 0LH

T: 01239 710 432

E: sales@caWSCenarth.co.uk

W: www.caWSCenarth.co.uk

Soil Association-registered organic farmhouse cheeses available on the farm, via nationwide mail order and at local markets.

Graig Farm Organics

Dolau, Llandrindod Wells LD1 5TL

T: 01597 851 655

E: sales@grraigfarm.co.uk

W: www.grraigfarm.co.uk

From the heart of mid-Wales, Graig Farm organics, winners or finalists of Organic Food Awards every year since 1993, offers probably the widest range of organic meats and other produce by mail order. The range includes all the usual meats, as well as specialities such as Welsh Mountain mutton and lamb, wild and organic farmed fish and award-winning ready meals. The mail order range also includes groceries, fruit and vegetables, alcohol, books and skin care. Working with a group of organic farmers, they have complete traceability on each piece of meat. A unique labelling system enables the consumer to see the farm and breed of animal on each pack.

Green Cuisine Organic Food

Unit 2 Taff Workshops, Tresillian Terrace, Cardiff CF10 5DE

T: 029 2039 4321

E: info@greencuisineorganics.net

W: www.greencuisineorganics.net

An online organic supermarket offering a home delivery service to Cardiff and surrounding area. Also runs selection box schemes. Carries lots of seasonal and Welsh produce in an extensive catalogue, including meat, poultry, bacon, vegetables, fruit, eggs and dairy produce, frozen and convenience foods, springwater, cleaning products and toiletries.

Herbs from Wales

Cae Gwyn, Carmel, Llanerchymedd LL71 7DD

T: 01248 470 231

E: rowena@herbsfromwales.co.uk

W: www.herbsfromwales.co.uk

Supplies naturally field-grown and hydroponically-grown herbs, drying them for culinary, medicinal and aromatic purposes. A range of healing herbal ointments are now available – all made the old fashioned way.

House of Rhug

Rhug Estate Office, Corwen LL21 0EH

T: 01490 413 000

E: philiphughes@rhug.co.uk

W: www.rhug.co.uk

Soil Association-registered organic café, farm butchery and shop selling a range of produce including the farm's award-winning meat. Also has a national mail order service for the farm shop goods including organic meat and pies, all reared to the highest quality and welfare standards. Also supplies bronze organic Christmas turkeys.

S&J Organics

Llywncrychydod, Llanpumsaint,
Carmarthen SA33 6JS

T: 01267 253 570

E: info@sjorganics.co.uk

W: www.sjorganics.co.uk

Organic poultry specialists producing and processing Soil Association-certified organic chickens and ducks all year round. Also have organic geese and bronze turkeys for Christmas available.

Vintage Roots Ltd

Farley Farms, Bridge Farm,
Reading Road, Arborfield RG2 9HT

T: 0800 980 4992

E: info@vintageroots.co.uk

W: www.vintageroots.co.uk

Offers the most comprehensive range of organic drinks available in the UK with wines, beers, ciders, spirits, liqueurs, juices, cordials – even olive oils and chocolates. Deals only with officially recognised and certified organic and biodynamic suppliers. 'Organic' is not a sideline of the company: it's been their only business since they started in 1986. With over 350 products, there is something to suit all tastes and pockets, from gold medal winning vintage champagne to everyday great value Vin de Pays wines from Southern France. All are available by mail order, you can mix your own case or get them chosen for you. Call for a free wine list. Trade enquiries welcome.

Welsh Farm Organics

Tyn y Fron Farm, Pentre, Mochdre,
Newtown SY16 4JW

T: 01686 627 979

E: sales@welshfarmorganics.co.uk

W: www.welshfarmorganics.co.uk

A family-run business producing and selling organic Welsh Black beef, Welsh lamb, locally-reared organic pork, poultry, traditionally dry cured bacon, hams and charcuterie. All their certified organic meat is reared on their own farm, or on those of their neighbours and friends. The philosophy of farming at Tyn y Fron (meaning in the 'shelter of the foothills') has remained much the same for generations. Everything they sell is prepared by their own small professional team of butchers to exacting standards.

Shops & Markets

Llanboidy Cheesemakers

Cilowen Uchaf, Login, Whitland SA34 0TJ

T: 01994 448 303

E: sue@llanboidycheese.co.uk

Makers of artisan, award-winning farmhouse organic cheeses using local Welsh organic milk. Also hand-made farmhouse cheeses produced in the traditional way, pressed slowly and then matured in their own natural rinds on their West Wales farm. Joint winning cheese in Soil Association 2002 Food Awards, Best Welsh Cheese 2002 British Cheese Awards plus Gold Awards. First at the Royal Welsh Show 2004.

Pulse Wholefoods

171 Kings Road, Canton,
Cardiff CF11 9DE

T: 029 2022 5873

E: pulse@pulsewholefood.co.uk

W: www.pulsewholefood.co.uk

Shop selling wholefoods with a comprehensive range of organic produce, including, bread, fruit, vegetables, wines, beers, dairy produce, dried fruit, cereals, beans and pulses and much more. Concentrates mainly on food but also stocks a

range of vitamin and herbal supplements, toiletries and the ecover range of household cleaning products.

Quarry Shop, The

27 Heol Maengwyn, Machynlleth SY20 8EB

T: 01654 702 339

E: quarry.shop@cat.org.uk

W: www.cat.org.uk

Part of The Centre for Alternative Technology but situated in the town, this health and wholefood shop stocks a good range of organic produce and groceries, natural remedies and supplements. Produce includes organic bread, free-range eggs and organic beers, cider, wines and champagne.

Riverside Community Market Association

South Riverside Community Development Centre, Brunel Street, Cardiff CF11 6ES

T: 029 2022 7982

E: mail@riversidemarket.org.uk

W: www.riversidemarket.org.uk

Riverside Community Market Association (RCMA) runs a weekly producers' market every Sunday morning from 10am-2pm on Fitzhamon Embankment – facing the Millennium Stadium in central Cardiff. The Market has at least 25 stalls each week, offering a direct selling opportunity for small producers of quality food, reducing environmentally-damaging food miles and contributing to the regeneration of the local community. RCMA also runs a programme of food-related outreach and education projects.

Source, The

26 Cardiff Road, Caerphilly CF83 1JP

T: 029 2088 3236

E: hebenlee@btopenworld.com

W: www.healthstore24.co.uk

Wholefood and health food store with a range of organic produce and groceries. Offers a monthly order service for wheat, gluten, dairy free foods. With a high quality range of herbals and supplements, also offers a national mail order service.

Treehouse Store & Restaurant, The

14 Baker Street, Aberystwyth SY23 2BJ

T: 01970 615 791

E: adam@treehousewales.co.uk

W: www.treehousewales.co.uk

Sells fresh organic fruit and vegetables, many grown in the shop's own market garden. Local produce includes organic meat, cheeses and dairy products with a wide range of other organic products and a great selection of freshly prepared take-away food. Also has a box scheme. The friendly restaurant serves delicious food cooked with organically-grown produce.

Wholefoods of Newport Ltd

Bwydydd Cyflawn, East Street,

Newport SA42 0SY

T: 01239 820 773

E: alinor@dial.pipex.com

Wholefood supplier. Sells Organic wines, fruit and vegetables, local cheeses, breads gluten free products, supplements, remedies and body care. Also stocks locally-produced Welsh foods and caters for special diets. They have a small book shop within and a wide variety of CD's. Bike hire is also available.

Manufacturers

Anglesey Sea Salt Company

Brynsiencyn, Llanfairpwll LL61 6TQ

T: 01248 430 871

E: enq@seasalt.co.uk

W: www.seasalt.co.uk

Soil Association-certified organic sea salt harvested from the sea around Anglesey. Also has a range of gift sets.

Bacheldre Watermill

Churchstoke, Montgomery SY15 6TE

T: 01588 620 489

E: info@bacheldremill.co.uk

W: www.bacheldremill.co.uk

Producer of stoneground strong organic and conventional flours suitable for making bread and other products. Retail and mail order

available. Also has four self contained self-catering holiday apartments and a small secluded touring caravan and camping site.

Clipper Teas Ltd

Beaminster Business Park, Broadwindsor Road, Beaminster DT8 3PR

T: 01308 863 344

E: enquiries@clipper-teas.com

W: www.clipper-teas.com

A world-leading supplier of organic and fairtrade teas, coffees, infusions and hot chocolates. The products can be found in most independent retailers and all multiple retail chains throughout the UK. Clipper introduced the first fairtrade tea and first organic tea to the UK market. All ingredients are natural and the tea bags are unbleached. Has won international awards for taste and packaging design and continues to innovate, developing new products every year. Visit the website for more information.

Rachel's Organic

Rachel's Organic Dairy, Unit 63, Glanryafon, Aberystwyth SY23 3JQ

T: 01970 625 805

E: reception@rachelorganic.co.uk

W: www.rachelorganic.co.uk

Britain's first and fastest growing organic dairy produces natural and nutritious products that are delicious. Product range includes: bio-live organic yogurt, low fat, wholemilk, Greek style, multi-packs; organic cream, creme fraiche and butter; and organic rice desserts. All Rachel's yogurts are made with only fresh milk plus pure, natural organic ingredients.

Restaurants & Cafés

Hive on the Quay, The

Cadwgan Place, Aberaeron SA46 0BU

T: 01545 570 445

E: hiveon.thequay@btinternet.com

W: www.hiveonthequay.co.uk

Café-restaurant and honey ice-cream parlour situated in a converted wharf on Aberaeron

Harbour. Serves lots of seafood, salads and meat free dishes – cakes are baked especially for the café. Food is a mixture of regional and European fare – locally sourced, much of it organic, cooked with care and imagination.

Advice & Organisations

Fishonline.org

*Marine Conservation Society,
Unit 3 Wolf Business Park,
Alton Road, Ross-on-Wye HR9 5NB*

T: 01989 566 017

E: info@mcsuk.org

W: www.fishonline.org

If you are concerned about declining fish stocks and the welfare of our seas then this web site can help you identify which fish are from well-managed sources and/or caught using methods that minimise damage to marine wildlife and habitats. Information on fish stocks in the North-East Atlantic has been obtained from the most recent scientific reports published by the International Council for the Exploration of the Sea (ICES 2003 – www.ices.dk). Information about World Conservation Union (IUCN) assessments and Red List fish species is available at www.iucn.org.

Marine Stewardship Council

*3rd floor, Mountbarrow House,
6-20 Elizabeth Street, London SW1W 9RB*

T: 020 7811 3300

E: info@msc.org

W: www.msc.org

In a bid to reverse the continued decline in the world's fisheries, the MSC is seeking to harness consumer purchasing power to generate change and promote environmentally responsible stewardship of the world's most important renewable food source. The MSC has developed an environmental standard for sustainable and well-managed fisheries. It uses a product label to reward environmentally responsible fishery management and practices.

Organic Centre Wales

*Institute of Rural Sciences,
Aberystwyth SY23 3AL*

T: 01970 622 248

E: organic@aber.ac.uk

W: www.organic.aber.ac.uk

Set up in 2000 as a focal point for the dissemination of information on organic farming in Wales. It is based at the University of Wales Aberystwyth and provides a website, training courses, specialist advice, a network of demonstration farms, two bulletins, marketing and consumer information, schools activities and a technical helpline on 01970 622 100.

Organic Farmers and Growers Ltd

*Elim Centre, Lancaster Road, Shrewsbury
SY1 3LE*

T: 0845 330 5122

E: info@organicfarmers.org.uk

W: www.organicfarmers.org.uk

One of several national organic sector bodies recognised by Defra and one of the UK's largest organic certifiers (organic certification UK2) offering a practical service for organic food production and processing, as well as cosmetic and bodycare standards. All staff are experienced in the farming and food processing industries and OF&G offers combined farm assurance inspections alongside organic inspections. A regular newsletter is mailed to all members to keep them informed about the latest developments within the organisation and the organic sector as a whole. All standards, plus classified ads and more, are available on the website.

Soil Association

*South Plaza, Marlborough Street,
Bristol BS1 3NX*

T: 0117 314 5000

E: info@soilassociation.org

W: www.soilassociation.org

An environmental charity promoting sustainable, organic farming. Its symbol can be found on organic food products as a sign of quality and high standards. The Soil Association provides certification for food and non-food products

including forestry, textiles and health and beauty products (organic certification UK5). Animal welfare and environmental protection are intrinsic to its principles and food produced under its certification meets these high standards.

Clothing, Cosmetics & Toiletries

Adili.com

*Blandford Hill, Milborne St. Andrew,
Blandford Forum DT11 0HZ*

E: info@adili.com

W: www.adili.co

An online store stocking the best of ethical fashion. Retailers the widest range of ethical clothing brands in the UK, all with an ethical sourcing policy, demonstrating that clothing can be ethical and stylish. From organic jeans to fairtrade basics; from organic babies' wear to environmentally responsible children's clothes; from gorgeous ethical designer brands to fairly traded sportswear.

Akamuti

Maes Y Bryn, Llandeilo SA19 7PG

T: 0845 458 9242

E: info@akamuti.co.uk

W: www.akamuti.co.uk

Produces an alternative to chemical skincare, offering non-toxic, ethical products which don't cost the earth (or your pocket!). Each ingredient used is free from any chemical processing and, as a result, this range of 'wholefood' skincare retains a high percentage of nutrients and essential fatty acids.

Deodorant Stone (UK) Ltd, The

Caerdelyn, Dolgran, Pencader SA39 9BX

T: 01559 384 856

E: info@deodorant-stone.co.uk

W: www.deodorant-stone.co.uk

Sells a unique range of aluminium chlorohydrate-free body deodorants, based on the food grade mineral salt potassium alum. Deodorant stones available in two sizes: 60g

which lasts for approximately 6 months; and 120g which will last well over a year. To use, simply wet the stone and rub it on. A fine layer of salt is left on the skin which prevents bacteria but allows the body to sweat and function naturally. Roll-on and a spray-on stone and peppermint foot spray also available.

Ethical Wares

*Caegwyn, Temple Bar, Felinfach,
Lampeter SA48 7SA*

T: 01570 471 155

E: vegans@ethicalwares.com

W: www.ethicalwares.com

Vegan company selling breathable, non-leather footwear, accessories and fairtrade clothing and seeking to trade in a way which does not exploit animals, humans or the wider environment. By selling vegan products, it hopes to play its part in the promotion of a cruelty-free lifestyle.

First Light

Y Maes, Pwllheli LL53 5HA

T: 01758 701 999

E: sammyjoashworth@hotmail.com

W: www.firstlightclothing.co.uk

An ethical clothing store based in North Wales stocking a range of contemporary clothing and accessories including organic cotton T-shirts, sweats and jeans, as well as many recycled, sweatshop-free and fairtrade products. Brands stocked include: Howies, People Tree, Simple, American Apparel Veja Trainers and Doy Bags, with new brands arriving all the time.

Garthenor Organic Pure Wool

Llanio Road, Tregaron SY25 6UR

T: 01570 493 347

E: garthenor@organicpurewool.co.uk

W: www.organicpurewool.co.uk

Supplies organic wool from many traditional and rare breeds of sheep from their own and other certified organic flocks, including raw, washed and carded fleeces and knitting yarns in natural colours, undyed and unbleached. Now supplies the first knitting yarns produced to Soil Association Textile Standards.

Howies

Bath House Road, Cardigan SA43 1JY

T: 01239 614 122

E: info@howies.co.uk

W: www.howies.co.uk

An active sports clothing company that uses low impact ways to make its clothing. The T-shirts are made from organic cotton, the jeans are washed with eco balls and the merino-base layers have won many awards from various magazines. The aim of the business is to make people think about the world we live in. Its catalogue is very different and well worth a look.

Liv

26 Stockwood Business Park, Stockwood B96 6SX

T: 01386 791 055

E: enquiries@liv-uk.com

W: www.liv-uk.com

Liv is an ethical clothing and homeware brand producing womenswear and homeware ranges using 100 per cent certified organic and fair traded cotton and linen. The products are designed to allow you to be stylish and eco-conscious without compromise. Product ranges include women's underwear, sleepwear and jersey tops, bath robes, towels and a beautiful range of bedlinen. Available by mail order and online.

Buildings, Homes & Gardens

Building & Materials

Association for Environment Conscious Building (AECB)

PO Box 32, Llandysul SA44 5ZA

T: 01559 370 908

E: graigoffice@aecb.net

W: www.aecb.net

Promotes and encourages sustainable building. Offers advice on all aspects of environmentally conscious construction. Members receive Green Building Magazine.

Benfield ATT

Castle Way, Caldicot NP26 5PR

T: 01291 437 050

E: info@benfieldatt.co.uk

W: www.benfieldatt.co.uk

An award-winning design, manufacture and build company supplying bespoke FSC-certified timber frame and Glulam structures nationally. With in-house design, manufacture and erection teams, Benfield ATT is the UK's first timber frame company to be FSC-certified. Specialists in Eco-Homes and Eco-Developments.

EarthBorn Paints

*Brush Mate, Frodsham Business Centre,
Bridge Lane, Frodsham WA6 7FZ*

T: 01928 734 171

E: info@earthbornpaints.co.uk

W: www.earthbornpaints.co.uk

This collection of paints, varnishes and flooring products has been created from natural, biodegradable ingredients and is consequently safer, more pleasant to use and live with, and better for the environment. EarthBorn Claypaint is a leading eco paint for interior walls and ceilings. It gives a beautiful matt finish, is VOC-free and highly breathable. EarthBorn is the only UK paint brand to be awarded the prestigious 'Flower' symbol ecolabel (awarded by DEFRA). This accreditation is awarded to goods and services that meet the strict environmental and performance criteria of the EU ecolabelling scheme.

Forest Stewardship Council (FSC)

*UK Working Group, R8 11-13 Great Oak
Street, Llanidloes SY18 6BU*

T: 01686 413 916

E: info@fsc-uk.org

W: www.fsc-uk.org

The FSC trademark is found only on wood and wood products that come from forests independently certified as being managed to an internationally agreed set of social, economic and environmental principles and criteria. There are currently over 10,000 FSC certified products available in the UK, from garden decking,

charcoal and garden furniture to wallpaper and kitchen equipment. These can be found in many high street stores and most major DIY shops, such as B & Q and Homebase, Woolworths, Boots and the Body Shop.

Frameworks

*The Framing Yard, Trewalter Farm, Trefeinon,
Brecon LD3 0PS*

T: 01874 658 586

E: paul.thomas99@btinternet.com

W: www.oakframeworks.com

Traditional timber frame builder.

NatSol Ltd

*The Compost Toilet Specialists, 20 Bethel
Street, Llanidloes SY18 6BS*

T: 01686 412 653

E: info@natsol.co.uk

W: www.natsol.co.uk

NatSol designs, manufactures and supplies dry composting toilet systems for use in remote and other locations. The toilets require no mains services e.g. electricity, water or sewage connections.

Rounded Developments

*Sustainable Building Centre, Unit 93
Portmanmoor Road Industrial Estate, Splott,
Cardiff CF24 5HB*

T: 029 2040 3399

E: info@rounded-developments.org.uk

W: www.rounded-developments.org.uk

RDE is a not-for-profit organisation that runs the Sustainable Building Centre in Cardiff. There, local groups and individuals can come and explore the world of sustainable building via demonstrations, models and a free library of resources. RDE sell a growing number of sustainable building and DIY products both through the centre and its e-shop that can be found at www.rounded-developments.org.uk/catalogue. RDE is also dedicated to bringing sustainable development principles to construction work undertaken by local voluntary groups. This work is in the form of assisting with 'triple bottom line' business

planning, community surveys, feasibility studies and advising on environmentally friendly construction products and techniques.

Ty-Mawr Lime

Ty-Mawr Farm, Llangasty, Brecon LD3 7PJ

T: 01874 658 249

E: tymawr@lime.org.uk

W: www.lime.org.uk

Wales-based manufacturers and suppliers of traditional and ecological building materials including pre-mixed lime mortars/plasters, limewash, hydraulic limes, laths, internal/external natural paints and finishes, sheep's wool insulation, wood wool and woodfibre boards. Courses are run on Lime In Building, Lime Plastering, Specifying Lime, Natural Paints, Earth Building, Thatching and Dry Stone Walling. Innovators of 'Glaster' – an environmentally-friendly plaster/render made using recycled bottle glass – see www.glaster.org.uk. And specialists in Limecrete Floors, an alternative to concrete – see www.limecrete.org.uk. Next day deliveries throughout the UK for stock items ordered before 10am. More information on the website.

Xella Dry Lining Systems

PO Box 10028, Sutton Coldfield B75 7ZF

T: 0870 609 0306

E: andrew.richardson@xella.com

W: www.fermacell.co.uk

Supplies eco-friendly gypsum fibreboard for dry-lining.

Furnishings & Gifts

Natural Collection Catalogue

Department 7306, Sunderland SR9 9XZ

T: 0870 331 3333

E: orders@naturalcollection.com

W: www.naturalcollection.com

Since 1999, Natural Collection has been at the forefront of ethical retail, promoting fair trade and environmentally considered products. The award-winning range includes organic cotton

and fairtrade clothing and accessories, items for your home and garden, energy-saving gadgets, organic cosmetics, eco cleaning products like Ecover and much more. Each item is carefully researched and selected to promote ecological and sustainable manufacturing practices. To order visit the website, call 0845 36 77 001 or email orders@naturalcollection.com.

Naturewarm

*27 Water Lane, South Witham,
Grantham NG33 5PH*

T: 01572 768 362

E: sales@naturewarm.co.uk

W: www.naturewarm.co.uk

A producer of luxury bedding: duvets, bedtoppers and pillows made from British wool encased in 100 per cent cotton. Wool is the ideal green fibre: renewable, biodegradable, energy-efficient in production. With its amazing temperature-stabilising properties, it can be used throughout the year. Naturewarm is a licensee of the British Wool Marketing Board, and is proud to support our sheep farmers.

Wildwood Designs

*Unit 5, Aberuchaf, Lon Garmon, Abersoch,
Pwuheli LL53 7UG*

T: 01758 712161

E: info@wildwooddesigns.co.uk

W: www.wildwooddesigns.co.uk

Contemporary handcrafted furniture utilising Welsh hardwoods. The designs brings alive the beauty of these Welsh timbers. Emphasis on design and quality. Also sells soft furnishings and gifts at the shop in Abersoch.

Gardens

Dyfi Valley Seed Savers

*Ty Bro Ddyfi, 52 Heol Maengwyn,
Machynlleth SY20 8DT*

T: 01654 703 965

E: dyfiavalleyseedsavers@hotmail.co.uk

W: www.ecodyfi.org.uk

A not-for-profit organisation based in

Machynlleth, run by volunteers and funded by donations, working towards a sustainable community, promoting and supporting gardeners and strengthening community links. Community-led events like the ones set up by DVSS provide forums for local people to get together and share their gardening knowledge and tools, exchange their plant seeds and seedlings, and discuss some of the bigger issues at stake.

Penlan Perennials

Penlan Farm, Penrhiwpal,
Llandysul SA44 5QH

T: 01239 851 244

E: rcain@penlanperennials.co.uk

W: www.penlanperennials.co.uk

A specialist peat-free nursery, offering a selection of choice plants for gardeners, with particular emphasis on aquatic, marginal and bog plants, together with shade and woodland perennials. Tries to raise plants in an environmentally friendly way. Compost is peat-free and no sprays or artificial fertilisers are used on the plants. The entire aquatic range is totally organic. Offers online ordering.

Energy & Recycling

Green Electricity

Green Electricity Marketplace

W: www.greenelectricity.org

The Green Electricity Marketplace (GEM) web site provides consumers with up-to-date and independent information on all of the green electricity tariffs available in the UK.

Heating

Llanisolar Ltd

Old School Yard, Smithfield Street, Llanidloes
SY18 6EJ

T: 0845 456 1290

E: info@llanisolar.co.uk

W: www.llanisolar.co.uk

Independent suppliers and installers of solar thermal systems.

Organic Energy Company, The

Severn Road, Welshpool SY21 7AZ

T: 0845 458 4076

E: info@organicenergy.co.uk

W: www.organicenergy.co.uk

Distributors of carbon neutral heating systems. Ökofen automatic wood pellet boilers and Gasokol solar thermal systems combine to make the highest quality, fully automatic, sustainable heating systems and are a solution to space heating for domestic and business applications.

West Wales Solar Heating

Ardwyn, Hebron, Whitland SA34 0XS

T: 01994 419 439

E: info@solarwales.com

W: www.solarwales.com

Clear Skies-accredited installer offering advice, design, installation and maintenance on all solar water heating systems including under floor heating. Solar installations are suitable for all domestic users, farmers, hoteliers, etc.

Household Advice & Grants

Energy Saving Trust Wales

Wales Albion House, Oxford Street,
Nantgarw, Cardiff CF15 7TR

T: 01443 845 930

W: www.est.org.uk

A non-profit organisation funded by the government and the private sector. To achieve its goals, the Trust is actively working with households, business and the public sector in the areas of energy efficiency, road transport and renewable energy. Through its partnerships and programmes, the Energy Saving Trust is pursuing the following priorities: encouraging the more efficient use of energy within homes and small businesses; stimulating both the demand and supply of cleaner fuelled vehicles; and assisting and promoting the production and use of renewable energy (for example solar and wind).

Home Energy Efficiency Scheme, Wales (HEES Wales)

eaga PLC, Unit 4 Ty Nant Court, Ty Nant Road, Morganstown, Cardiff CF15 8LW

T: 0800 316 2815

E: enquiries.wales@eaga.com

W: www.eagagroup.com; www.heeswales.co.uk

HEES in Wales was introduced in October 2000. Householders may be able to claim a grant of up to £ 3,600 under the scheme, which allows for a range of heating and insulation measures to be carried out.

Mid & South West Wales Energy Efficiency Advice Centreboo

West Wales Eco Centre

Lower St Mary Street, Newport SA42 0TS

T: 01239 820 156

E: msww@eeac.net

W: www.ecocentre.org.uk

Provides free and impartial advice to householders and small businesses with regard to improving efficiency and energy use; how to make savings both financially and in energy use. The environmental benefits of energy efficiency are promoted. Attached to the Centre is an eco-house and visitor centre, displaying efficiency and renewables-based examples. Freephone: 0800 512 012.

Renewable Energy

Arts Factory

Unit 11, Highfield Industrial Estate,

Ferndale, Rhondda CF43 4SX

T: 01443 757 954

E: info@artsfactory.co.uk

Arts factory is a locally owned development that is building a stronger community through enterprise and providing services to members. It is developing a 10.4 mw windfarm joint venture with United Utilities Green Energy. The windfarm will generate a long term income stream to be reinvested in the local economy of Rhondda to create new jobs and deliver badly needed services to help regenerate the area.

Dulas Ltd

Unit 1, Dyfi Eco Park,
Machynlleth SY20 8AX

T: 01654 705 000

E: info@dulas.org.uk

W: www.dulas.org.uk

Dulas' highly skilled and experienced renewable energy consultants specialise in wind power, hydro power, solar power and biomass wood energy. Undertakes resource assessments, feasibility studies or technical designs, environmental assessments, consultancy and any sustainable energy project implementation.

National Assembly Sustainable Energy Group (NASEG)

Unit 1 Dyfi Eco Park, Machynlleth SY20 8AX

T: 01654 705 018

E: andy.warrington@dulas.org.uk

W: www.naseg.co.uk

NASEG raises awareness of sustainable and renewable energy issues, opportunities and innovations. It assists the development of a Sustainable Energy Policy and Strategy for Wales through the National Assembly; and aims to maximise the potential for sustainable energy in Wales, in terms of jobs, greenhouse gas abatement and putting Wales at the forefront of the world sustainable energy industry. Wales has considerable renewable resources available and The National Assembly is the only government in Europe to have a statutory remit to promote sustainable development.

Sundance Renewables

Capel Hendre Industrial Estate,

Ammanford SA18 3SJ

T: 01269 842 401

E: info@sundancerenewables.org.uk

W: www.sundancerenewables.org.uk

Wales's premier bio-diesel producer using local sources of used vegetables oil. Operates as a not-for-profit social enterprise and workers co-operative for renewable energy. Also offers renewable energy feasibility studies and installation services for solar wind and biomass.

Wales Biomass Centre, The

Llysdinam Field Centre, Newbridge-on-Wye,
Llandrindod Wells LD1 6NB

T: 01597 860 373

E: lowthesc@cardiff.ac.uk

W: www.walesbiomass.org

Promotes on-farm growing of willow and energy grasses as commercial crops, particularly linking with emerging energy markets in Wales. Advice, R&D, consultancy, feasibility studies and system design for biomass/SRC using willow, miscanthus, reed canary grass, switchgrass and other energy crops.

West Wales Renewable Energy

Llech Padarn, Llanegitho, Tregaron SY25 6TZ

T: 01974 298 851

charles@solawind.demon.co.uk

Provides renewable energy services. Call to discuss your requirements.

Recycling

Cylch – Wales Community Recycling Network

113 Cathedral Road, Cardiff CF11 9PH

T: 029 2064 9750

E: mail@cylch.org.uk

W: www.cylch.org.uk

Cylch (Wales Community Recycling Network) promotes sustainable resource management through education and practical action. Cylch is an umbrella organisation with over 80 members who deliver waste minimisation, reuse, recycling and composting services throughout Wales. Cylch supports community recycling in Wales by providing representation and advocacy, sector specific information, regional support and advice and access to training and events. For more information visit the website.

Foothold on Environment

Unit 3.1-3.3 Trostre Industrial Park,

Llanelli SA14 9UU

T: 01554 750 777

E: atolley@foothold.org.uk

W: www.foothold.org

For a small fee Foothold on Environment will collect your unwanted household items and redistribute them to help people throughout Carmarthenshire. This helps by not only giving people on low incomes the opportunity to access affordable furniture but it also cuts down the amount of waste that goes to landfill. Also offers a complete work-shop service where their craftsmen will design and create a range of products to suit your needs.

CWMre (Creating Welsh Markets for Recyclate)

The Wales Environment Trust, Imperial House, Imperial Way, Newport NP10 8UH

T: 01633 811 875

E: info@walesenvtrust.org.uk

W: www.walesenvtrust.org.uk

The CWMre programme creates new markets for recyclable materials. Its two key objectives are to divert waste from landfill and raise national recycling levels. Offers free advice and support to businesses in Wales including assistance with funding applications for grants.

WRAP (Waste & Resources Action Programme)

The Old Academy, 21 Horse Fair, Banbury OX16 0AH

T: 0808 100 2040

E: rpg@wrap.org.uk

W: www.recycledproducts.org.uk

Home of the Recycled Products Guide which provides a national, comprehensive database of products made from recycled materials and items that will help you to recycle more stuff, more often. Find gifts and products for your home, garden or office. The guide is owned by WRAP (Waste & Resources Action Programme).

Health & Wellbeing

Bioforce (UK) Ltd

2 Brewster Place, Irvine KA11 5DD

T: 01294 277 344

E: enquiries@bioforce.co.uk

W: www.avogel.co.uk

Manufactures and distributes Alfred Vogel's famous organic fresh herb tinctures, tincture tablets, foodstuffs and botanical supplements. The fresh herbs used to produce the A.Vogel range are mainly grown in the fertile conditions of Roggwil, Switzerland using a strict organic protocol in a sustainable way and with respect for Nature. Controlling the planting, cultivation, harvesting and GMP production, coupled with research, ensures that they offer the best herbal products available.

Trigonos

Plas Baladeulyn, Nanlle,
Caernarfon LL54 6BW

T: 01286 882 388

E: info@trigonos.org

W: www.trigonos.org

An inspiring education venue in the Snowdonia National Park offering accommodation and facilities for conferences, workshops and retreats, also B&B for individuals. 18 acres of lakeside grounds with magnificent views of Snowdon and the surrounding mountains; special diets imaginatively catered for using produce from our own land. Small programme of our own textile courses. Trigonos is a not-for-profit social business with a comprehensive policy for sustainability and has achieved Green Dragon Standard level 2.

Parenting

TreeHugger Mums Ltd

101 High Street, Newport TF10 7AY

T: 0845 644 3684

E: info@treehuggermums.co.uk

W: www.treehuggermums.co.uk

Provides information on fertility, pregnancy and

childbirth, choosing and using cloth nappies, breastfeeding, and life as a parent. Also stockists of real nappies, organic cotton clothing, Moltex Oko nappies, natural toiletries, eco-menstrual products including Wemoo and Minx pads, and baby slings and carriers. Sign up to their monthly newsletter.

Pets

Burns Pet Nutrition Ltd

Ferry Road, Kidwelly SA17 5EJ

T: 01554 890 482

E: info@burns-pet-nutrition.co.uk

W: www.burns-pet-nutrition.co.uk

A natural and complete food for dogs, cats, rabbits and wild birds, developed using holistic principles by veterinary surgeon John Burns. Free of colours, flavourings and artificial preservatives, and containing brown rice with battery-free chicken, free range duck, NZ lamb and venison or ocean fish. Burns also produce an organic dog food.

Pero (Foods) Ltd

Lllawr Ynys, Betws y Coed, Conwy LL25 0PZ

T: 01690 710 457

E: info@pero-petfood.co.uk

W: www.pero-petfood.co.uk

Supplies a range of high quality, nutritious and tasty food for dogs and cats, including hypo-allergenic, wheat and gluten-free and organic. All the dry pet foods are specially prepared to provide cats and dogs with a balanced diet to meet all their dietary requirements.

Transport & Travel

Sustrans Cymru

107 Bute Street, Cardiff CF10 5AD

T: 029 2065 0602

E: sustranscymru@sustrans.org.uk

W: www.sustrans.org.uk

Sustrans stands for 'sustainable transport'. It is a charity that works on practical projects to encourage people to walk and cycle and use

public transport to help reduce motor traffic and its adverse effects. Sustrans' flagship project is the 10,000 mile UK National Cycle Network (NCN) which has been developed in partnership with local authorities and many other bodies.

Holidays & Leisure

Activities

Bicycle Beano Cycling Holidays

Erwood, Builth Wells LD2 3PQ

T: 01982 560 471

W: www.bicycle-beano.co.uk

Sociable cycling holidays on the idyllic lanes of Wales and in England with delicious vegetarian cuisine, which is mostly organic (lunchtime veggie and meat options available). Lively friendly groups, two-seven days, from May to September. Tours in Snowdonia, Pembrokeshire, Brecon Beacons, and the Wye Valley in Wales; Shropshire, the South Downs, and the Vale of the White Horse in England.

Clynfyw Countryside Centre

Clynfyw, Abercych, Boncath SA37 0HF

T: 01239 841 236

E: jim.clynfyw@virgin.net

W: www.clynfyw.co.uk

Based on a working family organic farm and woodland, Clynfyw provides inclusive, informed enjoyment of nature, the countryside and the environment combined with a generations-old link to the locality. Situated in the grounds of the Victorian mansion, there are four independent, spacious cottages.

Eco-cabins at CAT

*Centre for Alternative Technology,
Machynlleth SY20 9AZ*

T: 01654 705 982

E: cabins@cat.org.uk

W: www.cat.org.uk

The Eco-Cabins, located in the hills of beautiful Mid Wales, offer a unique residential experience whereby the residents monitor and take

responsibility for their energy use during their stay. The electricity is provided by wind, water, solar power and bio-fuels, and waste water and sewage is filtered through a reed beds sewage system. Each cabin is heated by solar water heating panels and woodstoves. There are two cabins, each with eighteen bed spaces, with two-night minimum stay. These are self catering units, but meals may be booked in the vegetarian restaurant at CAT.

Forestry Commission Wales

T: 0845 604 0845

E: fcenquiries@forestry.gov.uk

W: www.forestry.gov.uk

The Forestry Commission Wales manages the Welsh Assembly woodlands on behalf of the people of Wales. There are opportunities for all types of outdoor activity; walking, running, cycling, horseriding, orienteering – as well as quiet enjoyment of the countryside – picnics and family walks. Visitor Centres contain information, a cafe and gift shop, as well as being a focal point for your visit. Ranger-led educational visits are available on request. Recreation sites are located all over Wales; most are free, those with additional facilities will charge a parking fee.

Greenways Holidays Ltd

*The Old School, Station Road,
Narbeth SA67 7DU*

T: 01834 860 965

E: enquiries@greenwaysholidays.com

W: www.greenwaysholidays.com

Provides a selection of packaged and tailor-made walking, cycling and explorer holidays in the unique and beautiful Pembrokeshire countryside. Routes including the Pembrokeshire Coast Path, South of the Landsker and the Celtic Trail Cycle Route – all of which are available 'car free'. Greenways Holidays takes care of every detail – from luggage transfer to cycle hire, leaving you free to enjoy the countryside you have come to enjoy.

Plas y Brenin, The National Mountain Centre

Capel Curig LL24 0ET

T: 01690 720 214

E: info@pyb.co.uk

W: www.pyb.co.uk

Based deep in the heart of Snowdonia, Plas y Brenin is the National Mountain Centre, and a non-profit making charity running courses on hillwalking, navigation, mountaineering, kayaking, climbing and skiing. The courses range from those for total beginners right up to instructor qualifications and run 12 months of the year. They also provide B&B, organise group bookings and lectures, and offer conference facilities at subsidised rates.

Ramblers Association/ Y Cerddwyr

3 Coopers Yard, Curran Road,

Cardiff CF10 5NB

T: 029 2064 4308

E: cerddwyr@ramblers.org.uk

W: www.ramblers.org.uk

Voluntary organisation set up to encourage walking, promote public rights of way and greater access to open country, and to protect the natural beauty of the countryside. There are over 129,000 individual members (7,000 in Wales) belonging to over 400 groups. Produces a quarterly magazine, Walk, and a newsletter in Wales, together with factsheets and various leaflets. Volunteer footpath teams help to improve rights of way.

RG Matthews & Partners

Aberhyddnant, Crai, Brecon LD3 8YS

T: 01874 636 797

E: liz@abercottages.co.uk

W: www.abercottages.com

Certified under the Welsh Organic Scheme an organic beef, sheep, pork and organic free range eggs farm, offering two comfortable well-appointed cottages on an organic working hill farm in the beautiful Brecon Beacons National Park. Walking for miles from the door, private on-farm fishing, riding and other activities locally. Ideal spot for a relaxing holiday or a stress-free

weekend. Organic meat and vegetables available, fresh spring water on tap. One cottage sleeps six plus 2 cots, and the other cottage sleeps 4 plus 2 cots. As a Soil Association Open Farm they love to receive visitors to the farm by prior arrangement, including school trips.

Taff Trail

c/o Groundwork Merthyr & Rhondda Cynon Taff, Merthyr Tydfil CF44 0DX

T: 01685 883 880

Long distance footpath and cycle way linking Cardiff and Brecon and part of the National Cycle Network in South Wales. Largely traffic-free, the 55 mile trail passes through a variety of landscapes and there are many sites of interest and industrial heritage either adjacent or close to it. Co-ordinated by Groundwork Merthyr & Rhondda Cynon Taff in partnership with 22 organisations including four Local Authorities. Apart from meeting the high demand in valleys for places to go for fresh air, the Trail has generated opportunities for existing and new businesses such as accommodation and cycle hire and encouraged the restoration of historic features.

Tourism Concern

Stapleton House, 277-281 Holloway Road, London N7 8HN

T: 020 7133 3330

E: info@tourismconcern.org.uk

W: www.tourismconcern.org.uk

Campaigns on human rights issues connected to travel and for more ethical and fairly traded tourism. Tourism Concern is not against tourism, but just wants it to be as good for the people in Southern (Third World) holiday destinations as it is for Western tourists. Tourism Concern has proven time and time again that holidays can often bring unwanted consequences and can accentuate poverty in poorer tourism receiving areas. With its Southern partners it recognises that although tourism can be an industry which improves people's living standards and well-being, it is only too often something that works to keep them impoverished.

Trericket Mill Vegetarian Guesthouse, Bunkhouse & Camping

Trericket Mill, Erwood,

Builth Wells LD2 3TQ

T: 01982 560 312

E: mail@trericket.co.uk

W: www.trericket.co.uk

Offers a range of accommodation to appeal to the environmentally aware, with camping in a cider orchard, cosy bunkrooms sleeping up to four and en-suite B&B rooms. All catering is vegetarian using wholefood, organic, free-range and fairtrade produce wherever possible. Designated Site of Special Scientific Interest in the upper Wye valley.

Woodland Interpretive Centre

Coed Nant Gain, Kilkyn Road,

Pontnewydd, Mold CH7 5NJ

T: 01352 741 039

E: organic.forests@btopenworld.com

Coed Nant Gain is a 20 acre glen, with ancient woodland there since glaciers retreated 12,000 yrs ago. This puts it on a par with rainforests and the old-growth forests of American Pacific North-West. Rich in diversity, many features of natural forest survive. Visitors are welcome but please call or email in advance.

Youth Hostels Association

4th Floor Head Office, 1 Cathedral Road,

Cardiff CF11 9HA

T: 0870 770 750

E: cardiff@yha.org.uk

W: www.yha.org.uk

Aims to help all, especially young people of limited means, to a greater care and knowledge of the countryside, particularly by providing hostels or other simple accommodation for them in their travels and thus to promote their health, rest and education. A registered charity, the Association has 34 hostels in Wales – making it the biggest accommodation chain in the country. Hostels range from remote traditional farmhouses in mountain areas to comfortable modern hostels in important international tourist destinations, like Conwy in North Wales.

Business Services

Ecoworks

Springstone, Lladyfaelog,

Kidwelly SA17 5PE

T: 01267 267 899

E: enquiries@ecoworks.co.uk

W: www.ecoworks.co.uk

A friendly design studio running on 100 per cent renewable energy from their own off-grid solar array. They design all forms of printed literature, create and publish web sites, and arrange high quality printing on a wide selection of recycled paper and card.

Gaia Initiative, The

Gaia Independent Arts Productions Ltd,

Bwlch y Mynydd, Bethania,

Llanon SY23 5NJ

T: 01974 272 010

E: mothership@gaia-independent-arts.co.uk

Gaia Independent Arts Productions Ltd is an ethical, multi-media arts and ecological education company: working in publications, presentations, performances, music, campaigns, design, films, promotions, sports management, marketing and advertising. It welcomes enquiries for design work, ethical commerce/lifestyle advice, publishing books or documents, supporting artists and craftspeople. Its non-profit making department, the GAIA Initiative, is concerned with corporate education and public campaigning; sustainable developments; environmental impact and ecological awareness; and lobbying.

Government & Campaigning

Local Government

Blaenau Gwent County Council Borough Council

Civic Centre, Ebbw Vale NP23 6XB

T: 01495 350 555

W: www.blaenau-gwent.gov.uk

Bridgend County Borough Council

Civic Offices, Angel Street,
Bridgend CF31 4WB

T: 01656 643 643

E: talktous@bridgend.gov.uk

W: www.bridgend.gov.uk

Caerphilly County Borough Council

Nelson Road, Tredomen, Hengoed, Ystrad
Mynach, CF82 7WF

T: 01443 815 588

E: info@caerphilly.gov.uk

W: www.caerphilly.gov.uk

Cardiff Council

County Hall, Atlantic Wharf,
Cardiff CF10 4UW

T: 029 2087 2087

E: c2c@cardiff.gov.uk

W: www.cardiff.gov.uk

Carmarthenshire County Council

County Hall, Carmarthen,
Carmarthenshire SA31 1JP

T: 01267 234 567

E: information@carmarthenshire.gov.uk

W: www.sirgaceryrddin.gov.uk

Ceredigion County Council

Neuadd Cyngor Ceredigion, Penmorfa,
Aberaeron, Ceredigion SA46 0PA

T: 01545 570 881

E: reception@ceredigion.gov.uk

W: www.ceredigion.gov.uk

Conwy County Borough Council

Bodlondeb, Conwy, LL32 8DU

T: 01492 574 000

E: information@conwy.gov.uk

W: www.conwy.gov.uk

Denbighshire County Council

County Hall, Wynnstay Road,
Ruthin LL15 1YN

T: 01824 706 555

E: enquiries@denbighshire.gov.uk

W: www.denbighshire.gov.uk

Flintshire County Council

County Hall, Mold, Flintshire CH7 6NB

T: 01352 752 121

E: communication@flintshire.gov.uk

W: www.flintshire.gov.uk

Gwynedd County Council

Council Offices, Caernafon,
Gwynedd L55 1SH

T: 01286 672 255

E: enquiries@gwynedd.gov.uk

W: www.gwynedd.gov.uk

Isle of Anglesey Council

Council Offices, Llangefni,
Anglesey LL77 7TW

T: 01248 750 057

W: www.anglesey.gov.uk

Merthyr Tydfil County Borough Council

Castle Street, Merthyr Tydfil CF47 8AN

T: 01685 725 000

E: customer.care@merthyr.gov.uk

W: www.merthyr.gov.uk

Monmouthshire County Council

County Hall, Cwmbran, Gwent NP44 2XH

T: 01633 644 644

E: feedback@monmouthshire.gov.uk

W: www.monmouthshire.gov.uk

Neath Port Talbot County Borough Council

Port Talbot Civic Centre,
Port Talbot SA13 1PJ

T: 01639 763 333

E: fcs@npt.gov.uk

W: www.neath-porttalbot.gov.uk

Newport City Council

Civic Centre, Newport,
South Wales NP20 4UR

T: 01633 656 656

E: info@newport.gov.uk

W: www.newport.gov.uk

Pembrokeshire County Council

County Hall, Haverfordwest,
Pembrokeshire SA61 1TP

T: 01437 764 551

W: www.pembrokeshire.gov.uk

Powys County Council

County Hall, Llandrindod Wells,
Powys LD1 5LG

T: 01597 826 000

W: www.powys.gov.uk

Rhondda Cynon Taff County Borough Council

W: www.rhondda-cynon-taff.gov.uk

Swansea City and Borough Council

County Hall, Oystermouth Road,
Swansea SA1 3SN

T: 01792 636 000

W: www.swansea.gov.uk

Torfaen County Borough Council

Civic Centre, Pontypool, Torfaen NP4 6YB

T: 01495 762 200

E: your.call@torfaen.gov.uk

W: www.torfaen.gov.uk

Vale of Glamorgan Council

Civic Offices, Holton Road, Barry CF63 4RU

T: 01446 700 111

W: www.valeofglamorgan.gov.uk

Wrexham County Borough Council

The Guildhall, Wrexham LL11 1AY

T: 01978 292 000

E: webmaster@wrexham.gov.uk

W: www.wrexham.gov.uk

National Government

Welsh Assembly Environment Division

Welsh Assembly Government, Crown
Buildings, Cathays Park, Cardiff CF10 3NQ

T: 029 2082 5111

W: www.countryside.wales.gov.uk

The division is responsible for environmental conservation, sustainable development, protection and enhancement in Wales.

Environment Agency Wales

Cambria House, 29 Newport Road,
Cardiff CF24 0TP

T: 08708 506 506

E: enquiries@environment-agency.gov.uk

W: www.environment-agency.gov.uk

The Environment Agency is the leading public organisation responsible for protecting and improving the environment in England and Wales. It works in many ways to achieve this – regulating industry, maintaining flood defences and water resources, and improving wildlife habitats, to name just a few.

Sustainable Development

Cynnal Cymru – The Sustainable Development Forum for Wales

Temple Court, Cathedral Road,
Cardiff CF11 9HA

T: 029 2078 6682

E: info@cynnalcyrmru.org

W: www.cynnalcyrmru.org;
www.sustainwales.com

Cynnal Cymru is a not-for-profit company consisting of individual members led by a Board of Directors. The objects of the Forum are to: promote sustainable development (SD); be a catalyst for change towards SD in all sectors of Welsh society; and act as a forum within Wales for the development, canvassing, exchange and dissemination of views, information and policies on SD. Membership is open to anyone who is resident in Wales, committed to sustainable development, and is 18 years old or even older. The work programme includes the following activities: Senior Influencers Seminar – building the capacity of present and future leaders of Wales on sustainable development (SD); Call to Action – organising discussion between the general public and recognised experts to

promote SD in Wales; Critical Friend – providing advice to the Welsh Assembly Government and others on delivering SD; www.sustainwales.com – a searchable map of SD action across Wales including products to buy, community projects and public services; and to be launched in 2006 Outreach and Awareness Raising. To find out more visit the website.

Forum for the Future

19-23 Ironmonger Row, London EC1V 3QN

T: 020 7324 3688

E: v.mamo-mason@forumforthefuture.org.uk

W: www.forumforthefuture.org.uk

The UK's leading sustainable development charity, the Forum aims to show that a sustainable future is both possible and desirable. It works with forward looking organisations in business and the public sector to find practical ways to build a future that is environmentally viable, socially just and economically prosperous.

Campaigns & Charities

Campaign for the Protection of Rural Wales

Ty Gwyn, 31 High Street,
Welshepool SY21 7YD

T: 01938 552 525/556 212

E: gill@cprwmail.org.uk

W: www.cprw.org.uk

A conservation organisation that includes both the human and natural environments within its area of activity. Change and continuity are the cornerstones of rural life and it is the search for a balance between the two that forms the basis of CPRW's work. Lobbies the planning system and decision-makers both locally and nationally.

Friends of the Earth Cymru

33 Castle Arcade Balcony, Cardiff CF10 1BY

T: 029 2022 9577

E: cymru@foe.co.uk

W: www.foecymru.co.uk;

www.cyddcymru.co.uk

Friends of the Earth Cymru inspires solutions to

environmental problems, which make life better for people. Dedicated to protecting the environment and promoting a sustainable future for Wales, it is part of the UK's most influential environmental campaigning organisation and is part of the most extensive environmental network in the world, with over 60 national organisations across five continents. Supports a unique network of campaigning local groups working in communities across Wales. Dependent upon individuals for over 90 per cent of its income.

Groundwork Wales

20 Centre Court, Main Avenue, Treforest
Industrial Estate, Pontypridd CF37 5YR

T: 01443 844 866

E: admin@groundwork.org.uk

W: www.groundworkwales.org.uk

Local charity which seeks to bring about sustainable improvements to the local environment through partnerships and contribute to economic and social regeneration. Apart from community involvement, the Trust also offers: environmental education and awareness raising; conservation of natural resources; and integrating the economy and the environment by working with local businesses.

National Wetlands Centre Wales

Llanelli Centre, Llwynhendy,
Llanelli SA14 9SH

T: 01554 741 087

E: info.llanelli@wwt.org.uk

W: www.wwt.org.uk

Wales' only National Wetland Reserve with some of the UK's rarest and most endangered species of birds and mammals living over 500 acres. Runs events and activities for children, families, and adults all year long. There are new bike trails to explore the wetlands with other new activities arriving in summer 2007 plus fully accessible walking trails, a restaurant and gift shop – all proceeds of which go to conservation efforts to save wetlands.

North East Wales Wildlife

10 Ridgeway Close, Connah's Quay CH5 4LZ

T: 01244 831 725

E: info@newwildlife.org.uk

W: www.newwildlife.org.uk

During its existence, New Wildlife has developed experience and expertise in many aspects of urban conservation, preservation and management of both the wildlife and human populations. It is, however, particularly well-known for its expertise in amphibian conservation.

Wales Environment Link

27 Pier Street, Aberystwyth SY23 2LN

T: 01970 611 621

E: enquiry@waleslink.org

W: www.waleslink.org

A network for voluntary environmental and countryside organisations with an all-Wales remit. It is a co-ordinating and facilitating body providing a key voice for the environment movement in Wales, and representing the interests of its members to government and other bodies. WEL is also an information hub, including an Assembly Information Service for its members, and provides a framework for enabling the network to work together to achieve collective goals.

Wildlife Trusts Wales Ltd

Seddon House, Dingestow,

Monmouth NP25 4DY

T: 01600 740 358

E: info@gwentwildlife.org

W: www.gwentwildlife.org

Gwent Wildlife Trust works locally to make south-east Wales richer in wildlife. It manages over 30 nature reserves for everything from orchids to otters; provides advice; campaigns against damaging developments; and helps people enjoy and learn about their local wildlife, championing the natural environment's contribution to everyone's well-being. There are lots of ways people can support its work from making a donation to helping out as a volunteer. See the website for details.

WWF Cymru

Baltic House, Mount Stuart Square,

Cardiff CF10 5FH

T: 029 2045 4970

E: cymru@wwf.org.uk

W: www.wwf.org.uk/cymru

The Wales office of the world's largest environmental organisation. Call for information on current campaigns and projects, especially marine conservation and sustainable development.

Books & Magazines

Green Building Press

PO Box 32, Llandysul SA44 5ZA

T: 01559 370 908

E: olwyn@newbuilder.co.uk

W: www.greenbuildingpress.co.uk

Publishes a quarterly journal called The Green Building Magazine and an annual book called The Green Building Bible. The company also publishes an online green building products directory called GreenPro. Subscriptions to all these titles are available online. Free online forum for any one with eco building questions.

Visitor & Resource Centres

Centre for Alternative Technology

Machynlleth SY20 9AZ

T: 0845 330 8355

E: info@cat.org.uk

W: www.cat.org.uk

A spectacular water-balanced railway delivers visitors to the CAT site, providing the first stop for those interested in discovering sustainable technologies via exciting and interactive hands-on displays. These are continually updated to reflect the changes and needs of a society increasingly aware of the need to adopt sustainable technologies and lifestyles. In the summer months there are guided tours, or individual audio-tours are available.

Centre for Human Ecology

54 Manor Place, Edinburgh EH3 7EH

T: 0845 119 2001

E: info@che.ac.uk

W: www.che.ac.uk

Independent think tank and network of professionals, academics and campaigners generating practical change and new thinking for ecological sustainability and social justice through action, research and education. Engage your head, heart and hand for personal and professional development: postgraduate degrees in Human Ecology; short courses in Action Research, Ecopsychology, Ethical Enterprise, Food Culture & Agri-Culture, Spiritual Activism, and Sustaining Ecosystems. Courses in partnership with University of Strathclyde, Glasgow.

Shared Earth Trust

Denmark Farm Conservation Centre,

Betws Bledrws, Lampeter SA48 8PB

T: 01570 493 358

E: info@shared-earth-trust.org.uk

W: www.shared-earth-trust.org.uk

A pioneering conservation project demonstrating the restoration of biodiversity to Britain's farmed countryside. An education and training programme, based on 12 years experience at Denmark Farm, is offered to all ages and social groups, from schoolchildren and college students to landowners and countryside management professionals. They have a managed access policy requiring advance notification of group or individual visits.

Sustainable Wales

1st Floor, 41 John Street,

Porthcawl CF36 3AP

T: 01656 783 405

E: sustainablewales@btconnect.com

W: www.sustainablewales.org

A consultancy dealing with environmental, social, cultural and local democracy issues. Project managers of the Real Nappy waste minimisation campaign amongst other waste reduction initiatives.

The Environment Centre

Old Telephone Exchange,

Pier Street, Swansea SA1 1RY

T: 01792 480 200

E: office@environmentcentre.org.uk

W: www.environmentcentre.org.uk

Provides information on all aspects of the environment and promote activities which develop environmental awareness. The centre runs a full calendar of public exhibitions and events as well as an annual educational programme for schools.

West Wales Eco Centre

Lower Street, Mary Street,

Newport SA42 0TS

T: 01239 820 235

W: westwales@ecocentre.org.uk

W: www.ecocentre.org.uk

The Centre houses the Mid & South West West Wales energy efficiency advice centre which offers free and impartial energy efficiency and renewable technology advice to householders and small businesses. A demonstration eco house contains an information centre with displays including PV panels, solar hot water system, rainwater recycling and other renewable energy displays. The information centre stocks a wide selection of research material and books.

Disclaimer

While every effort has been made to ensure that the listings are correct at the time of going to press, details such as opening times and costs do change. Except in exceptional circumstances, the information provided to us is taken on face value. The Green Guide is not liable for any inaccuracies in the information provided.

Businesses also move premises, cease trading or change name and organisations, particularly voluntary and local ones, can suddenly stop operating. If you're making a special trip to a shop or an organisation, do call first. Smaller businesses, in particular, appreciate advance warning of intended visits. The Green Guide cannot be held responsible for any inconveniences caused by your failure to check if someone is at home or available to see you.

Y Llawlyfr Gwyrdd Bach i Gymru

Mae'r Llawlyfr Gwyrdd Bach hwn yn cynnig rhai atebion syml i un o'r problemau mwyaf dybryd sy'n wynebu Cymru a'r byd heddiw. Mae ein cymdeithas ddefnyddiaethol fodern yn byw ymhell y tu hwnt i adnoddau'r blaned. A newid yn yr hinsawdd, sydd yn y newyddion gymaint y dyddiau hyn, yw symptom amlycaf y broblem hon.

Gallwn ni i gyd wneud ein rhan i gynilo adnoddau a brwydro yn erbyn newid yn yr hinsawdd. Os ydym yn defnyddio adnoddau'n ddoethach, yn arbed ynni ac yn cwtogi ar ein gwastraff, byddwn yn cynhyrchu llai o garbon deuocsid, yn lleihau ein heffaith ac yn troedio'n ysgafnach ar y Ddaear.

Mae'r Llawlyfr yn rhoi gwybodaeth mewn tameidiau bach a fydd yn eich helpu i ddechrau gwneud gwahaniaeth heddiw. Mae'n cynnig esboniad cryno o'r problemau ac yn dangos sut y gall pob un ohonom fod yn rhan o'r ateb. Mae'n llawn cyngor am sut i wneud eich bywyd yn wyrddach. Ac mae'r cyfeirlyfr yn rhestru amrywiaeth o gwmnïau a sefydliadau sy'n cynnig nwyddau a gwasanaethau ar gyfer ffordd o fyw sy'n fwy ystyriol o'r blaned. Mae'n fater o fyw mewn ffordd wyrddach i ddiogelu Cymru, y blaned a'n hadnoddau naturiol.

Mae'r rhifyn hwn i Gymru wedi cael ei gyhoeddi mewn cydweithrediad â WWF Cymru – rhan o rwydwaith byd-eang WWF, sefydliad amgylcheddol rhyngwladol sy'n gweithio mewn mwy na 100 o wledydd ledled y byd. Mae WWF Cymru yn gweithio i greu atebion hirdymor i broblemau amgylcheddol er lles pobl a natur.

***Cymerwch y copi hwn, sydd am ddim, a'i
rannu gyda'ch cyfeillion a'ch teulu!***

Markham Publishing, 31 Regal Road, Weasenham Lane Industrial Estate,
Wisbech, Cambridgeshire PE13 2RQ
Ffôn: 01945 461 452 E-bost: wales@greenguide.co.uk Gwefan: www.greenguide.co.uk

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Lluniau'r clawr cefn © WWF Scotland/G Doak ac S Morgan

Cyhoeddwyd y cyhoeddiad hwn mewn cydweithrediad â WWF Cymru.

Tŷ Baltig, Sgwâr Mount Stuart, Caerdydd CF10 5FH

Ffôn: 02920 454 970 Ffacs: 02920 451 306 E-bost: wales@wwf.org.uk Gwefan:
www.wwf.org.uk/wales

Cyhoeddwyd gyntaf gan Markham Publishing 2007

Hawlfraint © Gavin Markham 2007

Cedwir pob hawl

Datganwyd hawl moesol yr awduron

Argraffwyd a rhwymwyd gan Argraffwyr Cambrian, Aberystwyth ar bapur (Cyclus) a bwrdd
(Evolution Silk) cwbl ailgylchedig wedi'u hardystio gan FSC, gan ddefnyddio inciau llyisiau.

Cedwir pob hawl. Ni cheir atgynhyrchu, na storio na rhoi mewn system adalw, na throsglwyddo, ar unrhyw ffurf
na thrwy unrhyw fodd (electronig, mecanyddol, llungopio, recordio neu fel arall) unrhyw ran o'r cyhoeddiad hwn
at ddibenion masnachol, heb gael caniatâd y cyhoeddwr ymlaen llaw. Bydd unrhyw berson sy'n gwneud unrhyw
weithred anawdurdodedig mewn perthynas â'r cyhoeddiad hwn yn agored i erlyniad troseddol a hawliadau sifil
am iawndal.

Cyhoeddir y llyfr hwn ar yr amod na fydd, trwy fasnach neu elw masnachol, yn cael ei fenthycu, ei ailwerthu, ei
logi neu ei gylchredeg fel arall, heb gael caniatâd y cyhoeddwr ymlaen llaw, gydag unrhyw fath o rwyngiad neu
glawr gwahanol i'r un y'i cyhoeddir gydag ef a heb i amod tebyg gan gynnwys yr amod hwn gael ei osod ar y
prynwr dilynol.

Fodd bynnag, mae rhywydd hant i chi lungopio'r Llawlyfr Gwyrdd Bach hwn a chopio, defnyddio a dosbarthu'r
wybodaeth sydd ynddo at eich defnydd personol (ac nid er elw personol na masnachol) ac at ddefnydd mewn
cymunedau, ysgolion, colegau, gweithleoedd ac enghreifftiau eraill lle mai'ch diben yw lledaenu gwybodaeth am y
materion dan sylw ac annog pobl i ddefnyddio adnoddau'n fwy gofalus.

Mae copïau am ddim o'r Llawlyfr hwn ar gael gan sefydliadau ledled Cymru. Cysylltwch â Markham Publishing yn
y cyfeiriad uchod i gael rhestr o ffynonellau. Cellir llwytho fersiwn PDF i lawr am ddim o www.greenguide.co.uk
ac o wefan WWF Cymru, sef www.wwf.org.uk/wales

**Os gwelwch yn dda, ailgylchwch y Llawlyfr Gwyrdd hwn ar ôl gorffen ag ef – naill ai
trwy ei roi i aelodau'ch teulu, cyfeillion neu gydweithwyr, neu drwy ei waredu mewn
ffordd gyfrifol.**

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WWF - Nid pandas yw ein hunig bryder

Croeso,

WWF yw un o sefydliadau amgylcheddol mwyaf dylanwadol y byd. Mae'n datblygu a hybu atebion i'r heriau amgylcheddol cymhleth sy'n ein hwynebu ni i gyd. Er mai am ei waith yn amddiffyn rhywogaethau sydd mewn perygl y mae WWF yn fwyaf enwog, dim ond rhan o'n gwaith yw hynny.

Newid yn yr hinsawdd, bygythiadau i adnoddau naturiol a defnydd cynyddol o ynni – dyma ddim ond rhai o'r materion sy'n peri mwy a mwy o bryder ledled y byd. Fodd bynnag, mae gwreiddiau'r problemau hyn yn aml mewn gwledydd datblygedig, gan gynnwys Cymru, lle mae ein ffyrdd o fyw o ran y bwyd rydym yn ei fwyta, y gwastraff rydym yn ei gynhyrchu a'r ffordd rydym yn teithio yn gallu cael effaith negyddol ar y blaned.

Mae WWF Cymru yn gweithio ar y materion hyn o safbwynt Cymreig trwy geisio dylanwadu ar bolisi, gweithio mewn partneriaeth ac ennyn cefnogaeth a chyfranogiad y cyhoedd. Trwy weithredu'n lleol gyda WWF Cymru gallwch sicrhau y clywir eich llais a bod yn rhan o'r ateb. Cewch wybod mwy trwy ddarllen y Llawlyfr Gwyrdd Bach hwn. I gefnogi ein gwaith gweler tudalen 28 neu ffoniwch 02920 454 970.

**Ymunwch â ni – a
dechreuwch wneud
gwahaniaeth heddiw!**



Mae WWF Cymru yn credu'n angerddol mewn chwilio am ffyrdd o leihau'r ynni a ddefnyddiwn fel y gallwn i gyd fyw bywydau o ansawdd gwell © iStock



Gallwn ni i gyd chwarae rhan – fel y ferch ifanc hon sy'n addo gwneud ei rhan i frwydro yn erbyn newid yn yr hinsawdd © WWF Scotland/G Doak

Am y Llawlyfr Gwyrdd

Nod y Llawlyfr Gwyrdd yw newid ein patrymau defnyddiaeth a chwilio am ddewisiadau amgen gwyrddach, naturiol a moesegol ar gyfer pob math posibl o gynnyrch a gwasanaeth. Mae'n ymdrin â phrynu'n ddoethach, defnyddio llai, gwastraffu llai, ystyried yn drylwyr canlyniadau prynu pethau. Mae'n ymdrin â lleihau ein heffaith ar y blaned ac ar ein cyd-ddyn trwy wneud dewisiadau sy'n well i ni, yn well i'r amgylchedd ac yn well i bobl eraill.

Ymddangosodd y rhifyn cyntaf ar gyfer Llundain yn 1993. Ers hynny mae'r Llawlyfr Gwyrdd wedi tyfu yn ei gwmpas a bellach mae ar gael ar gyfer y DU gyfan gyda chyfres o naw Llawlyfr rhanbarthol ac amryw o rifynnau arbennig. Ein cyfeirlyfr ni o 12,000 o nwyddau, gwasanaethau a sefydliadau gwyrdd a moesegol yw'r mwyaf cynhwysfawr yn y DU.

Cewch wybod mwy ar www.greenguide.co.uk

Nid yw un byd yn ddigon

Mae'n rhaid eich bod wedi sylwi ar yr holl sôn yn ddiweddar am y ffordd yr ydym ni'n disbyddu adnoddau'r byd yn rhy gyflym. Bob dydd mae 'na stori yn y newyddion am brisiau olew'n codi, cynhesu byd-eang, stociau pysgod yn crebachu, mynyddoedd gwastraff yn tyfu, prinder dŵr, pwysau ar gefn gwlad i adeiladu mwy o gartrefi, coedwigoedd yn cael eu clirio i greu tir ffermio, a newyn, sychdwr a chlefydau mewn gwledydd eraill, tlotach. Yng Nghymru efallai ein bod ni wedi'n cysgodi rhag rhai o'r problemau gwaethaf ond mae'r pwysau ar bob un ohonom bellach i wneud newidiadau yn y ffordd rydym yn defnyddio pethau, yr ynni rydym yn ei ddefnyddio a'r gwastraff rydym yn ei greu.

Pe bai pawb yn y byd yn defnyddio pethau ar yr un raddfa â ni yng Nghymru, byddai arnom angen adnoddau tair planed. Felly allwn ni ddim parhau i ddefnyddio pethau ar y gyfradd hon. Mae'r ôl troed rydym yn ei adael ar y blaned – yr effaith mae pob un ohonom yn ei chael ar adnoddau'r ddaear – yn mynd yn fwy ac yn fwy. A gyda'r cynnydd yn y boblogaeth ddynol fyd-eang, y rhagwelir y bydd yn gymaint â 9 biliwn o bobl erbyn 2050, rydym yn wynebu dyfodol brawychus os nad awn i'r afael â'r sefyllfa yn awr. Os awn ymlaen fel yr ydym, fydd 'na ddim digon i bawb.

Felly mae angen i ni i gyd feddwl am ein heffaith amgylcheddol, o weithredoedd bob dydd fel teithio i'r gwaith a phrynu bwyd i bethau mwy fel y ffordd rydym yn adeiladu ein cartrefi a mynd ar ein gwyliau. Nid yw ein ffyrdd presennol o fyw yn gynaliadwy, dyna'r gwir amdani! Ond gallwn fesur ein heffaith unigol trwy ein Hôl Troed Ecolegol (gweler tudalen 12) ac mae'r Llawlyfr Gwyrdd hwn yn dangos i chi'r hyn mae angen i chi ei newid, a sut i ddechrau arni. Mae gennym ni i gyd ran i'w chwarae i ddiogelu ein dyfodol – a dyfodol ein plant. Mae llawer o'r atebion yn hynod o syml ac yn fater o synnwyr cyffredin. Bydd llawer



Siân Lloyd, cyflwynydd tywydd ITV, Chris Jones, cyflwynydd tywydd S4C a John Griffiths, Aelod Cynulliad, gydag enillydd cystadleuaeth ysgolion WWF Cymru ar effeithiau newid yn yr hinsawdd yng Nghymru.

ohony'n nhw'n arbed arian i chi hefyd. Ac mae rhai'n ddigon hawdd i chi ddechrau heddiw.

Ond nid dim ond mater o'r hyn a wnawn fel unigolion a theuluoedd yw hyn. Er mwyn mynd i'r afael go iawn â'r ffordd rydym yn gordefnyddio adnoddau, mae angen i ni ymwneud â'r llywodraeth, yn lleol ac yn genedlaethol. Un man cychwyn da yw ymuno â gwaith ymgyrchu WWF Cymru trwy helpu i ledaenu'r gair am yr angen i newid. Ewch i www.wwf.org.uk/wales i gael gwybod sut i fod yn rhan o hyn.

Os cymerwn ni i gyd ychydig o gamau bach gyda'n gilydd, bydd hynny'n naid fawr tuag at fyw'n fwy cynaliadwy. Peidiwch â chael eich digalonni gan faint y problemau – gallwn ni i gyd fod yn rhan o'r ateb. Y peth pwysig yw i ni beidio ag oedi a'n bod gyda'n gilydd yn dechrau lleihau ein heffaith ar adnoddau'r Ddaear heddiw.



Bydd compostio ein gwastraff bwyd yn lleihau eich ôl troed ecolegol © WWF Cymru/Jay Dyer

Maint y broblem

Mae ein safonau byw sy'n codi a'n datblygiad economaidd presennol eisoes yn peryglu ein dyfodol oherwydd ein bod ni'n disbyddu adnoddau'n rhy gyflym. A gyda gwledydd fel Tsieina, India a Brasil, pob un â phoblogaeth anferth, yn dal i fyny'n gyflym â gwledydd datblygedig y Gorllewin, dim ond gwaethygu wnaiff y broblem.

Ers y 1970au cynnar mae'r ddynoliaeth wedi mynd i orddrafft ym manc adnoddau'r Ddaear. Rydym yn cymryd allan mwy nag y gall y Ddaear ei roi, ac rydym yn tynnu mwy a mwy. Mae rhai o ganlyniadau ein gorddrafft eisoes gennym ni: newid yn yr hinsawdd, datgoedwigo a cholli rhywogaethau, i enwi ond ychydig. Yr un mor bwysig yw'r ffaith nad yw'r hyn rydym yn ei dynnu'n cael ei rannu'n deg ymysg teulu dyn, gan greu tensiynau a fydd yn cael effeithiau byd-eang.

Mae'r ffeithiau'n syfrdanol. Rydym yn colli ein coedwigoedd naturiol fesul 30 erw'r funud. Rydym yn pwmpio 160 biliwn o fetrau ciwbig o ddw'r daear yn fwy na'r gyfradd ail-lenwi naturiol. Mae 70 y cant o



Cynhyrchu trydan o ffynonellau adnewyddadwy fel y fferm wynt hon yw un ffordd y gallwn fyw'n fwy cynaliadwy © Ian Homer

ffynonellau dw'r croyw wedi'u halogi neu eu diraddio'n ddifrifol. Erbyn 2025 bydd dau draean o boblogaeth y byd yn brin o ddw'r. Nid yw'n planed yn gallu cadw i fyny gyda ni. Ac mae'r bwllch rhwng y cenhedloedd cyfoethog a'r rhai tlawd yn tyfu.

Mae cenhedloedd cyfoethog y Gorllewin yn defnyddio 58 y cant o gynhyrchiant ynni'r byd ac yn berchen ar 92 y cant o geir preifat y byd, ond dim ond 20 y cant o'r boblogaeth sy'n byw ynddynt. Mae 2 biliwn o bobl yn dal i fyw heb drydan na ffôn yn eu tai ac mae'r 20 y cant tlotaf o boblogaeth y byd yn diwallu eu hanghenion am ynni trwy dorri coed yn gyflymach nag y maent yn eu plannu.



Nid yn unig mae cerdded mwy a beicio'n iachach – byddant yn lleihau'ch effaith ar y planed © WWF Cymru/Jay Dyer

Felly a siarad yn blaen, mae'r ffordd yr ydym yn defnyddio pethau ar hyn o bryd yn erydu cyfansoddiad ein planed ac yn y pen draw bydd yn bygwth ein goroesiad hirdymor. Yn fyd-eang mae angen i ni ddatblygu system economaidd sy'n ein galluogi i ddefnyddio adnoddau'n gynaliadwy ac yn decach. Dywedodd cyn Ysgrifennydd Cyffredinol y Cenhedloedd Unedig, Kofi Annan, fod 'globaleiddio'r economi yn awgrymu globaleiddio cyfrifoldeb'. Felly mae byw'n gynaliadwy'n golygu bod yn fwy cyfrifol at ein planed, ei hadnoddau a'n cyd-ddyn.

Mae angen i ni fyw mewn ffordd sy'n diwallu anghenion y presennol heb beryglu anghenion y dyfodol.

Ar lefel bersonol, gallwn ni i gyd fod yn fwy cynaliadwy – trwy newid i gyflenwr trydan adnewyddadwy, trwy ddefnyddio llai, trwy fod yn ynni-ffeithlon a thrwy ddefnyddio ceir llai. Gall ein gweithredoedd unigol wneud gwahaniaeth!



Cefnogi'ch marchnad ffermwyr leol yw un ffordd allweddol o leihau'ch ôl troed bwyd © WWF-UK/Steve Morgan

Newid yn yr hinsawdd

Mae'r hinsawdd yn newid ac mae ein planed yn cynhesu. Mae mwy o garbon deuocsid a 'nwyon tŷ gwydr' eraill yn cael eu rhyddhau i'r atmosffer oherwydd gweithgareddau pobl. Oherwydd hyn, mae cydbwysedd bregus yr atmosffer wedi cael ei newid, sy'n golygu bod mwy o wres yr haul yn cael ei amsugno gan y blaned yn hytrach na chael ei adlewyrchu'n ôl i'r gofod. Mae gwyddonwyr ledled y byd bellach wedi dod i gonsensws bod newid yn yr hinsawdd wedi'i greu gan bobl ac mai ein lle ni yw gwneud rhywbeth amdano.

Ym mis Ebrill 2007 cyhoeddodd y Panel Rhynglywodraethol ar Newid yn yr Hinsawdd (IPCC), a sefydlwyd gan asiantaethau'r Cenhedloedd Unedig, adroddiad ei Bedwerydd Asesiad ar gynhesu byd-eang. Mae'r rhybudd ynddo'n blaen: oni bai ein bod yn cwtogi ar y carbon deuocsid sy'n cael ei ryddhau i'r atmosffer, rydym yn wynebu canlyniadau difrifol. Yn y senario gwaethaf, os na wnawn ddim byd, efallai bydd tymereddau cyfartalog y byd yn codi fwy na 6 gradd erbyn 2100. Bydd hyn yn arwain at godiad yn lefel y moroedd a fydd yn gorlifo dros arfordiroedd, yn gwneud stormydd a sychdwr yn fwy difrifol, yn difodi rhywogaethau ac yn achosi dirwasgiad economaidd. Mewn cyferbyniad, mae Adroddiad Stern yn dweud y gallwn osgoi'r effeithiau gwaethaf os byddwn ni'n gwario dim ond 1-3% o'r Cynnyrch Mewnwladol Cryswth presennol ar frwydro yn erbyn newid yn yr hinsawdd.

Allwn ni ddim atal newid yn yr hinsawdd rhag digwydd ond gallwn o hyd ei atal rhag gwaethygu – os gweithredwn yn awr. Mae angen i ni fynd ar ddietau carbon – a mynd yn wyrdd yw'r ffordd orau o dorri i lawr. Mae'r person cyfartalog ym Mhrydain yn creu rhyw 10 tunnell fetrig o garbon deuocsid bob blwyddyn ac mae angen i ni dorri ein ffigur cyfartalog i ychydig dros 4 tunnell erbyn 2050.

Mae yna lawer o ffyrdd y gallwch chi newid eich ffordd o fyw er mwyn lleihau'ch gollyngiadau carbon deuocsid a brwydro yn erbyn newid yn yr hinsawdd – o inswleiddio'ch cartref i deithio llai ar awyrennau. Darllenwch trwy'r llawlyfr hwn i gael gwybod mwy.

Effeithiau presennol newid yn yr hinsawdd

Mae'n mynd yn boethach ac mae'r gwanwyn yn dod yn gynharach yn y DU. Mae'r Swyddfa Dywydd wedi cadarnhau mai mis Ebrill 2007

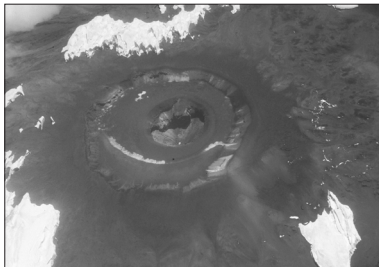
oedd y cynhesaf yn y DU ers dechrau cofnodion yn 1659 ac mae arsyllwyr ledled y DU wedi nodi bod planhigion yn ymddangos yn gynt ar ôl y gaeaf bob blwyddyn.

Dros y byd i gyd mae rhewlifoedd a chapanau eira'n cilio. Mae

Kilimanjaro yn Affrica – sy'n golygu y 'mynydd eira' – wedi colli mwy nag 80 y cant o'i len iâ ers 1912 ac mae'n debyg y bydd yr eira olaf

wedi mynd erbyn 2020. Mae newyddion diweddar o Tsieina'n dweud bod rhewlifoedd sy'n gorchuddio llwyfandir anferth Qinghai-Tibet yn crebachu 7 y cant bob blwyddyn, sy'n ffigur brawychus. Gan fod llawer o bobl Tsieina yn yr ardal yn cael eu dŵr yfed o'r iâ sy'n dadmer bob blwyddyn, ar ôl i'r rhewlifoedd fynd bydd miliynau o bobl heb ddim ffynhonnell dŵr croyw.

Mae lefel y moroedd yn codi – gymaint â 3mm bob blwyddyn – oherwydd bod iâ'n dadmer fel hyn ac oherwydd bod y moroedd yn cynhesu – effaith a elwir ehangiad thermol. Mae'r Arctig a'r Antarctig



Llun o'r awyr o grater Mynydd Kilimanjaro – 100 mlynedd yn ôl roedd hwn o dan drwch o eira © WWF-Canon/John E. Newby



Tir cras oherwydd sychdwr yn lagw'n 'Sebkhra de Kelbia' yn Nhiwnisia © WWF-Canon/M Gunther

yn dechrau cilio ac mae'r broses hon yn cyflymu. Mae llawer o wyddonwyr y pegynau'n credu bellach y bydd capan iâ'r Arctig yn dadmer yn llwyr yn ystod misoedd yr haf cyn diwedd y ganrif hon.

Mae codiadau yn lefel y moroedd yn bygwth gwledydd isel fel yr

Iseldiroedd a Bangladesh, a chyn bo hir bydd ynys-wladwriaethau yn y Môr Tawel fel Tuvulu yn diflannu o dan y môr. Mae dinasoedd fel Ffrog Newydd a Llundain hefyd o dan fgythiad.

Mae sychdwr yn cynyddu – mae llawer o ardaloedd ffermio gorau Awstralia'n goddef y sychdwr gwaethaf ers 100 mlynedd. Mae'r Reserve Bank of Australia yn rhagweld y bydd y sychdwr yn arafu twf economaidd, o ganlyniad i gwmp yng nghynnyrch ffermio, gyda'r twf economaidd blynyddol yn syrthio o 1.9% i 1.15%.

Ochr arall mwy o sychdwr yw mwy o lawogydd a llifogydd difrifol oherwydd glawiad trymach na'r arfer wrth i amrywiadau yn yr hinsawdd ddod yn fwy. Bydd tonnau gwres hefyd yn dod yn fwy eithafol. Bu'r don gwres ar draws Ewrop yn 2003 yn uniongyrchol gyfrifol am bron 30,000 o farwolaethau.

Wrth i'r moroedd gynhesu mae mwy o ynni'n cael ei ryddhau i'r atmosffer, sy'n achosi corwyntoedd a theiffwnau mwy nerthol. Bu effaith Corwynt Katrina ar New Orleans ym mis Awst 2005 yn drychinebus. O hyd mae yna fwy na hanner miliwn o ffoaduriaid hinsawdd sy'n methu dychwelyd i'r ddinas. Amcangyfrifwyd bod cyfanswm cost y difrod yn fwy nag \$80 biliwn.

Beth yw Ôl Troed Ecolegol?

Pa un ai ydych chi'n gyrru neu'n beicio i'r gwaith, yn bwyta dim ond bwyd-i-fynd neu'n cefnogi'ch marchnad ffermwyr leol, yn compostio'ch gwastraff neu'n anwybyddu ailgylchu, mae'ch dewisiadau o ran ffordd o fyw yn dylanwadu ar faint eich ôl troed.

Mae Ôl Troed Ecolegol yn disgrifio faint o adnoddau naturiol y Ddaear a ddefnyddir yn ein holl weithgareddau. Gall fod yn berthnasol i unigolyn, cymuned neu wlad. Mae'r ôl troed yn cyfrifo'r holl adnoddau rydym yn eu defnyddio, fel tir, bwyd, olew a phren, a faint o wastraff a llygredd rydym yn ei gynhyrchu. Po fwyaf yw ein hól troed, mwyaf yw ein heffaith ar adnoddau'r Ddaear.

Yr ôl troed unigol cyfartalog yng Nghymru yw 5.25 hab (hectar byd-eang). Pe bai'r ôl troed hwn gan bawb ar y Ddaear, byddai arnom ni angen tair planed i gyflenwi'r holl adnoddau mae arnom eu hangen.

Felly ein nod yng Nghymru yw lleihau maint ein hól troed i 1.8hab. Pe bai ôl troed o'r maint hwn gan bawb, gallem fyw'n rhwydd o fewn gallu ein planed i'n cynnal.

Pa mor fawr yw'ch Ôl Troed?

Gallwch ddefnyddio'r Cwis Ôl Troed ar y tudalennau canlynol i gael syniad am eich effaith ar y blaned a'i hadnoddau.

I fesur eich ôl troed yn fwy cywir ewch i <http://footprint.wwf.org.uk> a rhowch gynnig ar gyfrifiannell ôl troed newydd WWF.



Gwnewch ein cwis i fesur eich ôl troed
© WWF-Canon/Chris Martin BARR

Mesur eich Ôl Troed Ecolegol eich hun

Mae pob un ohonom yng Nghymru yn cael effaith ar adnoddau'r byd – boed yn unigolyn neu'n fusnes, yn blentyn neu'n oedolyn. Mae'r dewisiadau a wnawn bob dydd o ran ffordd o fyw, a'r polisïau a lunnir gan y llywodraeth, yn effeithio ar ansawdd ein hamgylchedd byd-eang. Rhowch gynnig ar y prawf syml hwn i weld pa mor fawr yw'ch ôl troed chi – yna defnyddiwch y canlyniadau a'r awgrymiadau ar y tudalennau canlynol i'ch tywys trwy'r newidiadau rydych eisiau eu gwneud i leihau'ch ôl troed.

Eich cartref

Nifer y bobl sy'n byw yn eich cartref:

- A** mwy na 4 o bobl
- B** 1-4 o bobl
- C** ar eich pen eich hun

Maint y tŷ rydych yn byw ynddo:

- A** fflat/teras
- B** tŷ pâr
- C** tŷ sengl

Ffynhonnell ynni – mae'ch trydan yn dod o:

- A** ffynonellau trydan gwyrdd neu adnewyddadwy
- B** rhywfaint o ynni adnewyddadwy
- C** ffynonellau anadnewyddadwy i gyd (olew, nwy a glo)

Effeithlonrwydd ynni – mae'ch cartref:

- A** wedi'i inswleiddio'n dda, gyda gwydro dwbl a dyfeisiau arbed ynni
- B** wedi'i inswleiddio'n weddol, gyda rhywfaint o wydro dwbl
- C** heb ei inswleiddio a heb wydro dwbl

Ailgylchu – bob wythnos rydych:

- A** yn ailgylchu'ch holl wastraff, gan gynnwys gwydr, papur, plastigau, metel a gwastraff organig
- B** yn ailgylchu rhywfaint o'ch gwastraff
- C** yn ailgylchu dim o'ch gwastraff

Gwastraff – bob wythnos rydych yn cynhyrchu ar gyfartaledd:

- A** tua 1 bag bin
- B** tua 2 bag bin
- C** tua 3 bag bin

Teithio

Yn bennaf rydych chi'n teithio:

- A** ar droed/ar feic
- B** ar drafnidiaeth gyhoeddus
- C** mewn car

Bob wythnos rydych chi'n teithio ryw:

- A** 0-50 o filltiroedd
- B** 50-150 o filltiroedd
- C** Mwy na 150 o filltiroedd

Ar gyfartaledd bob blwyddyn rydych chi'n teithio ar awyren:

- A** am 0 awr
- B** am 1-10 awr
- C** am fwy na 10 awr

Bwyd

Faint o'r bwyd rydych yn ei fwyta sydd wedi'i brosesu?

- A** dim ohono
- B** rhywfaint ohono
- C** y cwbl ohono

Bob wythnos rydych chi'n:

- A** compostio'r holl wastraff organig o'ch cegin (gan gynnwys trwy gynlluniau casglu gan y cyngor)
- B** compostio rhywfaint o'r gwastraff o'ch cegin
- C** peidio â chompostio o gwbl

Sawl gwaith yr wythnos ydych chi'n bwyta cig neu bysgod?

- A** byth – rydych yn fegan neu'n llysieuwr
- B** 3-4
- C** mwy na 7 gwaith

Nawr trowch y dudalen i weld sut wnaethoch chi!

Pa mor fawr yw'ch ôl troed?

Cyfrifwch eich atebion fel a, b neu c.

A yn bennaf Congratulations! As an individual, you're already doing your bit

B yn bennaf Ddim yn ddrwg, ond pe bai pawb yn byw fel chi byddai o hyd arnom ni angen tua thair planed i gynnal ein hunain

C yn bennaf O diar! pe bai pawb yn byw fel chi byddai arnom ni angen tua phedair planed neu fwy i gynnal ein hunain

Beth nesaf – darbwyllo llywodraethau i weithredu

Hyd yn oed os ydych chi'n dilyn yr holl gyngor yn y Llawlyfr hwn, byddwch chi o hyd yn defnyddio pethau ar lefel gyfwerth â dwy blaned. I leihau defnyddiaeth i lefel gynaliadwy, un blaned, mae angen i ni ddarbwyllo llywodraethau yn lleol ac yn genedlaethol i fynd i'r afael â'r materion mawr megis tai, cynhyrchu ynni, trafndiaeth a seilwaith. Yn y diwedd dim ond fel rhan o gymuned a thrwy lywodraethau y byddwn ni'n datrys ein gordefnydd o adnoddau.

Ymunwch â gwaith ymgyrchu WWF!

Cefnogwch ymgyrch WWF i leihau ôl troed Cymru. Ewch i www.wwf.org.uk/wales neu ffoniwch 02920 454 970 i gael gwybod sut y gallwch chi wneud gwahaniaeth.

Mynd yn wyrdd mewn pythefnos!

Does neb yn disgwyl i chi newid eich ffordd o fyw dros nos – ‘dyw hynny ddim yn ymarferol – ond bydd yn rhaid i ni i gyd wneud newidiadau dros yr ychydig flynyddoedd nesaf.

Er bod angen newidiadau polisi gan lywodraethau i fynd i'r afael â'r materion mawr, gallwn ni wneud newidiadau i'n hymddygiad ein hunain a fydd yn ein rhoi ar y llwybr i fyw'n gynaliadwy. Mae'r awgrymiadau yma ac ar y tudalennau nesaf yn cynnwys dim ond rhai o'r pethau y gallwn eu gwneud fel unigolion a theuluoedd i leihau ein hól troed. Y pethau allweddol i'w cofio yw defnyddio llai a bod yn fwy effeithlon o ran ynni ac adnoddau.

Rydym yn dechrau yma gyda chyfres o gamau bach a fydd yn torri'ch arferion anghynaliadwy ac yn peri i chi feddwl am adnoddau mewn ffordd fwy cynaliadwy. Os byddwch chi'n dilyn y 14 o gamau syml, gan wneud un bob dydd, gallwch ddod yn wyrddach mewn pythefnos. Bydd y camau llai hyn yn eich paratoi am y camau mwy y mae angen eu cymryd wedyn.

Diwrnod 1. Trowch y tap i ffwrdd wrth frwsio'ch dannedd – does dim angen i'r dw'r redeg tra'ch bod wrthi. Bydd y maint a arbedwch yn fach ond mae'n cronni gydag amser. Yn bwysicach fyth, dyma un o'r pethau sy'n torri arferion – rydych chi'n dysgu'ch hun i feddwl yn wahanol am adnoddau, gan ddefnyddio dim ond yr hyn mae ei angen amoch a gwastraffu llai. Ar ôl dysgu'r wers hon, gallwch ei chymhwyso i bob rhan o'ch bywyd.

Diwrnod 2. Gwaredwch y bag plastig – y tro nesaf yr ewch i siopa, ewch â'ch bag siopa'ch hun a gwrthodwch y bagiau a gynigir wrth y til. Os oes angen bag amoch, prynwch 'fag am oes' y gallwch ei aildefnyddio.

Diwrnod 3. Trowch y gwres i lawr un radd – fyddwch chi ddim yn sylwi ar y gwahaniaeth ond byddwch chi'n arbed ynni ac yn lleihau'ch biliau.

- Diwrnod 4. Berwch lai o ddŵr** – pan fyddwch chi'n gwneud diod boeth, peidiwch â llenwi'r tegell hyd yr ymyl, berwch ddim ond yr hyn mae ei angen arnoch. Mae'n llawer cynt, hefyd. Mae gorlenwi tegelli'n gwastraffu gwerth £1 miliwn o ynni yn y DU bob wythnos – gweler www.ecokettle.com
- Diwrnod 5. Dechreuwch gompostio.** Gellir compostio'ch holl wastraff organig – naill ai mewn tomen yn eich gardd neu mewn cynhwysydd arbennig fel abwydfa. Gallech brynu un o'r rhain neu wneud un eich hun. Mae llawer o gynghorau bellach yn darparu bin brown ar gyfer gwastraff organig sydd wedyn yn cael ei gasglu a'i gompostio ar safleoedd dinesig.
- Diwrnod 6. Diffoddwch bob peiriant electronig sy'n cael ei adael yn y modd parod** – fel setiau teledu, fideos, systemau sain, chwaraewyr DVD ac unrhyw beth arall â botwm modd parod. Amcangyfrifir y gallew ni gau dwy orsaf bŵer pe bai pawb yn y DU yn gwneud hyn, oherwydd y byddai angen cymaint yn llai o ynni. Tynnwch blwg eich gwefrwr ffôn symudol pan nad yw'n cael ei ddefnyddio i wefru'ch ffôn – mae'r gwefrwr yn dal i ddefnyddio ynni os yw wedi'i blygio i mewn.
- Diwrnod 7. Prynwch fwyd lleol, tymhorol** – a phrynwch bethau â llai o ddeunydd pacio. Dechreuwch gydag ychydig o eitemau – 'dyw hi ddim yn anodd ac efallai y bydd siopa'n llai o fwrn. Byddwch chi'n synnu faint o bethau ffres, braf y dewch chi o hyd iddynt!
- Diwrnod 8. Ailgylchwch fwy!** – efallai'ch bod chi'n ailgylchu poteli a phapurau newydd eisoes, ond cysylltwch â'r cyngor lleol i gael gwybod am yr holl eitemau eraill y gallant eu hailgylchu yn eu canolfannau ailgylchu. Gallwch hefyd fynd â'r dillad, llyfrau a theganau nad ydych eu heisiau i siopau elusen. Gallant hwythau godi arian, rydych chi'n clirio llanast ac mae'r pethau nad ydych chi'n eu defnyddio yn cael cartref a phwrpas newydd.

- Diwrnod 9. Cerddwch yn hytrach na gyrru ar deithiau byr** – y tro nesaf mae angen i chi fynd i rywle llai na milltir i ffwrdd, cerddwch yno. Mae'n iachach, yn rhatach, ddim cymaint â hynny'n arafach, mae'n debyg, ar ôl i chi orfod dod o hyd i le parcio, yn llai o straen a bydd yn lleihau'ch ôl troed carbon ar unwaith.
- Diwrnod 10. Fflysiwch lai** – gosodwch arbedwr dŵr Hippo yn eich seston a byddwch yn arbed tua 3 litr o ddŵr bob tro byddwch yn fflysio neu tua 6,000 o litrau bob blwyddyn i bob person. Mae ar gael o www.hippo-the-watersaver.co.uk – ond gallwch roi bricsen yn eich seston yn lle hynny.
- Diwrnod 11. Prynwch lanedyddion bioddiraddadwy sy'n ystyriol o'r blaned i'ch holl anghenion glanhau yn y tŷ**– gan gynnwys golchi dillad a golchi llestri a glanhau'r gegin, yr ystafell ymolchi a hyd yn oed y toiled. Mae Ecover (www.ecover.com) ar gael yn helaeth neu rhwch gynnig ar gatalog Earthly Goods WWF – ewch i www.wwf.org.uk/shop
- Diwrnod 12. Rhowch eich dillad ar lein** y tu allan i sychu a cheisiwch beidio â defnyddio'r peiriant sychu. Bydd eich dillad yn arogleuo'n fwy ffres os ydych chi'n eu sychu'r tu allan a byddwch chi'n arbed arian ac ynni.
- Diwrnod 13. Prynwch fylbiau golau sy'n arbed ynni** a'u gosod yn lle'r bylbiau confensiynol rydych yn eu defnyddio amlaf. Mae'n costio ychydig yn fwy yn y lle cyntaf ond gall pob bwlb golau arbed hyd at £7 y flwyddyn i chi ac arbed 75% o ynni.
- Diwrnod 14. Newidiwch i gyflenwr trydan gwyrdd ac adnewyddadwy.** Os gwnewch hyn ar lein ni fydd yn cymryd mwy na 10 munud i chi. Ewch i www.greenelectricity.org sy'n rhoi gwybodaeth ddiweddar ac annibynnol i gwsmeriaid am yr holl dariffau trydan gwyrdd sydd ar gael yn y DU.

Gwneud Gwahaniaeth - Bwyd a siopa

Bydd prynu bwyd a diod organig, bwyd a diod tymhorol a bwyd a diod a gynhyrchir yn lleol yn lleihau'ch ôl troed. Mae hyn oherwydd y bydd y bwyd fyddwch yn ei fwyta yn cael ei gynhyrchu mewn modd mwy ecogyfeillgar, ni fydd yn gorfod teithio mor bell i'ch cyrraedd ac nid oes angen ynni ac adnoddau ychwanegol i'w gynhyrchu allan o'i dymor.

Mae coginio bwyd o'r dechrau hefyd yn ffordd dda o leihau'ch ôl troed bwyd – gan fod bwydydd sydd wedi'u prosesu a'u paratoi'n cymryd llawer o ynni i'w cynhyrchu ac yn tueddu i ddefnyddio llawer o ddeunydd pacio diangen. Mae'n debyg y bydd paratoi a choginio'ch bwyd eich hun yn costio llai i chi hefyd. Trwy fwyta llai o fwydydd wedi'u prosesu byddwch chi'n gwneud arbedion i'r blaned yn ogystal â'ch poced – ac mae'n iachach!

Pan rydym yn sôn am filltiroedd bwyd, rydym yn golygu'r adnoddau a ddefnyddir i gludo'r bwyd o'r cynhyrchwr i'r plât. Bellach mae bwyd yn teithio o bob rhan o'r byd i'n harchfarchnadoedd. Mae osgoi bwydydd sydd wedi cael eu cludo ar awyrennau a phrynu'n lleol lle bo'n bosibl yn cwtogi ar y milltiroedd bwyd ac yn cael effaith fawr wrth leihau'ch ôl troed. Hefyd mae angen llawer llai o ddeunydd pacio a lle storio ar fwyd a gynhyrchir yn lleol – eto mae hyn yn lleihau'ch ôl troed.

Mae angen llawer llai o ynni i gynhyrchu bwyd yn organig nag i ffermio'n gonfensiynol, am nad yw ffermio organig yn dibynnu ar blaladdwyr a gwrteithiau ynni-ddwys. Mae ffermydd organig yn tueddu i fod â safonau uwch o ran lles anifeiliaid. Ac mae ffermwyr organig hefyd yn tueddu i gymryd mwy o ofal o'r amgylchedd naturiol, trwy hybu rhywogaethau brodorol a bioamrywiaeth.

Lleinhau'ch ôl troed bwyd

- Cefnogwch eich marchnad ffermwyr leol – prynwch fwyd yn ei dymor gan gynhyrchwyr sy'n lleol i chi. I ddod o hyd i'r farchnad ffermwyr agosaf i chi yng Nghymru ewch i www.farmersmarkets.net
- Cwtogwch ar eich milltiroedd bwyd. Peidiwch â phrynu bwydydd a gludwyd ar awyrennau a phrynwch fwydydd lleol a rhanbarthol. Chwiliwch am y gwahanol fathau o lysiau a ffrwythau ffres sydd ar gael yn y siopau lleol a phrynwch yn uniongyrchol o ffermydd, siopau fferm, marchnadoedd ffermwyr a chynlluniau blwch llysiâu – neu tyfwch eich llysiâu a'ch ffrwythau'ch hun!
- Cwtogwch ar lygredd plaladdwyr trwy gefnogi ffermwyr organig.
- Meddyliwch mewn ffordd fyd-eang. Os ydych yn prynu cynnyrch o wledydd tramor, chwiliwch am y Nod Masnach Deg – mae'n sicrhau bod ffermwyr a gweithwyr yn cael bargaen deg.
- Prynwch bysgod sydd wedi'u hardystio gan Gyngor Stiwardiaeth y Moroedd (Marine Stewardship Council / MSC er mwyn sicrhau eu bod wedi dod o bysgodfa sy'n cael ei rheoli'n dda ac nad ydynt wedi cyfrannu at orbysgota.
- Cefnogwch ffermio sy'n fuddiol i les. Prynwch gynnyrch llaeth, wyau a chig sy'n dod o anifeiliaid sy'n rhydd i grwydro. Os na allwch ddod o hyd i'r pethau hyn, gofynnwch i'ch siop eu stocio.
- Trefnwch i fwydydd gael eu danfon i'ch cartref.

Ymgyrchwch ar lein i WWF!

Ymunwch â miloedd o ymgyrchwyr ar-lein a'n helpu i sicrhau newid go iawn ar faterion amgylcheddol. Ewch i www.wwf.org.uk/oneplanet neu cysylltwch â WWF Cymru ar 02920 454 970.

Gwneud Gwahaniaeth - Ynni a'ch cartref

Mae pryder am y gollyngiadau carbon deuocsid o orsafoedd pŵer sy'n llosgi tanwyddau ffosil i gynhyrchu trydan wedi arwain at alw am ffynonellau ynni glanach megis pŵer y gwynt, pŵer llanwol a phŵer solar. Bellach mae yna nifer o gwmnïau cyfleustodau sy'n darparu trydan a gynhyrchir o ffynonellau adnewyddadwy ac ni fu newid cyflenwr erioed mor hawdd. Cewch wybod mwy ar www.greenelectricity.org

Ond yn ogystal â newid i gynhyrchu ynni adnewyddadwy a chynaliadwy, mae hefyd angen i ni gwtogi ar faint o ynni rydym yn ei ddefnyddio a faint rydym yn ei wastraffu. Mae angen i ni fod yn llawer mwy ynni-ffeithlon.

Gall sicrhau bod eich tŷ wedi'i inswleiddio'n dda a defnyddio offer ynni-ffeithlon gael effaith fawr ar eich ôl troed. Gall llawer o'r awgrymiadau a roddir gael eu defnyddio'r un mor hawdd yn eich gweithle a'ch swyddfa – felly anogwch eich penaethiaid a'ch cydweithwyr i fabwysiadu arferion ynni-ffeithlon a dechreuwch arbed ynni heddiw.

Gallwch hefyd leihau ôl troed ynni'ch cartref trwy ddefnyddio deunyddiau ecogyfeillgar a chynaliadwy wrth adeiladu o'r newydd neu wrth adnewyddu ac addurno. Defnyddir llai o ynni i gynhyrchu'r mathau hyn o ddeunyddiau ac maent yn dod o ffynonellau cynaliadwy ac adnewyddadwy.

Chwiliwch bob amser am gynhyrchion pren sydd wedi'u hardystio gan Gyngor Stiwardiaeth y Coedwigoedd (Forest Stewardship Council / FSC). Mae hyn yn golygu bod y pren wedi dod o ffynonellau cynaliadwy. Ac yn hytrach na phrynu cynhyrchion newydd i'ch cartref gallech chwilio am nwyddau a dodrefn wedi'u hailgylchu neu wedi'i hachub, neu hen bethau.

Lleinhau'ch ôl troed ynni

- Llenwch y tyllau. Mae tua 33 y cant o'r gwres a gollir o'ch cartref yn mynd allan trwy'r waliau. Mae'n bosibl mai eu hinswleiddio fydd y ffordd fwyaf cost-effeithiol o arbed ynni yn y cartref – a gallech arbed hyd at £100 y flwyddyn ar eich biliau gwresogi!
- Gofalwch am eich bwyler. Bwyleri cyddwyso yw'r rhai mwyaf ynni-effeithlon a byddant yn torri tua thraean oddi ar eich biliau gwresogi – gweler www.boilers.org.uk.
- Cadwch eich oergell a'ch rhewgell yn oer. Peidiwch â gadael y drws ar agor yn hirach na sydd raid. Peidiwch â rhoi bwyd poeth yn yr oergell. Sicrhewch eich bod yn dadrewi'r rhewgell yn rheolaidd a gwiriwch seliau'r drysau.
- Gwiriwch y logo. Chwiliwch am logo argymhelliad arbed ynni wrth i chi brynu offer trydanol newydd. Gallai prynu oergell newydd ynni-effeithlon yn lle hen un arbed hyd at £35 y flwyddyn i chi – ond gwnewch yn siŵr eich bod chi'n gwaredu'r hen oergell mewn ffordd gyfrifol.
- Prynwch fylbiau golau ynni-effeithlon – rhowch fylbiau sy'n arbed ynni yn lle'ch rhai cyffredin. Gallant bara 12 gwaith yn hirach a gallai pob bwlb arbed hyd at £7 ar eich bil trydan bob blwyddyn. A diffoddwch oleuadau pan nad oes eu hangen.
- Gwnewch Wiriad Ynni Cartref. Defnyddiwch y gwiriad ynni cartref ar-lein ar wefan yr Ymddiriedolaeth Arbed Ynni – www.est.org.uk

Byddwch yn eco-siopwr!

Mae catalog Earthly Goods WWF yn cynnig dewis amgen mwy 'naturiol' i siopwyr sy'n ymwybodol o'r amgylchedd. Ewch i <https://shop.wwf.org.uk> neu ffoniwch 01483 426 444 i gael catalog am ddim.

Gwneud gwahaniaeth - Gwastraff ac ailgylchu

Yng Nghymru rydym yn creu 15 miliwn o dunelli metrig o sbwriel y flwyddyn – swm anferth sy'n golygu bag a hanner o sbwriel i bob person am bob dydd o'r flwyddyn! Mae'r sbwriel hwn yn mynd i safleoedd tirlenwi – safleoedd lle mae'r pethau rydym yn eu taflu'n cael eu dympio. Mae safleoedd tirlenwi'n hyll, yn swnllyd ac yn ddrewllyd i'r bobl sy'n byw yn eu hymyl ac maen nhw'n costio llawer i'w rhedeg.

Yn ffodus, mae yna lawer y gallwn ei wneud i ddelio â hyn. Mae cyfraddau ailgylchu domestig bellach tua 25 y cant ond gellid codi'r ffigur hwn llawer yn fwy. Gellir sicrhau bod llai fyth o sbwriel yn mynd i safleoedd tirlenwi trwy aildefnyddio a chompostio.

Mae maint gwastraff yn dal i dyfu ryw 2-3% y flwyddyn. Rhaid i ni atal y twf hwn a chreu llai o wastraff yn y lle cyntaf. Nid yw ailgylchu'n unig yn ddigon i leihau ein hól troed oni fyddwn ni'n lleihau cyfanswm y gwastraff ar yr un pryd.

Gallwch chi ddechrau lleihau'ch ôl troed gwastraff trwy ddilyn y camau syml ar y dudalen ganlynol. Cyn pen fawr o dro fydd dim llawer ar ôl i'w roi yn eich bin ar olwynion! Cofiwch y gall rhai pethau nad oes arnoch eu hangen mwyach, fel dodrefn, gael eu defnyddio yn rhywle arall. Gall rhywbeth sy'n sbwriel yn eich barn chi fod yn werthfawr i rywun arall.

Cymerwch ofal gyda chynhyrchion fel batris, olew a phaent. Siaradwch ag adran ailgylchu'r cyngor lleol. Byddant yn gallu awgrymu sut y gellir ailgylchu pethau o'r fath neu eu gwaredu'n ddiogel, heb niweidio'r amgylchedd. Er enghraifft, gall un litr o olew injan halogi un filiwn o litrau o ddw'r croyw os yw'n cael ei arllwys i lawr y draen.

Lleihau'ch ôl troed gwastraff

Lleihau

- Ceisiwch brynu cynhyrchion rhydd yn hytrach na rhai wedi'u pacio.
- Defnyddiwch gyn lleied o ddeunydd pacio â phosibl trwy brynu pethau mewn cynhwysyddion mwy os yw hynny'n ymarferol, gwrthod deunydd lapio ac aildddefnyddio bagiau plastig.

Aildddefnyddio

- Gellir prynu rhai cynhyrchion mewn cynhwysyddion y gallwch eu haildddefnyddio o gwmpas y tŷ.
- Dewiswch fagiau y gallwch eu haildddefnyddio yn lle cymryd bag plastig newydd bob tro.
- Atgyweiriwch bethau sydd wedi torri yn lle eu taflu. Cofiwch y gallai pobl eraill ddefnyddio'r pethau nad ydych chi eu hangen rhagor. Mae eu rhoi i siopau elusennau'n ffordd dda o gael cartref newydd i'r pethau nad ydych eu heisiau mwyach.

Ailgylchu

- Ffoniwch eich cyngor i gael manylion eu cynlluniau casglu deunyddiau ailgylchu o ochr y ffordd neu defnyddiwch y man ailgylchu agosaf i chi ar gyfer gwydr, papur a chaniau. Ewch â'ch deunyddiau ailgylchadwy yno y tro nesaf yr ewch i siopa.
- Pan fyddwch yn siopa, chwiliwch am symbolau ailgylchu a cheisiwch brynu cynhyrchion sydd wedi'u gwneud o ddeunydd pacio wedi'i ailgylchu.
- Compostiwch eich gwastraff bioddiraddadwy fel bwyd, bagiau te, plicion llysiau, papur sgrap, gwastraff yr ardd. Yn aml gallwch gael bin compost cymorthaledig, neu hyn yn oed am ddim, gan eich Cyngor.

Sicrhewch y clywir eich llais!

Dewch yn ymgyrchydd ar-lein gyda WWF Cymru a chewch gylchlythyr ar-lein chwarterol am ddim. E-bostiwch wales@wwf.org.uk neu ffoniwch WWF Cymru ar 02920 454 970 i gael gwybod mwy.

Gwneud gwahaniaeth - Teithio a trafndiaeth

Yn y byd modern, rydym wedi arfer mynd lle rydym ni eisiau pan rydym ni eisiau, heb feddwl am ganlyniadau ein teithiau. Er enghraifft, mae hedfan i fynd ar wyliau neu am benwythnos i ffwrdd yn gallu disbyddu mwy o adnoddau a chynhyrchu cymaint o lygredd ychwanegol nes y gall fod yn fwy na'r holl gamau ecogyfeillgar mewn rhannau eraill o'ch bywyd

Gollyngiadau carbon deuocsid (CO₂) o drafnidiaeth yw'r cyfrannwr at newid yn yr hinsawdd sy'n tyfu cyflymaf. Ar hyn o bryd mae trafndiaeth yn creu chwarter ein holl ollyngiadau nwyon tŷ gwydr. Dyma faes y gallwn i gyd gael effaith arno ar unwaith dim ond trwy beidio â defnyddio'r car a cherdded neu feicio mwy. Ceisiwch feddwl sut y gallwch ddefnyddio'ch car llai trwy, er enghraifft, rannu'ch taith â chyfeillion neu gydweithwyr, neu drwy gyfuno teithiau siopa. Efallai y gallwch newid eich patrwm gwaith er mwyn defnyddio'r car llai – trwy weithio o gartref un diwrnod yr wythnos.

Mae gwrthbwysu carbon yn ffordd ddefnyddiol o wneud ein teithiau anochel mewn car neu awyren yn garbon-niwtral – ond dim ond fel y dewis olaf. Nid all gwrthbwysu carbon gymryd lle teithio llai. Mae'n rhaid i ni deithio llai mewn awyrennau a cheir o hyd. Ewch i www.cdmgoldstandard.org i gael cyngor am gynlluniau credadwy.



Lleihau'ch ôl troed teithio

- Defnyddiwch feic neu drafnidiaeth gyhoeddus yn lle car ar deithiau byr – mae'n creu llai o lygredd ac mae'n iachach.
- Cerddwch fwy – mae un o bob tair taith mewn car yn llai na dwy filltir.
- Os ydych yn gyrru llai na 5,000 o filltiroedd y flwyddyn, ystyriwch beidio â pherchen ar gar o gwbl. Os ystyriwch gostau ei brynu, ei drethu, ei drwsio a'i wasanaethu, efallai y bydd yn rhatach llogi car pan fo arnoch angen un.
- Trefnwch rota i gludo plant i'r ysgol neu cerddwch i'r ysgol gyda nhw. Darbwylwch eich ysgol i weithio ar ffyrdd mwy diogel a di-gar o gyrraedd yr ysgol.
- Teithiwch lai ar awyrennau. Mae'r cynnydd cyflym mewn teithiau awyr yn cael effaith andwyol ar ein hamgylchedd. Ewch ar lai o deithiau awyr a rhowch gynnig ar gael gwyliau yn y DU am newid!
- Gyrrwch gan bwyll. Mae teithio ar 50mya yn defnyddio 30 y cant yn llai o danwydd na theithio ar 70mya ac yn creu 40 y cant yn llai o ollyngiadau CO₂.
- Ystyriwch newid i LPG. Mae'n costio hanner pris tanwydd arferol ac yn creu llawer llai o ollyngiadau.
- Pan fydd arnoch angen prynu car newydd, ystyriwch ddewis car trydan neu hybrid ecogyfeillgar.

Mesurwch eich ôl troed!

I gael gwybod pa mor fawr yw'ch effaith ar y blaned a sut y gallwch ei lleihau, ewch i <http://footprint.wwf.org.uk>

Bod yn rhan o WWF Cymru

Mae WWF yn pryderu am lawer mwy na phandas yn unig. Ni yw'r unig sefydliad gwirioneddol fyd-eang sy'n gweithio'n lleol yng Nghymru ar faterion. Trwy roi rhywfaint o'ch amser i'n helpu ni gyda'n gwaith ymgyrchu, gallwch ein helpu i newid polisiau a dylanwadu ar wneuthurwyr penderfyniadau yng Nghymru.

Pedair ffordd o wneud gwahaniaeth:

1. Ymuno â'n rhestr bostio

Cewch wybod mwy am ein gweithgareddau ymgyrchu a ffyrdd y gallwch gymryd rhan trwy ein cylchlythyr chwarterol.

2. Tanysgrifio i gylchlythyr ar-lein WWF Cymru, sydd am ddim

Cadwch mewn cysylltiad â gweithgareddau a newyddion WWF Cymru trwy danysgrifio i'n cylchlythyr chwarterol am ddim. E-bostiwch w neu ffoniwch 02920 454 970 i gael gwybod mwy.

3. Bod yn wirfoddolwr ôl troed

Trwy fesur eich ôl troed ecolegol eich hun gyda'n cyfrifiannell ôl troed newydd a dweud wrthym am eich dewisiadau o ran ffordd o fyw, efallai y gallwn ddefnyddio'ch stori chi yn ein gwaith ymgyrchu.

4. Ymaelodi â WWF

Am gyn lleied â £3 y mis gallwch helpu i gefnogi ein gwaith hanfodol i sicrhau dyfodol iach i bobl ac i natur. Ffoniwch 01483 426 333 i ymaelodi.



Glan môr Aberystwyth: mae WWF Cymru yn galw am Ddeddf Forol i sicrhau bod arfordir hardd a bywyd gwyllt morol syfrdanol Cymru yn cael eu hamddiffyn yn well © WWF-Canon/Emma Duncan

Engbreifftau allweddol o waith WWF Cymru

Ôl Troed Ecolegol

Pe bai pawb yn byw fel yr ydym ni yng Nghymru, byddai arnom angen tair planed i'n cynnal. Mae WWF Cymru yn aelod allweddol o Rwydwaith Ôl Troed Cymru, sy'n gweithio gydag amrywiaeth o sefydliadau a Llywodraeth Cynulliad Cymru i leihau effaith amgylcheddol Cymru. Ewch i www.footprintwales.org

Newid yn yr hinsawdd

Newid yn yr hinsawdd yw'r broblem amgylcheddol fwyaf difrifol sy'n wynebu ein planed. Rydym yn gweithio i godi ymwybyddiaeth yng Nghymru am achosion ac effeithiau newid yn yr hinsawdd a'r atebion sydd ar gael – yn enwedig i ddefnyddio llai o ynni a'r rhan sydd gan ffynonellau ynni adnewyddadwy. Rydym hefyd yn aelod o Atal Anhrefn Hinsawdd Cymru, cynghrair o sefydliadau sydd wedi ymuno i ddylanwadu ar weithredu gwleidyddol i leihau anhrefn hinsawdd.

Morol

Mae gan Gymru arfordir godidog, sy'n amrywio o lannau creigiog agored i'r tywydd a'r tonnau a thraethau tywodlyd helaeth i lannau lleidiog cysgodol ein haberoedd. Mae'r cynefinoedd tanddwr yr un mor doreithiog ac amrywiol, ac maent yn gartref i amrywiaeth syfrdanol o rywogaethau o blanhigion ac anifeiliaid.

Rydym yn gweithio i hybu rheoli ein hadnoddau morol mewn ffordd gynaliadwy trwy lobio ac ymyrchu dros Ddeddf Forol gyda phwerau penodol i Gymru.



Rhestrau'r Llawlyfr Gwyrdd

Y Llawlyfr Gwyrdd yw'r cyfeirlyfr mwyaf cynhwysfawr sydd ar gael o nwyddau, gwasanaethau, cysylltiadau a sefydliadu eco-gyfeillgar. P'un a ydych chi eisiau bwyd organig, cosmetigau naturiol, dillad, celfi, ynni cynaliadwy, gwyliau, trafnidiaeth, addysg neu gysylltiadau, fe ddewch o hyd i'r cwbl yn y Llawlyfr Gwyrdd.

Mae'r Llawlyfrau wedi'u rhannu'n ddeuddeg pennod. Mae pob un yn dechrau gydag ychydig o dudalennau o ddeunydd golygyddol – sy'n rhoi cyflwyniad i'r materion ym mhob pennod ac yn edrych ar fentrau ac astudiaethau achos lleol. Mae yna gannodd o eitemau perthnasol wedi'u rhannu rhwng y rhai lleol iawn, sy'n cynnwys siopau a gwasanaethau, a'r rhai cenedlaethol, gan gynnwys cyflenwyr sy'n gwerthu drwy'r post a sefydliadau cyswllt. Mae'r eitemau wedi'u trefnu'n fwy na 1200 o adrannau ac isadrannau – sy'n ei gwneud yn hawdd i'r darlennydd ddod o hyd i'r hyn mae'n chwilio amdano.

Ffydd o wneud eich bywyd yn wyrddach

Yn yr adran hon rydym wedi dethol rhai o'r eitemau gorau o'r Llawlyfr Gwyrdd i Gymru, i ddangos amrywiaeth y siopau, y cynhyrchion, y gwasanaethau a'r sefydliadau sydd ar gael i chi. I archebu'r Llawlyfr Gwyrdd newydd i Gymru, a fydd yn cynnwys mwy na 3,500 o eitemau ac a gaiff ei gyhoeddi ym mis Chwefror 2008, ffoniwch 01945 461 452 neu ewch i www.greenguide.co.uk. Mae'r Llawlyfr yn costio £12.99 gyda £2.50 tâl cludiant (cyfanswm £15.49). Os rhowch y cyfeirnod PGGW07-wwf caiff swm o £3 ei roi i WWF Cymru ar eich rhan am bob Llawlyfr yr ydych chi'n ei brynu, i gefnogi ei waith.

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sustainwales.com
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