FOOTPRINT

Promoting happy, healthy and sustainable living at Hill House and beyond.

HOW GREEN IS IT ... TO HAVE A DOG?

According to the Green Living Detective, it is **Sort-of-Green** to have a dog. The biggest environmental impact associated with our animal companions comes from the production of meat-based pet food, which uses land, water and energy resources, and is a significant source of greenhouse gas emissions.

According to one estimate, owning a medium-size dog can have a similar carbon footprint to a large car. As well as food, pets need toys, grooming products and various accessories, which also come at an environmental cost. But the good news is that there are ways to lessen your dog's carbon paw-print!

REDUCING THE CARBON PAW-PRINT

Dogs bring us a lot of happiness and, in return, we give them lots of things like squeaky toys, animal treats and even clothing but many of these things are made of plastic or come in plastic packaging. Some of this doesn't get recycled and ends up in landfill, which, as we know, isn't very good for the environment and can pose a threat to wildlife.

Friends of the Earth have lots of tips to help all of our furry four-legged friends be more sustainable, such as avoiding plastics and buying eco-friendly products, or even making your own pet food or bed!

WALKING THE DOG

Dogs love going for walks and so do the young people at Hill House! There was a lot of excitement when Monty visited us recently and wanted to play. Walking a dog is a fantastic way to get some physical exercise - as it strengthens your muscles, bones and joints – as well as improving your mental health. Research shows that spending time with a dog can reduce stress and symptoms of depression. Watching a dog have fun and running around can make you feel happy too, as witnessed by the smiles on the faces of our young dog walkers.
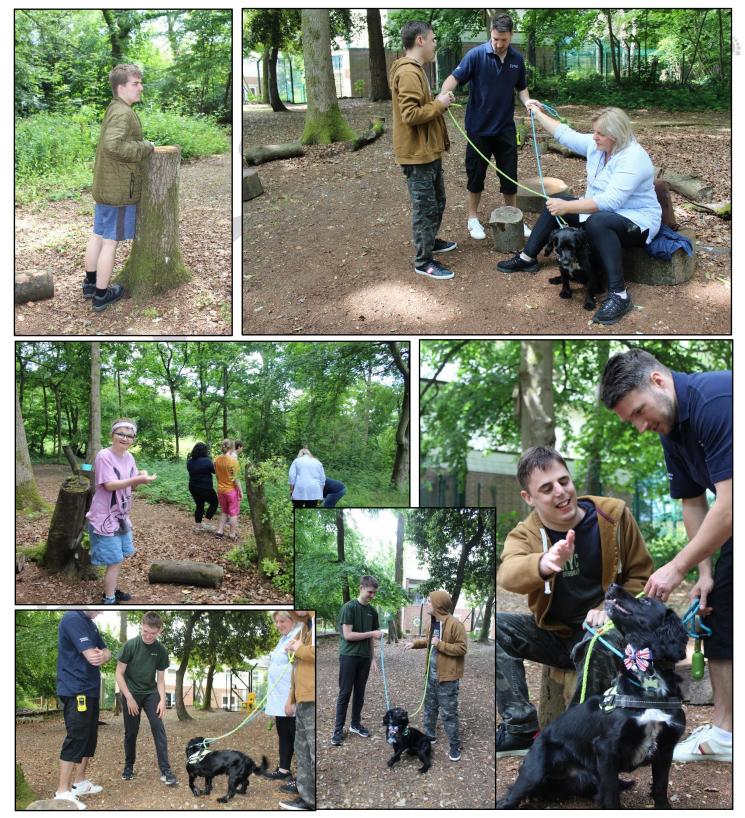
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