

Appendix 1 – Green Rewards App Activities

Activity	Points	Impact Level	Effort Level	Way to report
Travel (7 Activities)				
Active Travel - Earn 20 Green Points per mile for travelling actively.	20 per mile	5	4	input how far your return journey to work is.
Sustainable Travel - Earn 3 Green Points per mile for travelling sustainably.	3 per mile	4	3	let us know your usual travel distance.
Leave the car at home - Avoid using your car and earn 100 Green Points	100	3	3	tell us when you've left your car at home and what other transport method you've used
Cycle training - Earn 250 Green Points for taking a cycle training course with Bike ability.	250	3	3	Click ' Submit ' and tell us what training course you've been on to earn 250 Green Points.
Cycling Tips - Check out these cycling tips and earn 150 Green Points.	150	2	1	read the Cycle UK advice on safer cycling and we'll reward you 150 Green Points.
Get cycling - Report your short and long cycle rides to earn points per mile.	1 per mile	5	4	each week you can report how far you've cycled that week to earn green points!
Active Travel moments - Send us a picture of you getting active for 250 Green Points.	250	2	1	share a picture of you being active, whether you are cycling, walking, wheel-chairing, or hiking.
Reduce, Reuse, Recycle (10 activities)				
Plastic Pledge - Take a pledge to use less single-use plastic and earn yourself 50 Green Points per week!	50	4	3	Click ' Pledge ' and you'll receive an email or app notification each week asking how you've got on with your pledge

Reusable Items - Ditch disposables and earn up to 125 Green Points a week.	150	3	3	Tick the boxes of the items you've avoided or swapped for reusable alternatives and earn up to 125 Green Points.
Contamination Quiz (NSDC) - Test your knowledge on recycling and earn 500 Green Points.	500	2	1	Take our quiz on what you can and can't recycle in your area to earn up to 500 Green Points.
Lose the plastic - Earn 300 Green Points for swapping a plastic item for a more sustainable material.	300	4	3	Click ' Submit ', and describe which plastic item you've permanently switched for a more sustainable alternative.
Report Your Recycling - Earn up to 300 Green Points a week for your recycling efforts.	300	4	3	Report Your Recycling will be added to your weekly reporting form
Reduce Food Waste - Earn up to 300 Green Points for following steps to reduce your weekly food waste.	300	5	3	through the weekly reporting form
Love Food Hate Waste - Earn 200 Green Points for pledging to reduce your food waste each week.	200	5	3	Enter a pledge in the text box detailing one action you will take weekly to cut your food waste.
Recycling Made Simple - Newark & Sherwood - Earn 100 Green Points by understanding what you can recycle in your area.	100	3	1	Click the link to understand what you can recycle in your area
Plastic quiz - Test your knowledge about plastic pollution to earn up to 210 points!	210	2	3	take the quiz
Litter Pick Hero - Earn up to 500 Green Points a week for picking up litter.	500	4	5	log your litter picking contribution via the weekly form
Energy and Carbon (9 activities)				

Carbon calculator <i>Complete a carbon footprint calculation.</i>	150	2	2	head to the WWF calculator and follow the instructions to calculate your carbon footprint.
Carbon quiz <i>Answer questions on carbon emissions.</i>	500	2	1	test your knowledge (and maybe learn a few new things!) with the carbon quiz.
Carbon offsetting <i>Share when you've taken action to offset your carbon emissions.</i> <i>N/A to Bassetlaw</i>	200	3	2	let us know what actions you've taken to offset your carbon footprint
Switch off <i>Report when you've switched off: laptop/PC, television, lights, heaters/fans, unused chargers</i> <i>N/A to Ashfield, Broxtowe, Gedling, Nottingham Council and Rushcliffe.</i>	50	4	3	let us know what equipment you've switched off each week.
Green Energy supplier <i>Report when you've switched to a renewable energy supplier.</i> <i>N/A to Mansfield</i>	500	5	4	share a screenshot or photo of your green energy tariff to earn points
Green Doctor Advice - Earn 200 Green Points when you read Green Doctor's advice on energy efficiency.	200	3	1	Read the Groundwork's Green Doctor article, helping you to save energy and reduce your bills.
Why Carbon Matters - Watch this BBC video on why CO2 matters for climate change, to earn 150 Green Points	150	1	3	Watch the BBC video and in under 3 minutes learn everything about CO2 and how you can reduce your carbon footprint
Home Energy Improvements - Earn 200 points for exploring how Nottingham Energy Partnership can help you improve energy efficiency at your home.	200	4	1	visit the Nottingham Energy Partnership website
Wash @ 30 - Earn up to 80 points a week for washing at 30 degrees Celsius.	80	3	1	let us know how many washes you've made at 30°C each week
Get Involved (4 activities)				

Refer a Friend <i>Send referral invites to others – earn points when they sign up.</i>	250	5	1	Refer a friend and once they sign up you'll earn 250 Green Points!
Your Sustainability Tips <i>Submit tips and ideas on reducing carbon emissions.</i>	250	3	2	tell us how you've made your life more sustainable, or if you have any activity ideas you think Green Rewards should add.
Give back <i>Share when you've volunteered for a charity or local organisation.</i>	500	5	4	Give Back will be added to your weekly reporting form. select how many hours you've spent volunteering during the week.
Community Champion - Attend a community event to earn 120 Green Points.	120	3	3	upload a photo or screenshot of you participating in a community or school-based environmental event.
Consumption – 9 per council				
Shop Local - Submit local businesses - View map of user-nominated local businesses.	200	3	2	Submit and share the shop's name, address and, as an option, why you chose it.
Shop Local Map - Check out the map of local and sustainable businesses as recommended by your neighbours!	200	3	2	View the map filled with local business recommendations.
4 minute shower challenge - Take on the Four Minute Shower Challenge and earn up to 175 Green Points a week.	175	3	3	through the weekly reporting form
Sustainable Shopping Quiz - How much do you know about the impact of the stuff you buy? Take our quiz and earn up to 500 Green Points.	500	3	3	Take the quiz!
Grow your own - Get green fingered and grow your own food to earn 500 Green Points.	500	3	3	send a photo of your homegrown plants and/or vegetables

Go plant based - Earn up to 140 Green Points a week for eating plant based meals.	140	5	4	your weekly reporting form
Eco friendly products Think before you buy! opt for eco-friendly products including opportunities to refill and earn 400 Green Points.	400	3	2	upload a photo of your positive purchase with a few words describing what makes the item sustainable.
Leftover Meals Challenge - Use up leftovers for other meals to earn up to 420 Green Points.	420	5	3	Every week, select the number of meals you created using or incorporating leftovers.
Get Water Fit - Earn 150 Green Points for finding out your water usage.	150	4	2	submit and explore your home's water usage by entering your postcode and other details into the Severn Trent Get Water Fit Quiz
Nature (6 activities)				
Greening Your Space - <i>Submit photos of plants in your home.</i>	500	3	3	upload a photo of your green addition.
Biodiversity Sighting - <i>Submit photos of animal/plant sightings.</i>	250	2	1	upload a photo of wildlife you've spotted in Nottinghamshire
Switch off and explore - <i>Earn for taking time outside away from electronic devices or screens</i>	175	2	2	update us on how you're ditching the screen for some green on the weekly reporting form.
Visit a park - <i>Read information on country parks in your local area.</i>	100	2	2	access the list of parks and walking routes, and you'll earn points just for exploring your options.
Free Tree Plant - <i>Earn 200 Green Points when you send us a picture of a tree you've planted, whether through a Council scheme or something else.</i>	200	2	3	upload a picture of your planted tree. describe why you've chosen the location for your tree.

Supporting Wildlife - Earn up to 150 Green Points a week for taking wildlife supporting actions.	150	3	3	add this activity to your weekly form.
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