

Reduce, reuse and recycle

STOP BUYING PLASTIC WATER BOTTLES

Water bottles and paper coffee cups are a huge waste of material. Buy a durable water bottle and a coffee thermos so you can take your beverages everywhere.



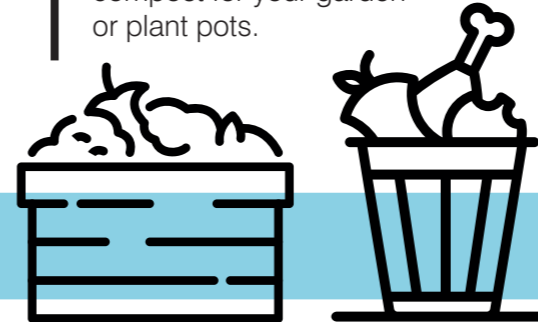
MAKE A MEAL PLAN

Food waste is a huge problem - UK households produces 7m tonnes of food waste every year. 'Love Food Hate Waste' website has lots of helpful tips and advice.



START COMPOSTING

Every day, a large amount of what you throw into the bin could be composted and returned to the earth. It is such an easy thing to do! You'll get lots of nutrient rich, free compost for your garden or plant pots.



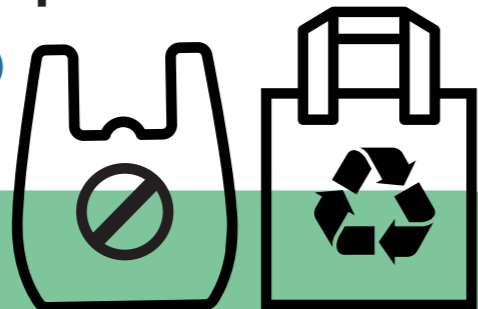
CANCEL UNNECESSARY MAIL

If your mailbox is overloaded with catalogues and junk mail each day, take a few minutes to cancel subscriptions and stop unsolicited junk mail.



DITCH THE PLASTIC BAGS

Reducing the amount of single-use plastics is good for our environment. One of the simplest ways is to switch from plastic bags to reuseable shopping bags. You just need to remember to take them with you whenever you go to the shops.



INVEST IN REUSABLE CONTAINERS

Storing food properly will extend its life and keep things fresh for as long as possible. Invest in some quality airtight containers not just for cereals, biscuits and rice but also for your lunch so you can reduce single-use plastic bags too.



REPAIR AND RECYCLE

When was the last time you repaired something broken rather than throwing it away to purchase a new one? The next time you find a hole in your sock or a lamp stops working, spend a few minutes to see if it's fixable, rather than throwing it away. If you can't fix it, look for a local repair café to see if you can use their skills.

