

How Eco are we?

We are all trying to do our bit to be more environmentally friendly but sometimes it just gets a bit tedious. Sometimes we think “what’s the point”? Does it really matter if I don’t recycle that bit of plastic or leave a light on unnecessarily or recycle that bit of waste food? We believe it does! If we **all** changed just one thing as part of our routine we can make a tremendous difference. Give it a go and help save our beautiful planet and you might even save some money too!

Eco Tips

1. **Home Energy Savings:** Cut down electricity waste by switching to LED lightbulbs, washing clothes on a cooler or shorter cycle, and turning off electronics at the wall rather than leaving them on standby.
2. **Smart Transportation:** Swap short car trips for walking, cycling, or public transport. If working from home or attending a meeting, turning off your video feed during virtual calls can also dramatically lower your digital carbon footprint.
3. **Conscious Consumption and Fast Fashion:** Resist the urge to buy brand – new items or trendy clothing. Prioritize mending torn garments, shopping second hand, or organising clothes swaps with friends.
4. **Food Waste & Diet:** Plan your weekly meals, freeze leftovers, and compost your food scraps or use your food waste bin instead of sending them to landfill. This will stop your Black Bin from smelling too. Incorporate a few more plant-based meals into your meal planning which also lightens the strain on natural resources.
5. **Reusable over Single Use:** Carry a reusable water bottle, bring your own shopping bags and look for everyday items with minimal or zero plastic packaging and if you are feeling very brave complain to the manager of the shop about why there has to be so much plastic around our food. Some shops can supply food without it so why can’t they all? The more we talk about these things, the more chance there is of change.

Quick Comparison of Eco-Friendly Habits

Habit Category	Easy Daily Action	Estimated Impact
Laundry & Water	Wash clothes at 30°C and shorten showers by one minute	Saves significant household energy and hundreds of litres of water each month
Transport	Walk, cycle, or take public transport for short errands	Cuts tailpipe carbon emissions and reduces urban traffic congestion
Food & Waste	Freeze leftovers and compost organic kitchen scraps	Keeps methane-producing food waste out of local landfills
Wardrobe	Wear clothes multiple times before washing; buy secondhand.	Combats the heavy water and chemical footprint of fast fashion