

Ecotips:

Clothing:

Reuse clothes past their best as rags and cleaning cloths, wash for further use
Recycle clothes by donating to charity shops or textile recycling centres
Buy second hand clothes, mend, hand down, recycle, choose natural fibres
Cleaning products: use ecover, smol or similar environmentally safe products
Wear clothes more than once before washing, spot clean, wash a full load
Air-dry clothes rather than using a tumble drier

Kitchens and food

Pack dishwashers as full as you can, use on shortest wash applicable
Use one pot with lid to cook
Freezers: Run full and freeze left over portions of food for another meal
Buy plastic free food, compost vegetable waste, tea and coffee grounds
Reuse inside of cereal bags as freezer bags
Source food locally, at farmers markets or grow your own, eat plant based meals
Keep eggs in the fridge they will last longer past sell by date
Have your dairy milk delivered in recyclable glass bottles
Consider using plant based milks such as oat milk with lower carbon footprint
Choose teas with non harmful teabags, Pukka, Clipper and PG Tips
Cheese bought from a cheesemonger can usually be wrapped in alternative to plastic
Recycle your foodwaste if not able to compost it
Only fill the kettle with as much water as you need to boil at that time
Try dishwashing soap bars, coconut dish brushes, natural scourers

Bathrooms

Bathrooms; use recycled/ bamboo toilet roll.. Try plastic free deodorant, shampoo, toothpaste, bamboo toothbrushes

Energy use

Use environmental/ ethical provider, turn off lights, and things on standby, lower thermostat
Use curtains and shutters to keep heat in rooms after dark
If replacing heating system consider green options such as airsource heat pumps
Wear layers of clothing to keep warm
Don't block radiators with curtains and furniture
If cold in church wear more layers and sit next to radiator pipes by wall

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Paper

Try biodegradable twine or ecotape, avoid glitter, use recycled paper
Save envelopes for further use
Avoid printing emails, prolong the life of printer cartridge by shaking it
Reuse blank sides of paper for shopping lists, memos, etc.

Gardening and water

Mulch plants, water in the morning at base of plant rather than foliage
Collect water whilst shower is running to temperature and use it for plants
Collect rainwater in rainbutts or other containers
Limit shower time. Use grey water for garden (washing up water/ bath water)

Packaging

Recycle your soft plastic at large supermarkets, eg Tesco's

Use 'refillery' shops where you can reuse your own containers

Buy products with reduced packaging, eg larger sizes will have less packaging

If buying snacks and biscuits try to buy them in reduced wrapping, or foil and paper

Use beeswax wrappers for food or recycle plastic containers rather than clingfilm

Read "No more plastic" from Plastic Free Shop

Transport

Walk, cycle or take public transport rather than use a private car if possible

The environment

Consider the impact of your holidays on the planet, eg, cruises, airtravel

Join a litter pick or beach clean in your area or other environmental group

If buying new appliances, consider their environmental credentials

Use an ethical / environmentally aware bank to manage your money

Use sites such as freecycle, no more trash, or gumtree to donate or find items

Consider giving experiences rather than 'stuff' as presents, or charity donation