



## 100 TIPS TO LEAD A SUSTAINABLE LIFESTYLE

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### Sustainable Kitchen

1. Purchase items with reduced or no packaging.
2. If possible, grow your own vegetables, fruits, and herbs (most supermarkets now have many options to get you started).
3. Use glass jars (save the ones from shopping) to store fresh vegetables in the fridge.
4. Adopt a sustainable diet (e.g., opt for organic, reduce the consumption of meat, particularly red meat, and dairy).
5. Use Tupperware to save your food instead of cling film/foil.
6. Use a washable cloth instead of paper towels.
7. Use reusable objects (e.g., water bottles).
8. Use reusable cups for your coffee on your morning commute/reuse them throughout the day (coffee shops usually give you discounts as well so you will also save money!).
9. Make a list before going to the supermarket.
10. Limit food waste by only buying what you need.
11. Opt for a paper bag instead of plastic-wrapped products.
12. Reuse bags for groceries shopping.
13. Turn used teabags into firelighters.
14. Buy local and in season (it can help to reduce your carbon footprint by 10%).
15. Minimize food waste by using a composter.
16. Put a lid on a saucepan to make it boil faster (it saves energy so you will also save money!).
17. Buy in bulk, it streamlines the transportation needed to deliver goods to market, helping to reduce CO2 emissions.
18. Avoid throwing away the peel of citrus fruits and reuse them in cooking (it adds great taste to any dip!) or as compost.
19. Make your own vegetable stock, freeze (use ice cube trays) water used to boil vegetables.
20. Limit the use of products with palm oil as much as possible.
21. Freeze foods that can be reused.
22. Use reusable food wrapping rather than cling film (e.g., from the Beeswax Wrap Co).

### Sustainable Fashion

23. Learn how to repair your clothes (YouTube has a lot of tutorials).
24. Repair your clothes using a local tailor (usually within a launderette).
25. Wash your clothes at 30°C.

26. Shop second hand! (Examples: Asos Marketplace, Depop, Vestiaire Collective, Vinted).
27. Donate old clothes to charity, sell them online or take them back in-store (Example: H&M has a recycling scheme).
28. Avoid fast fashion (the cheaper price may be enticing but the clothes generally don't last long, and you will have to replace!).
29. Air-dry and don't tumble-dry clothes.

### **Sustainable bathroom/beauty**

30. Be more natural (limit practices like dyeing hair, using nail polish, hair products etc.).
31. Use reusable cotton pads for removing make-up (no make-up wipes, plastic cotton buds).
32. Turn off the water in between shower 'cycles' e.g., while washing hair.
33. Get a water-saving showerhead.
34. Use bars of shampoo and soap rather than plastic bottles.
35. Limit the amount of water you use to brush your teeth.
36. Use recycled toilet paper.
37. Consider the cleaning products you are using (alternative, organic, natural options can include white vinegar, baking soda, borax, citrus fruit and use empty spray bottles).

### **Sustainable entertainment**

38. Borrow books from the library or friends/family instead of purchasing new ones or start a book club with friends.
39. Read the newspaper online.
40. Buy movies and music online.
41. Increase your knowledge of environmental and social impact via documentaries and films.

### **Sustainable gifting**

42. Save gift bags and boxes for future use.
43. Buy from local suppliers and SMEs.
44. Search charity shops for home items (these can sometimes be higher quality and half the price of new items).
45. Consider gifts to inspire friends/family on more sustainable lifestyles and general knowledge on global challenges.
46. Donate to food banks when doing your weekly shop (this supports local communities to cook meals sustainably for many people in need).
47. Gift experiences (e.g., a nice meal out or a day trip rather than material things).

### **Sustainable technology**

48. Plug monitors can show the real-time power use of devices around the home.

49. Use apps to understand your carbon footprint on spending (Bearth, NatWest).
50. Switch to LED bulbs (they could save around 90% of electricity).
51. Switch wall plugs to off when you travel to prevent idle electricity use of devices (like speakers, TVs, etc).
52. Use low light modes on monitors, particularly later in the day.
53. Purchase electronics with high energy ratings (i.e. A++ or above).
54. Switch off computer monitors when not in use, rather than leave on idle.
55. Consider shifting to more ethical and modular technology brands.
56. Consider using alternative search engines (Ecosia is a great example, they are committed to planting 1 tree per search!).

### **Sustainable garden/balcony**

57. If you have a garden or balcony, grow some flowers, vegetables, or herbs.
58. Use a rainwater collection system (under your gutters or a bucket outside).
59. Build a bug hotel with what you have.
60. Use wool or jute twine ties not plastic.
61. Compost your food and garden waste then reuse it.
62. Mulch your garden to save water and increase soil fertility and diversity.
63. Become a chemical-free garden, no more poisons.
64. Use nature's own rhythm to garden.
65. Water the garden early in the morning or late in the evening (you'll give more water to your plants and lose less water to the air).
66. Plant pollinator gardens.
67. Coffee grounds keep slugs and snails away from your garden. Simply mix equal parts of sand and ash and sprinkle around the border of your garden.
68. Use your coffee grounds as fertilizer, they are great.
69. Add your coffee grounds to your compost.

### **Sustainable commuting**

70. Offset your emissions directly with airlines/train operators or consumer apps.
71. Share rides with friends and family where possible.
72. Use public transport instead of the car.
73. Walk or cycle instead of taking the car for short distances.
74. If possible, buy electric vehicles instead of combustion engines.
75. Avoid buying paper tickets, opt for contactless payments.
76. Reconsider flying domestic and short-haul, and instead use public transport.

### **Sustainable lifestyle**

77. Take time to be in nature, local commons, woodlands, seaside, and heritage sites.
78. Generally, buy fewer things and think about the long-term value (i.e., if I spend a little bit more for a better-quality product that is going to last a lot longer is this more sustainable and economical?)
79. Think repair, not replace (it's a law for manufacturers to stock spare parts for household goods, if an electrical appliance breaks, call up the manufacturer and ask for advice on how to repair it).
80. Unplug your electronics when you are not using them.
81. Keep your heating/AC off for as long as possible, if you feel chilly, put a jumper on! If hot, adjust your clothing and drink lots of fluids.
82. Don't use chemical cleaning products, use natural ones (ideally that you make yourself).
83. Dust! Dusting your radiators improves the effectiveness of circulating heat, similarly, dusting behind your fridge could also reduce the energy needed to keep it cool.
84. Use second-hand platforms like Back Market, Facebook marketplace, eBay to buy goods.
85. Spend less time using digital devices/screens.
86. Share items with friends and family (e.g., clothing, electronics, etc).
87. Check out the Superhomes website for retrofit ideas that others have implemented in their homes across the UK.
88. "Anything but plastic" is a good site to search for alternatives.
89. Switch your products (soap, shampoo etc) so that you can refill dispensers.
90. Use bio friendly laundry detergents.
91. Repair leaks (small leaks are often overlooked and can lead to massive amounts of wasted water, a higher water bill, and potential property damage).
92. Get your bills delivered via email by going online and requesting the paperless option.
93. Don't set your air conditioning to less than 20 degrees.
94. Print only when you really need to.
95. Stop junk mail to your home.
96. Get some indoor plants (house plants improve your indoor air quality).
97. Avoid using aerosols and CFC-based air fresheners, opt-in for organic alternatives and products without the ozone-damaging chemicals.
98. Work from home where possible to reduce emissions from commuting.
99. Practice "Plogging" - a combination of jogging and plocka upp (Swedish for "to pick up") - plogging entails jogging and quickly stopping to pick up trash while you go walking.
100. If possible, limit the use of an AC/Fan during high temperatures, closing your blinds/curtains and switching your lights off is a great way to keep low temperatures inside your home, failing that a bucket of water and ice is a great way to circulate cooler air in a room.