

Small changes you can make in your home

Every little effort helps to fight climate change and reach carbon neutrality. Here are some affordable ways to change your behaviour, which will benefit both the environment and your wallet

Make simple swaps to reduce single-use plastics in the home

SWAP

Your normal plastic toothbrush takes over 500 years to decompose



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Bamboo toothbrushes can be sourced from sustainable materials and can be recycled or composted afterwards to create zero waste

Disposable coffee cups contain plastic and can't always be recycled. Every year, 2.5 billion end up in landfill in the UK



Reusable coffee cups reduce landfill waste and shops often offer discounts for using these! Choose one made of recycled materials to help reduce plastic further

Cling film ends up in landfill and chemicals can risk leaching into the environment



Wax wraps can be reused multiple times and can be made using sustainable materials at home too

It's estimated 7.7 billion plastic bottles are bought each year in the UK, and each bottle can take 450 years to degrade in landfill



Reusable water bottles are great for on-the-go and can help keep your water cool and prevent leaks. It will also save you money in the long-term

Read more about reducing your plastic usage [here](#)

The best place to start is by reducing your consumption and waste!

Changing your daily habits and becoming more conscious about what you use should be your first step.

Then making swaps and choosing more eco-friendly products will help you reduce your carbon footprint further.

Reduce your water usage

Use a bowl in the sink when washing dishes or food. Reuse leftover water to water your plants



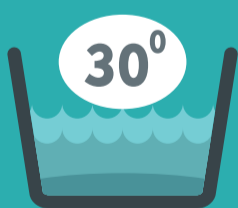
Turn off the tap while you clean your teeth

Wait until you have a full load before using your washing machine or your dishwasher

Take a shower instead of a bath. A 5 minute shower uses about 40 litres of water, about half the volume of a standard bath

Use a water-saving device in your toilet cistern to reduce water used each flush

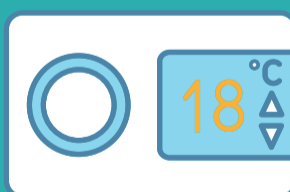
Quick changes



Turn your washing machine down to 30°, which will reduce average energy consumption by over 50%



Switch devices off standby when they aren't being used, to save electricity and money



Turn your heating down by 1°C and make use of thermostat timers to avoid unnecessary energy costs

Food and diet

Use a food caddy in your kitchen for food waste so it doesn't go in the landfill. We can collect it from your kerbside. [Read more here.](#)



If you can, compost your food and garden waste. It will provide nutrient-rich product for your garden and reduces emissions from landfill.

Try cooking vegan or vegetarian meals more often to reduce your carbon footprint



Read more on our [Environment Delivery Plan](#)

