



99 ways to live a more eco lifestyle

Kitchen

1. Use wax wraps / silicone lids instead of clingfilm
2. Put a plate over your food when heating up in microwave instead of clingfilm
3. Use reusables such as cup / bottle / cutlery / straws
4. Re-use packets i.e. cereal/bread bags for food storage
5. Reusable kitchen roll or material scraps instead of disposable kitchen towel
6. Boil only what you need for hot drinks
7. Use a washing up bowl to save water

General household

8. Use a broom instead of the Hoover
9. Wash at 30
10. Buy things in bulk to reduce packaging
11. Improve insulation / reduce heat loss with loft & cavity wall insulation & double/triple glazing, thermal lined curtains & reflective radiator sheets
12. Use thermostat and turn down heating a degree
13. Get a smart meter
14. Familiarise yourself with your local recycling scheme and what other non-kirb-side items you can recycle through the Terracycle scheme

Shopping & food

15. Keep a bag of reusable bags in your car
16. Choose local fruit and veg from green grocers / delivery to avoid plastic packaging
17. Choose fruit and veg which is in season in UK / Europe to minimise carbon footprint
18. Reduce amount of meat (especially red meat) and dairy
19. When buying crisps or yoghurt, buy one large bag/pot and decanter into separate containers for lunch boxes rather than buying individual bags in another large multipack plastic wrapper

20. Buy sustainable palm oil products or those with none
21. Recycle your carrier bags and stretchy plastic packaging in the supermarkets
22. Meal plan to avoid food waste
23. Use loose leaf tea or tea bags without plastic in them (and not in plastic packaging)
24. Take your own containers to a food refill shop
25. Glass milk bottle delivery
26. Use Olio app to give your food to a neighbour to reduce waste

Bathroom / Personal care

27. Use a safety / reusable razor instead of disposable
28. Swap traditional shampoo, conditioner, hand liquid and shaving gel to bar options or refill options
29. Use plastic free deodorant
30. 'If its yellow let it mellow, if its brown flush it down'
31. Get your free water saving kit from your local water company
32. Use the half flush function on toilets
33. Shower every 36/48 hours instead of daily
34. Use a sustainable sanitary option and join our 'Eco Essex Sustainable Sanitary wear' group to find out more
35. Eco dental items including toothpaste, brush and floss
36. Use vegan / plastic free / refillable make up
37. Use a hanky instead of a tissue
38. Use reusable face wipes instead of disposable cotton wool or face wipes
39. Use cold water to wash hands to avoid boiler / gas usage
40. Recycled or bamboo toilet roll

Family & pets

41. Use cloth nappies including reusable wipes and storing in a wet bag
42. Invest in breast feeding knowledge and support others to have a successful breast feeding journey
43. Wipeable baby bibs rather than material ones that need more washing
44. Invest in sustainably made or pre loved toys
45. Tinned pet food rather than pouches but if using pouches then recycle them with Terracycle

46. Buy loved ones ethical, sustainable presents or toy rotation subscription for their special occasions
47. Read books to your children about the environment and give these books as gifts
48. Family planning / population management

Cleaning

49. Use eco cleaning products such as white vinegar or citric acid instead of high chemical / bleach use
50. Keep appliances clean / clean filters to increase efficiency and longevity
51. Find alternative laundry detergent such as refill option, biodegradable powder, soap nuts etc.
52. Reduce spin on washing machine and tumble dryer usage and do more natural air drying

Electric / power / devices

53. Use dishwashers, washing machines etc on 'eco' settings...
54. Use central heating mindfully, put on an extra layer of clothing first
55. Only charge devices for as long as necessary / put them on a timer / not overnight
56. Hang washing up on hangers to dry and reduce creases and this helps reduce need to iron clothes!
57. Turn devices off when not being used or looked at i.e. airplane mode when phone on charge or off when you're asleep to preserve battery
58. Get rechargeable batteries
59. LED lights
60. Delete unused apps / documents / emails / music from devices to save energy on their storage
61. Electric / hybrid car or walk / bike / public transport
62. Switch to a renewable energy company
63. Resist upgrading devices until needed and consider buying a refurbished or the most ethical Fairphone
64. Use Ecosia search engine when browsing on devices as more clicks = more donations for planting trees!
65. When shopping online use Giveasyoulive who donates a % to your chosen charity at no cost to the consumer!

Garden

66. Home compost
67. Encourage bees by planting flowers
68. Avoid use of chemicals such as weed killers and slug repellents
69. Avoid use of sprinklers / hoses
70. Give insects a home i.e. leaves / long grass / log or an 'bug hotel'
71. Use 'grey' water on garden (especially if no chemical products used)
72. Install a water butt (or two)
73. Natural grass garden rather than patio / decking /artificial

Clothes

74. Buy second hand clothing
75. Refuse hangers when buying new
76. Borrow an outfit off a friend for a one off / special occasion
77. Only wash clothes when they 'need' washing i.e. sponge off minor stains or just iron if creased
78. Buy natural materials which don't contain micro plastics like synthetics do and ideally opt for organic if buying cotton
79. Repair clothes instead of binning or replacing them
80. Find out how ethical your clothing retailers are i.e. considering working conditions, pay, production pollution etc.

Community / Industry

81. Litter picking volunteering
82. Write to your local council / councillor re: environmental concerns
83. Use your right to vote for politicians who prioritise environmental issues
84. Volunteer as a 'Waste Buster' or similar with your local council
85. Discuss eco issues with everyone – increase awareness
86. Discuss with your local school / nursery / workplace could be doing more to improve their carbon footprint
87. Support small, local businesses
88. Car share
89. Share relevant articles / petitions on social media an
90. Suggest / offer / request others to be a Terracycle collection point
91. Encourage canteens to have vegan / vegetarian options

92. Suggest your local library/school stocks relevant environmental books about climate change so we can educate our children
93. Email customer services of businesses with your constructive eco feedback

Misc

94. Buying second hand everything - join freebay / marketplace / second hand sites i.e. Eco Essex Rehome, Reuse & Repurpose
95. Use up everything before you buy a replacement i.e. food, those miniature hotel toiletries etc.
96. Know your companies! Is your bank ethical or is your money being used to finance fossil fuels for example.
97. Live a minimalist life / think 'do I need this' before you buy anything
98. Hire party crockery / cutlery instead of throwaway stuff
99. Complete an online free environmental course

