

# Switch off & Save

## Don't leave appliances on standby

*Think about using timers so that appliances aren't left on standby for too long.*

## Do fewer loads of laundry

*Only wash full loads of dishes or laundry.*

## Tea for one

*Only fill up the kettle with as much water as you need to reduce energy consumption*

## Put your system boiler on a timer

*Leaving the central heating on all day means that your boiler has to constantly burn gas to regulate temperature .*

## Wear a jumper

*Every degree that you reduce your thermostat could save you £80/year.*

## Make the most out of the heating

*Make sure that your radiators aren't blocked by curtains or furniture.*

## Leave enough defrosting time

*Defrosting food in advance typically halves the cooking time and means that you don't need to use the energy of a microwave to defrost more quickly.*

## Use the right size pan

*Always use a pan which is the right size for the amount of food you are cooking - this means you won't waste energy while heating a bigger surface area than you need.*

## Set your washing machine to 30-40°C

*90% of a washing machine's energy expenditure is spent heating the water.*



# Waste Less, Worry Less

## **Shop smart**

*Plan your meals in advance so that you don't buy excess food. Try to be realistic about what you'll eat!*

## **Store food correctly**

*Not all foods survive best in the fridge. Bread should be kept in a cool dark place like a bread bin or cupboard. Bananas, cantaloupe melons, pineapples, potatoes and onions should all be kept at room temperature.*

## **Check your fridge temperature**

*It should be between 0-5C. Food will go off much quicker if it's warmer.*

## **Measure your portions**

*Reduce waste by cooking only the amount you need.*

## **Don't be a perfectionist**

*Consumer demand for flawless pieces of fruit and veg has led to major grocery chains to only buy "perfect" produce- meaning lots of good food goes to waste! Look out for brands such as Morrisons that have started selling "ugly" fruit at a cheaper price.*

## **Use helpful apps**

*OLIO- Allows you to share your potentially wasted food with people nearby, and vice versa.*

*Too Good To Go- This helps businesses get rid of their excess at the end of the day. You can bag full meals for up to a 70% discount and all you have to do is download the app and select a pick-up slot!*



# Green is the New Black

## Will you wear it 30 times?

*Before you buy new clothing, ask yourself "will i wear this a minimum of 30 times?" if the answer is no, don't buy it, only buy clothes you love!*



## Charity shops and clothes swaps

*You can save loads of money buy simply buying your clothes second hand or vintage- and look out for local clothes swaps on social media!*

## Don't shop fast fashion

*Even if you promise yourself that you will donate your new item at a later date, you're still contributing to the disposable clothing trend- part of the reason why 73% of all 53 million tonnes of clothes and textiles are burnt or sent to landfill every year!*

## Check the labels

*Look out for recycled materials or organic linen hemp or cotton!*

## Find your style

*Instead of following fast fashion trends, try and find a style that you'll wear for years to come- this could mean investing in some classic designs that you know you'll be able to wear for a long time!*

