

Ready to **RENT**



ENERGY AND THE ENVIRONMENT **AN ECO-FRIENDLY HOME GUIDE**

THE KITCHEN

Don't use plastic food bags or cling film. Tupperware (*bonus points if its glass*) can keep food fresh and is reusable.

If you need to wrap something up, you can buy bees wax wraps which are eco-friendly and wipe clean! A more cost effective option is aluminium foil, as it can be recycled so long as it isn't too dirty.

Save empty containers as they can be refilled at your local eco/ bulk shop, or used for leftovers.

Buy a good reusable dishcloth instead of sponges, as cloths can be washed.

Kitchen roll is not a necessity- save the trees!

Try to buy veg from a local market- its often wrapped in less plastic and is from a more local area.

Recycle! A lot of food packaging can be recycled and even if the plastic top can't be, the container often can. Look on the packaging to see if it can be.

Always cut your ring pulls and the plastic from your 4 pack! Otherwise these can get caught up and injure wildlife.

Try to compost your fruit and veg scraps, this helps reduce the amount of methane produced, as when food scraps go to landfill they decompose and produce methane (*this also happens if you put dirty food containers in the bin to go to landfill*).

If you can't get on with the taste of tap water, consider buying a water filter instead of plastic bottled water (*and on that note, instead of plastic water bottles, invest in a reusable one - it's a good investment which will end up working out cheaper in the long run*).

Metal straws and reusable travel cups are your best friend!
(*plus many coffee shops will give you a discount if you bring your own cup*)

Cook smart – if you can, reduce meat consumption, reuse coffee pods, and only open the oven door for short periods of time. Batch cooking meals can help cut down on energy costs.

THE BATHROOM

Instead of buying toiletries in plastic bottles, invest in some glass ones (*or reuse an old plastic one!*) and get them from your local eco shop. Alternatively buy them in bulk and decant into smaller bottles.

Instead of buying liquid hand soap, use a bar of soap - you can also get shampoo and conditioner bars!

Diffusers are a great alternative to an air freshener spray, they look good, are often made of glass and can be refilled. Plus the sticks can be recycled.

Consider buying toilet paper online, some companies sell toilet paper online in bulk, which is often wrapped in paper not plastic! – This company also does 100% recycled toilet paper:

uk.whogivesacrap.org

Switch to a bamboo toothbrush - just remember to pull out the bristle before you recycle it

Instead of buying cleaning wipes, switch to a cloth and bottle of cleaner - just don't get your dishcloth and cleaning cloth confused!

If you wear makeup, consider investing in reusable cotton pads or a makeup removing cloth in place of makeup reusing wipes and cotton rounds.

Only toilet roll down the toilet! You may be tempted to throw a cotton pad, cotton bud, sanitary item or wipe down there, but they often end up in oceans due to the fact they don't dissolve. Be careful with 'flushable' wipes as they can have the same problem.

You can buy eco-friendly sanitary products that will decompose in landfill or invest in a reusable option such as a mooncup. This will help reduce the chance of sanitary items ending up in the oceans.

A fun eco-friendly self-care tip: You can make 'pamper products' like body scrubs at home. Its often cheaper and you can customise them to suit you.

Make your own eco-friendly cleaning products! You can find some great recipes here:

friendsoftheearth.uk/lifestyle/homemade-cleaning-products-5-fantastic-recipes

LIVING

Buy or make your own reusable mask, and if you are using a single use mask, cut the straps after use.

You can do the same thing with laundry soap that you can do with toiletries! Buy in bulk or from your local eco store to avoid excess plastic bottles.

Before immediately turning the heating up when it gets chilly, consider popping on a jumper or grabbing a cosy blanket.

Switch wall outlets off when not in use.

Switch lights off when leaving the room and choose natural light over electric where possible.

Put up a no junk mail sign on the front door - this will limit the amount of paper waste and be less annoying for you!

Remember to take reusable shopping bags when you do a food shop or leave them in your bag/car so you can't forget (*we've all forgotten them at least once before!*).

If you can, get rid of your printer! This will make you only print the things you absolutely need.

Add plants to your house, not only are they a fab mood booster, they also help the environment.

Borrow your textbooks instead of buying them where possible - the University Library has many of the textbooks needed for courses.

If you have a bedside lamp, use an LED light bulb if the appliance is compatible.

Use eco-friendly cleaning products – most are 100% natural and do not contain any toxic elements.

If where you are going is in walking distance then walk instead of driving or bring a bike!

Consider buying clothes and other items from a local charity or on second hand websites such as depop (www.depop.com).

If you have clothes you don't wear anymore, consider taking them to charity or selling them on depop, not only does this help others but it stops them ending up in landfill!

Grow some of your own veggies if you can.

Turn down the temperature in the laundry to do an eco wash.

If you have house plants, put a bucket outside and collect rainwater to water them rather than using clean tap water.

Don't just throw something away if its broken, either fix it, donate to a local charity/ thrift shop, or see if someone else can put it to good use by putting it on facebook marketplace.