

Top tips for sustainable living from our Global Goals Champions



Plan ahead. When shopping, make sure you have all you need for a few days, so that you are not tempted to buy convenience food and drinks in lots of plastic packaging. Also, make sure you always have a reusable bag to hand.



Use energy efficient light bulbs in your home and if you can, try and buy your energy from providers that prefer renewable sources. There are now more green energy companies than ever.

Try and walk or cycle whenever you can for local journeys, or use public transport. If you must use a car, try and lift share with others.



Go paperless. Send information electronically and store documents on devices rather than printing them out. This saves both paper and ink.

Make sure you compost all green waste. If there is no compost bin, take your waste home and dispose of it there, in your own compost bin.



Instead of single-use plastic water bottles, you could use a metal bottles that keeps the temperature of your drink.



Examples of refills available in local hardware stores:

- Washing powder
- Fabric conditioner
- Washing up liquid
- Household cleaner

Just take along your empty bottles and refill them!

Consider using wax food wraps. They are environmentally friendly and reusable. You can make them yourself as very little cost.

