

Get INVOLVED!

A small change can have a great impact

What can we do to make a difference and start our journey to helping the planet?
Check out the following list of activities. How many are part of your everyday life?
Remember change can be difficult, take it one step at a time.

1 Save water

Sing your favourite song in the shower, when you're done get out and remember to turn off the tap when you're brushing your teeth.

Benefit?

Water isn't infinite. Being careful with our water consumption can save a lot of money and create a greener mindset.

2 Say goodbye to single-use-plastics

Up to 50% of the plastic created is for single use*. Buying reusable bags and bottles is a great start to reducing waste.

Benefit?

We need oil to make plastic. Stopping this will save resources and reduce plastic waste.

*Source: www.techdump.org/importance-of-cell-phone-recycling/

3 Food consumption

Between 8-10% of the world's greenhouse gasses come from food waste*. This also wastes money and resources. Remember, buy what you need, eat what you buy, share your excess food and always use your leftovers.

Benefit?

Buying what you need and eating what you buy will save you lots of money, give you creative kitchen ideas and help the planet.

*Source: <https://www.unep.org/resources/report/unep-food-waste-index-report-2021>

4 Switch to energy-saving devices

One of the easiest ways to help the planet is to think about your electricity consumption. When you're replacing items go eco.

Benefit?

Rechargeable batteries, energy saving light bulbs and energy efficient machines all help save money and energy.

5 Switch off

Heating and energy are a big part of our carbon footprint. Simply switch off and unplug your electronics when you're not using them.

Benefit?

We can reduce our carbon footprint and our energy bills with one simple click.

6 Stop littering

Do you really need to drop that litter? It is estimated that over 100,000 sea mammals die a year thanks to marine litter*. Put it in your pocket until you find a bin.

Benefit?

Parks, oceans and landscapes across the world will be cleaner and safer places to be.

*Source: <https://www.wwf.org.au/news/blogs/plastic-in-our-oceans-is-killing-marine-mammals>

7 Shop wisely

Be a mindful consumer. Buy what you really need, not just what you want.

Benefit?

Save money and the planet at the same time. Everyone's a winner.

8 Follow the R's of sustainability

Refuse single use, *Reduce* consumption, *Reuse* everything, *Repair* before you replace, and *Recycle* as the last option.

Benefit?

Reducing consumption will dramatically reduce our carbon footprint.

