



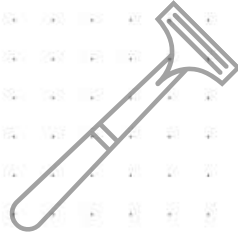
our zero waste journey



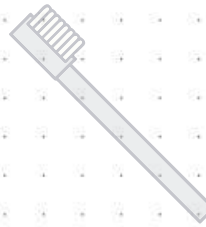
choose your targets from here or make your own...



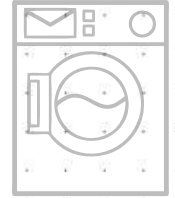
switch to a reusable razor



choose a bamboo toothbrush



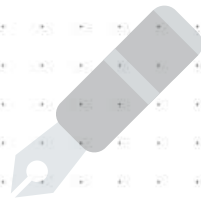
use washable face wipes



choose reusable sanitary ware



use refillable pen



try no poo



use a shampoo bar or refillable bottle



switch to a soap bar



find a zero waste deodorant



use a bidet or wipes
One toilet roll uses 37 gallons of water. In comparison an average bidet uses only 1/8th of a gallon per use!

diffuse sustainable essential oils instead of air freshener



use a tea towel instead of paper towels



switch to washable napkins



stop using cling film



stop using foil



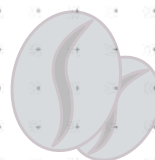
compost scraps



reduce coffee intake



use reusable coffee filters



plant a fruit tree





our zero waste journey



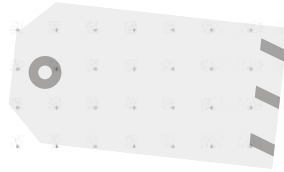
buy a refurbished or freephone



refuse publicity mail



give preloved or diy gifts



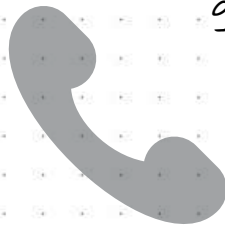
use reusable or recyclable gift wrap



wait 30 days before buying!



call or donate instead of card giving



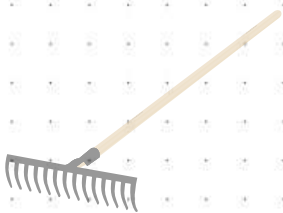
use washable nappies



stop using wet wipes



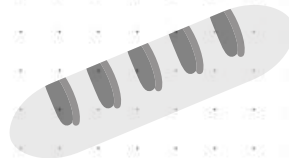
plant a garden



plant trees



buy bread from the bakery



meal plan to avoid waste



choose zero waste snacks



stop drinking bottled drinks



set thermostat a few degrees lower



use grey water for garden or flushing toilet



install a water butt



switch to natural cleaners



teach my kids to love and care for the planet



spread the zero waste message





our zero waste journey



choose preloved clothes



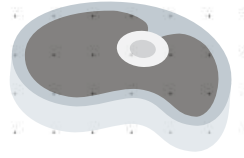
choose ethical clothes



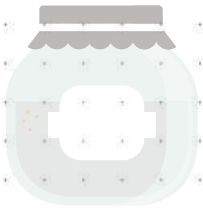
support a local farmer



reduce meat intake



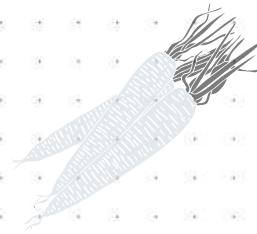
refill jars



buy in bulk



buy loose and local



pack a picnic



takeaways with my own packaging



refuse single use cups and bottles



unsubscribe to emails



Emails with a large attachment can have a footprint equivalent to 50grams of carbon dioxide

source milk in returnable glass bottles

