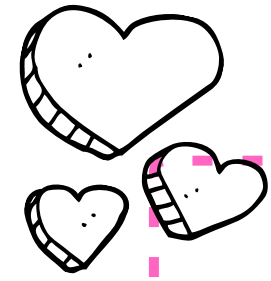


"The Earth is what we all have in common."

- Wendell Berry



This fact sheet outlines 9 eco-friendly habits that can be included in your everyday life.

Being eco-friendly means developing a lifestyle that is kinder to the Earth, so see which habits you're able to incorporate if you'd like to be more eco-friendly.

## Eat More Plants

Replacing meat and fish in your diet with plant-based proteins such as beans, lentils, soya, tofu and seitan is the single most effective way to reduce your ecological footprint.

If you're a meat-lover you don't have to be fully plant-based, but replacing one or two meaty meals with plants can make a huge difference.

## Spread Less Litter

Littering is an easy bad habit to break.

Instead of throwing your rubbish on the floor, be respectful to the Earth you live on and find a bin to get rid of waste.

If you're a super eco-friendly Earth inhabitant, you could even help pick up litter at your local park or in your neighbourhood.

## Walk or Cycle

Whenever possible, walk or cycle to your destination or take public transport instead of driving to reduce your fossil fuel consumption and carbon emissions.

If you need to drive, there are many vehicles you can use that are low-emission or electric, reducing your contribution to climate change.

## Eat Seasonally

Eating seasonally means eating produce when they are in season in the area you live.

This can greatly reduce the eco-footprint of your diet, particularly if you're eating locally-grown produce. Try researching online when your favourite foods are in season and search for local produce at the supermarket.

## Recycle More

Even if it takes a little more time and effort, recycling your waste is an excellent way to improve your ecological impact. Rubbish sitting in land fill pollutes the land, seas and air, so try your best to opt for recycling instead.

You can even organise your bins to make recycling much quicker and easier.

## Buy Second Hand

Growing and manufacturing new products often requires large amounts of water, energy, materials and chemicals and can cause large amounts of pollution and deforestation.

If possible, try to buy second-hand items such as vintage or pre-loved clothes, furniture, kitchenware or tech. It costs less money too!

## Buy Organic

Organic food is grown without the use of pesticides and other nasty chemicals that are harmful to the Earth and its inhabitants.

Whenever possible, try to buy organic produce to reduce your consumption of harmful chemicals and encourage food producers to use more healthy and natural growing methods.

## Reduce Plastic

Plastic has an awful impact on the environment: it needs dirty fossil fuels to be made, it pollutes the oceans and kills sea life.

Plastic is very difficult to recycle, so try to reduce your use of plastic by carrying a reusable water bottle and buying produce that isn't wrapped in unnecessary plastic packaging.

## Use Natural Products

Did you know that many common household cleaning and personal hygiene products contain chemicals that are harmful to the Earth?

There are lots of natural products you can use to clean instead, which can be made or bought. Making your own products is also a great way to reduce your plastic consumption.



Without the Earth and its diverse range of plants and animals, humans would not be able to exist.

With so many pressing environmental issues threatening people around the globe, it's more important than ever that we all take responsibility for our ecological footprints and reduce our impact on the Earth.

