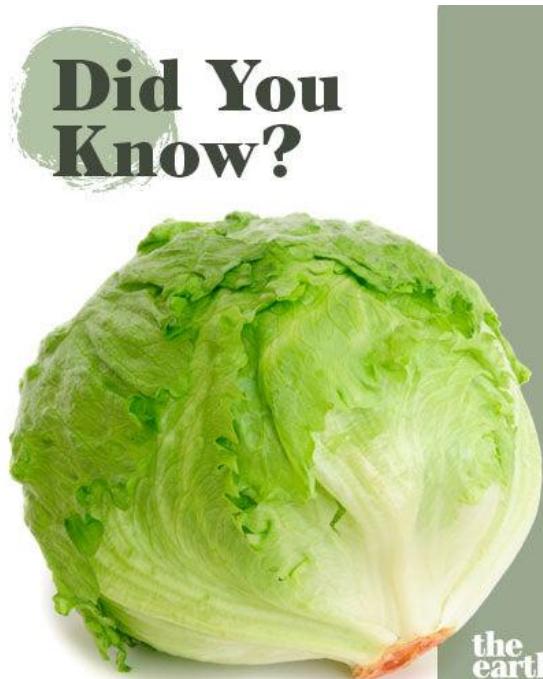


Step Into Green!

Let's become a greener team and think about some simple swaps that we can make at home. Here are some ideas and we would love you to report back (reminder in your diary) once a month and let us know what swaps you have made. Why not include your family and get everyone onboard. Also let us know of any others the team may like to try 😊

- Swap plastic straws to easy to clean stainless steel straws – did you know in the UK alone we use 8.5 billion plastic straws a year!
- Swap paper napkins with cloth napkins
- Swap to-go coffee cups with reusable coffee mugs – did you know we dispose of 2.5 million cups annually
- Swap plastic wrap with silicone bowl covers
- Check the contents of your fridge and pantry before you shop
- Make a grocery list and stick to it
- Consider getting a chart in your kitchen to remind you of foods in season and try and stick to using those – it will taste much better too!
- April seasonal veg ideas: asparagus, leafy greens, root vegetables like carrots and beetroot
- Freeze left overs e.g. bananas that are going over are ideal to freeze ready for a cake!
- Ditch plastic water bottles – did you know that in the UK we use 7.7 billion a year!
- Swap liquid soap for bars
- Avoid using disposable wipes
- Switch fabric softener for dryer balls and it will also save you money!
- Stop and think before you copy everyone on an email – do we really need to?

Food for thought:



Did You Know?



Did you know that it takes up to

25 years

for a head of lettuce to decompose in a landfill?

When our organic waste gets dumped in a landfill, it breaks down anaerobically and releases methane, a gas that is

80x more

powerful than carbon dioxide.

the earthling co.

The background of the box has a subtle diagonal hatching pattern.