



## PRACTICAL THINGS YOU CAN DO TO LIVE MORE SUSTAINABLY

### Free sources where to get free stuff

- **Nextdoor** A hyperlocal app where you can swap and source goods for free from neighbours, as well as buy things. <https://nextdoor.co.uk>
- **Freecycle** As its name suggests, it's all for free and you can post items you're looking for, too. [www.freecycle.org](http://www.freecycle.org)
- **Facebook Marketplace** Pick up everything from wardrobe to clothes.
- **Olio** What started as an app to share food has moved into everything else. [www.olioex.com](http://www.olioex.com)
- **Freegle** Similar to Freecycle, a volunteer-run platform where you pop in your location and see what is being offered locally. [www.ilovefreegle.org](http://www.ilovefreegle.org)
- **Trash Nothing** Another website and app with people giving away unwanted products to others living in their community. <https://trashnothing.com>
- **Skips** Technically the items still belong to someone, so knock on the door and ask before taking anything.

### How to reduce single use plastic in our homes

- Don't buy water in bottles. Use a reusable bottle when out. Have a water filter to improve taste.
- Get rid plastic milk bottles. Try Milk and More- milk in glass bottles
- Use soap not shower gel.
- Buy things in glass containers rather than plastic or use refillable containers
- Stop / reduce cling film use. Cover things with saucers, pan lids etc.  
Make beeswax wraps. <https://www.goodhousekeeping.com/home/craft-ideas/g25642328/diy-beeswax-reusable-wraps/>
- "Lush" for solid shampoo, face & body cream. They also take back their empty containers to reuse, as do "Body Shop".
- "Planet Organic" at Ealing Broadway has some refillable cleaning products & "loose" groceries.

- “The Source” (plastic free shop) 24 Turnham Green Terrace Chiswick
- Check out SMOL for dishwasher tablets & clothes wash products.
- Using “old fashioned” remedies for cleaning e.g., bicarbonate of soda and white vinegar in the loo.
- Buying loose fruit & veg rather than in plastic bags
- Make soup rather than buying in plastic containers

## **Other Great Ideas**

- Set heating lower, wear a jumper, use blankets if sat still to keep warm.
- Walk, cycle, bus wherever possible
- Recycle. Thin plastics (like bread bags) can now be recycled at many supermarkets including local co-ops
- Buy second hand items (Good quality second-hand clothes <https://onlineshop.oxfam.org.uk>)
- Eat less meat, especially beef
- Buy items that are not wrapped or canned if possible.
- Use up left-over food, don't bin it!
- Cold water clothes washing
- Shower less often, reduce time in the shower
- Shop locally & seasonally
- Make your own snacks rather than buying wrapped products
- Insulate the loft – check yours meets latest standards. Grants may be available. ([www.Ealing.gov.uk/info/201100/energy\\_offers\\_and\\_grants/1808/insulation/1](http://www.Ealing.gov.uk/info/201100/energy_offers_and_grants/1808/insulation/1))<https://energy-saving-trust.org.uk/advice/roof-and-loft-insulation>
- For a huge range of second-hand books with free postage <https://www.worldofbooks.com>
- <https://www.ethicalconsumer.org/60-actions-help-tackle-climate-change>