



# March 2025

Your Guide to Eco-Friendly Living – some ideas from [www.greenenergy.co.uk](http://www.greenenergy.co.uk)

Every step you take towards environmentally friendly living is one that helps the world. If you're just starting out and want some sustainable living ideas then here are some easy ones to get you started:

## Turn it off

Energy conservation is one of the most important things you can do to reduce your carbon footprint. Leaving your electricals on standby uses unnecessary energy – turn them off at the wall when you've finished using them, and you could see your bill going down.

## Adopt an eco-friendly diet

Being careful what you eat is at the heart of being more environmentally friendly. Cutting down on the amount of meat you eat can have a huge impact. Not having red meat and eating a more plant-based diet – even if it's just for two or three days a week will help reduce your carbon footprint.



## Don't waste food

Waste not, want not. Tonnes of food is wasted in the UK every year? That's a huge waste of food and money, adding to the amount of CO<sub>2</sub> and methane being created in landfills. An easy way to be eco-friendly in the kitchen is to freeze leftover portions and eat food that is due to go out of date first.

## Compost



If your food has gone too far beyond its 'best by' date then you could compost it rather than putting it in the bin. Not only will this help create a natural fertiliser and keep your garden green, it'll also reduce the amount of waste going to landfill. If you can't compost at home, our local authority collects food waste alongside other recycling. Make sure to only compost organic waste.

## Recycle everything

You can recycle almost everything, from batteries to paper to crisp packets to cars. Before you throw it away, take a minute to find out if you could recycle it instead.



## Try to cut out plastic

Plastic seems to have found its way into every single aspect of our lives. Avoid plastic by taking a canvas bag with you when you go shopping, buy your fruit and veg loose and stop buying bottled water and fizzy drinks.

## Have your food shop delivered

Home delivery is like the public transport of groceries. Instead of having 20 odd cars make their way to the supermarket – one van drives around

delivering to everyone in the area. Additionally, it means you're less likely to impulse buy which can help to reduce any waste food.

## Use your microwave

You'd be surprised by how much more energy efficient microwaves are or if you are regularly cooking small batches, you could get an air fryer.

## Buy local

From clothes to food, the closer to home these products are made and bought, the less carbon is created with their transportation. You'll be supporting the local economy which means that in time you'll likely have even more local items to choose from.



## Grow your own



Growing your own vegetables isn't just a good way to save money, it's also a great way to cut down your carbon footprint and be environmentally friendly. Don't have any outside space? Windowsill boxes are a great way to brighten up your view, filter the air coming into your home and offer plenty of space for herbs and small vegetable patches.

Another thing you could do is plant more native trees to replace those that have been felled and to improve air quality. This could be done by donating to a tree planting scheme, such as to the [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)