

EDI Earth Defenders Institute

Tips to improve your Green Impact

General Home

- Unplug or switch off appliances you aren't using
- Take used batteries to Aldi or council collection points
- Share plant cuttings or propagate your favourites

Shopping

- Find a bulk foods store in your area and buy your basics without all the packaging ([The Source](#) , [Naked Foods](#))
- Keep canvas/reusable shopping bags ready in you car/bike bag
- Invest in net produce bags (or use a sneaky mushroom bag for loose produce)
- Walk, ride or catch public transport to the shops – for big shops, combine your trip with other errands to reduce car journeys
- Repair clothes and shoes, swap unwanted items with friends or donate to charity

Bathroom & Laundry

- Choose a responsibly sourced toilet paper
- Line dry your washing
- Switch to sustainable and zero-waste personal care products ([Flora and Fauna](#) , [Seed & Sprout](#))
- Try alternative cleaning products like a bicarb soda and vinegar solution, or choose eco friendly brands e.g. Thank You, Earth Choice, Eco Store

Kitchen

- Instead of clingfilm and foil, use beeswax wraps, jars and tupperware to keep food fresh.
- Invest in silicone baking mats to replace baking paper
- Switch to compostable bin liners
- Reduce food waste by planning your meals and [getting creative with leftovers](#)
- Consider eating meat free at least one day a week ([Meat Free Monday](#))
- Start composting or join [ShareWaste](#) to share your food scraps with a composter nearby or start a worm farm
- Collect your soft plastics & drop at [Redcycle](#) supermarket collection points

