

LIVE MORE SUSTAINABLY

Turning on the tap, shopping for the latest accessory, signing up to a subscription. We might not realise it, but our habits can really impact our bank balance, and the environment. If we know the facts, we can make better choices for ourselves and the rest of the world.

PLASTIC IS NOT FANTASTIC

**7.7+
BILLION**
PLASTIC BOTTLES
ARE USED IN THE
UK EACH YEAR

This means the average person is using 150 bottles a year. And most are just thrown out, ending up in our oceans and landfill - taking 450 years to decompose!

**REFILLABLE
BOTTLES
SAVE MONEY
AND REDUCE
PLASTIC WASTE**

BREAD IN THE BIN

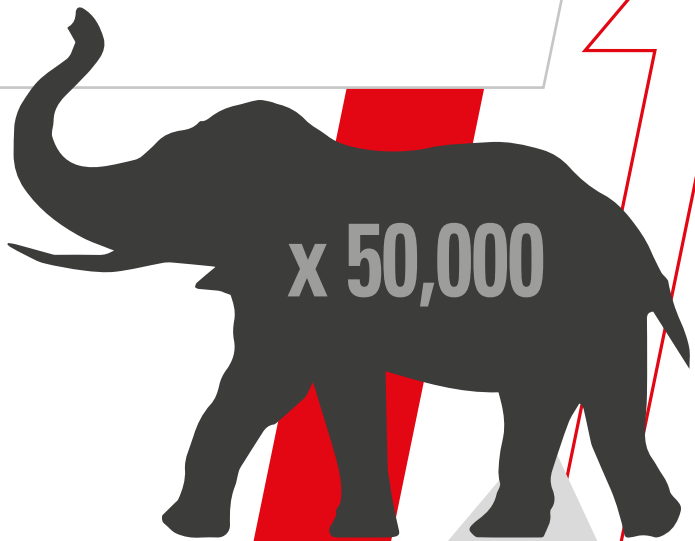
**OVER 240 MILLION SLICES
OF BREAD ARE CHUCKED
AWAY EVERY YEAR IN THE UK**

That's more than 13 million loaves! If you don't think you're going to use a whole loaf before it goes off, don't just throw it out and buy another, pop it in the freezer. You can put frozen bread straight into the toaster as well for top notch toast.



**350,000 TONNES OF CLOTHING
GOES INTO LANDFILLS EVERY YEAR**

That's the same weight as 50,000 well-dressed elephants. So before you toss your next top think: can you sell it? Or maybe donate it? By buying less, buying 'pre-loved' or 'vintage', and choosing brands with sustainable practices we can make a big difference.



WATER DOWN THE DRAIN

**ABOUT 2 GALLONS
OF WATER FLOW FROM
A TAP EACH MINUTE**

The recommended tooth brushing time is 2 mins, so if you're the kind of person who leaves the tap running when you brush your teeth, that's 4 gallons of water gone. For no reason at all.

Turn the tap off when you can, and not only will you save water but you'll also save money on your water bill.



USING A PAN SMALLER
THAN YOUR BURNER WASTES
**AROUND 40%
OF THE HEAT**



A LOAD OF HOT AIR

You can cook up a storm in the kitchen - but you don't need to waste energy whilst you're at it. Keeping lids on your pans can help to keep the heat in. Your gas and electricity bill will thank you, as well as the environment.