

1. Remember to bring your own shopping bags. So you don't forget leave some in the hall, the car, your handbag, at work etc
2. Stop buying cling film and sandwich/freezer bags. If possible put things in a reusable container. As a last resort use tinfoil. Tinfoil can be recycled over and over again.
3. Stop using hand wash that comes in plastic containers and use a bar of soap instead. There are antibacterial soap bars available too. (Soap bars last for ages and are much less expensive.)
4. 2.5 billion coffee cups are thrown away in the UK every year and only 0.25% are recycled. Bring a reusable cup if you are getting take away coffee or sit-in and have it in a proper china cup.
5. Ditch the plastic and stop buying bottled water. Get a reusable water bottle. Tap water is subject to a lot more tests than bottled water, meaning the standards of drinking water in the UK are very high.
6. If you can try not to buy packaged fruit and veg. More and more supermarkets are selling loose fruit and veg now which avoids the pointless plastic packaging and means you buy only what you need.
7. Save the trees and buy recycled toilet roll and kitchen roll (available in Tesco, Sainsburys etc).
8. Cut down on red meat. Giving up red meat would have a bigger impact than giving up your car! Chicken or pork have a much smaller carbon footprint or you could try going vegetarian (even just one day a week).
9. Reduce the amount you travel by car. Instead walk/cycle/bus/train/car share (even just for some journeys). A reduction of 15,000 to 10,000 miles a year would save a tonne of carbon!
10. Plastic toothbrushes take over 400 years to decompose. Swap your plastic toothbrush for a wooden toothbrush.
11. Most washing up liquids (such as Fairy Liquid) are damaging to the environment (poisonous to fish etc). Make the switch to an eco-friendly washing up liquid like Ecover or supermarket own brand eco washing up liquid.
12. When doing your grocery shopping look for products that come in a glass or aluminium container rather than plastic or tetrapaks. Some examples are mayonnaise, honey, olive oil, custard, chopped tomatoes etc.
13. Play your part in reducing our reliance on fossil fuels and switch to a renewable energy provider (e.g. Click Energy).
14. Single use batteries are bad news for the environment. Invest in rechargeable batteries which have 28 times less impact on global warming, conserve resources and can be used 100s of times which will save you money in the long run.
15. Switch to energy efficient light bulbs. Over 12 years one bulb could save you £120 of electricity. Consider how many light bulbs you have in your house and you get the picture!
16. Look at where you bank/invest your money. Do they invest in fossil fuels? Switch to an ethical bank like (e.g Triodos).
17. The fashion industry is responsible for 10% of the world's carbon footprint and millions of tonnes of textile waste a year. Really consider whether you need what you are buying or could you make do with the clothes you have or buy second-hand?
18. Reduce your carbon footprint by taking fewer flights. If you travel for work meetings could you reduce this and have some meetings by conference call? Could you go short haul instead of long haul? Instead of lots of short breaks could you have fewer longer trips? Could you swap one of your trips for a 'staycation'?
19. Get broken items fixed at Repair Café Belfast. They run about once a month at different locations around Belfast. Volunteers will be there to fix clothing, electrical items, bikes, gardening equipment, furniture etc. It's free but they rely on donations.
20. Trees remove carbon from the air so you can help clean the air and fight climate change by something as simple as planting a tree (either a real one or get the Woodland Trust to plant one for you). Trees also play a part in absorbing water and preventing flooding.