

BIG GOALS, SMALL CHANGES:

Bringing the SDGs Home



UNA SCOTLAND

A Simple Guide to Sustainable Living





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“ Sustainable lifestyles attempt to reduce use of and impact upon the planet’s natural resources. The aim is to help society as a whole live within the capacity of nature, finding balance and synergy with human well-being. Central to this idea is the mindful use of resources without compromising future generations’ ability to enjoy the same. The practice and philosophy of ecological living is highly correlated with global aims for sustainable development.

”



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INTRODUCTION

Whether you have just been introduced to the idea of sustainable living or have been trying to make your lifestyle more sustainable for a while now, this guide will be a great resource for you!

If you're just starting out, you can find all of the basics right here and use our resource bank to find out more about topics that interest you. If you're a seasoned environmentalist, have a look through and perhaps you'll find something you've never considered before or get even more ideas to improve your lifestyle.

Where to Start?

From turning off the light in your kitchen to taking a shorter shower, it can often be difficult to imagine just how much your daily actions affect the environment in the bigger picture. A great way to start is to gain more awareness of your consumption in daily life through a few online tools:

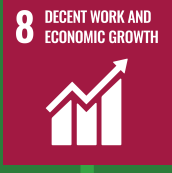
- [Pawprint.eco](#) helps you to measure your impact in terms of home, travel, diet and more and provides you with a personalised set of challenges.
- [United Nations Carbon Footprint Calculator](#): Take a quick quiz to find out how your daily decisions add up and learn how you can address your own carbon footprint.
- [WWF-UK Footprint Calculator](#): Alternatively, the WWF-UK has a similar program.
- [Thames Water Water-saving Calculator](#): Similar to the last two, but with water as well as the energy consumed at the same time as water-related household activities. This quiz also gives you instant feedback on things you can do to decrease your water consumption!

What Next?

So you've taken the questionnaires and have a new perspective on your own lifestyle. Next, go through the guide and learn all the different ways you can make changes to your life to better our planet. It may be overwhelming at first because there is a never-ending list of to-do's, but all it takes is the first small change for you to begin your journey. Do what you can, feel good about it, and be inspired to take it further.

This guide is your toolkit to help you make small changes that are part of making a big difference.

Regardless of whether you become a tiny home vegan, there is no right or wrong. Sustainable living is different for everybody - you just have to find out what it means for you. Never forget: every act counts!



MONEY

Spending Money

- ✓ **Spend your money with businesses that contribute to a better planet** and society and whose values align with yours!
- ✓ **Opt for a green mortgage** and save money by reducing your home's overall energy usage and energy bills.
 - [Saffron Building Society](#) has a retro fit mortgage offerings.
 - [Barclays](#) offers lower mortgage rates if the home meets certain energy efficiency levels.
- ✓ **Switch to UK-based not-for-profit green broadband providers.**
- ✓ **Choose an energy provider or tariff that uses renewable energy sources.**
- ✓ **Consider ethical insurance to support environmental projects** across the UK with a percentage of your premium.

A green investment strategy involves not only focusing on financial returns but also on business practices. This mode of investing is often referred to as environmental, social and governance (ESG) and socially responsible investing (SRI).

Saving Money

- ✓ **Manage your money with banks** that put sustainability at the forefront of their practices.
 - [Gatehouse Bank](#) plants a tree for each new savings account.
 - [Triodos](#) invests in a range of companies that have a positive impact on the environment.
- ✓ **Choose the socially responsible investment options** with platforms like [Nutmeg](#) and [Wealthify](#).
- ✓ **Check out the UN Principles for Responsible Investment** for an array of resources and tools.
- ✓ **Save your money with the government's green savings bond** that lets you support environmental initiatives.
- ✓ **Open up an ethical ISA** that positively selects and invests your money in high ESG-rated companies.
 - ★ Environment, Social, Governance (ESG) are key impact criteria help to better determine the future financial performance of companies.
- ✓ **Before investing, check ESG scores on Fossil Free Funds** to select the most ethical and sustainable funds.

6 CLEAN WATER AND SANITATION



7 AFFORDABLE AND CLEAN ENERGY



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



home
HOME

Insulation & Energy

✓ **Buy rugs** to help retain heat inside and keep the thermostat low.

✓ **Consider** whether you need to put the heating on and instead put on extra layers.

✓ **Turn off the lights** more frequently and try to use natural light when possible.

product tips:

Replace incandescent lightbulbs with energy-saving Compact Fluorescent Lightbulbs (CFL) or Light Emitting Diode (LED) bulbs.

✓ **Draught proofing** windows, floors, doors and chimneys reduce energy waste and saves about £20 a year.

✓ **Consider investing in modern electricity-powered heating** (e.g. heat pumps and solar) for a more sustainable option.

→ Although electricity may be more expensive than gas, it can be [a more efficient option](#) to heat your home.



Renewing your home's heating with solar panels or heat pumps will make you eligible to retrieve government subsidies under the [Domestic Renewable Heat Incentive](#)

✓ Looking for new appliances? **Buy products with EU energy labels** that indicate energy efficiency.

✓ **Plug air leaks** in windows and doors to maintain energy efficiency inside.

✓ **Turn off the wall socket switches** when not in use, especially during holidays and days when no one is home.

OR Save electricity by plugging appliances into a power strip and turning them off completely when not in use.

OR Buy a [smart power strip](#) that automatically shuts down appliances such as TVs that go into standby mode.

✓ **Install a Smart Meter** to increase awareness of your energy usage.

✓ **Browse [The Switch](#)** to inform yourself about and switch to suppliers that invest in or generate renewable energy.

✓ **Consider investing** in solar power cells or a [Combined Heat and Power \(CHP\)](#) boiler unit.

→ A [CHP system](#) can reduce your energy costs by 20% and carbon emissions by around 30% every year



Check out [Home Energy Scotland](#) for more tips to make your home green while reducing your bills.

The Kitchen

- ✓ **Don't rinse the dishes** before they go in the dishwasher.
- ✓ **Defrost your fridge and freezer** regularly to stop ice from building up.
- ✓ **Use a pan that is the correct size for the hob** to ensure energy efficiency.
- ✓ **Load and unload your fridge** as quickly as possible.
- ✓ **Only fill the kettle with as much water as you need** and boil it once—don't get distracted!
- ✓ **Only use as much water as needed** to cover the food in the pan when boiling.

Renovating your kitchen? Choose:

- Plastic-free kitchen essentials
- Stainless steel and glass when possible
- Sustainable timber (FSC-certified) from companies such as Eco Flooring, Drummonds, Woodworks by Ted Todd.

- A small modelled dishwasher if there aren't many people in the house.
- Upcycled furniture and decor

★ Try to position your kitchen so your fridge and freezer aren't close to cookers or direct sunlight to increase energy efficiency.

The Laundry

Between 15-40% of your home's water and energy is used in the laundry, so some simple changes can make a big difference in your home's sustainability.

- ✓ **Wear clothes more than once** before washing them!
- ✓ **Fill your washing machine with a full load of clothes**, and don't forget to use eco-mode if you have it!
- ✓ **Avoid ironing** if possible and instead hang up the clothes immediately.
- ✓ **Wash in cold water** instead of hot—this decreases your energy use and has the same results.

★ Use laundry bags such as Guppyfriend to filter microplastics out before they pollute the ocean.

- ✓ **Hang clothes to dry** instead of using a dryer.

But don't put wet clothes on a radiator to dry, as it makes the boiler work harder than it needs to.

Replace:

- Plastic clothes pegs with stainless steel ones.
- Single-use dryer sheets with dryer balls.
- Conventional detergent with soap berries.

The Bathroom

- ✓ **Turn off the water** when you brush your teeth or shave.
 - ✓ **Put a bucket in the shower** while you wait for the water to heat up. Use the water later for watering plants, flushing the toilet, or cleaning.
- OR** Shower with colder water!
- ✓ **Invest in a shower monitor** to keep an eye on how much hot water you're using.

product tips:

Opt for...

- Organic cotton towels and dressing gowns, which are more sustainable, absorbent, and breathable.
- Organic cotton, bamboo or hemp shower curtains, which are durable and mildew-resistant.
- Try out other sustainable bathroom products, including brushes and face cloths, here.

- ✓ **Take shorter showers and less baths.**

Make a playlist of songs for the shower, so that when a song ends you know your time is up!

- ✓ If you shave with a wet razor, **put a stopper in the sink** and do not leave the water running!
- ✓ **“If it’s yellow, let it mellow. If it’s brown, flush it down.”**

- Reusable rags instead of disposable wipes.
- Recycled toilet paper.
- Refillable products from your local zero-waste shop.
- Non-toxic, natural cleaning products.

OR Take it one step further and make your own cleaning products at home!

Garden & Plants

- ✓ **Look for house plants that improve air quality.**
- ✓ **Purchase house plants from growers with eco-friendly practices**, such as Cellar Door Plants that partner with One Tree Planted that donates to reforestation projects.
- ✓ **Use peat-free compost.** Peatlands are important natural habitats for capture and long-term storage of carbon.
- ✓ **Use biodegradable or long-lasting containers**, and reuse plastic pots you already own.
- ✓ **Use landscaping that is adapted to the local environment** so there is no need for excessive watering.
- ✓ **Turn your garden into a wildflower meadow**, which will only have to be mowed once a year, and completely mitigates the need to fertilizers or pesticides.



FOOD & DRINK

food & drink

Buying food

“ Food and drink accounts for 20% of UK's CO2eq emissions and the sector produces 10 million tonnes of food waste annually. ”

One of the best things you can do to reduce the impact of your meals is to reduce your food waste! Love [Food Hate Waste Scotland](#) is a great place to start.

✓ Find your local zero-waste shops!

If there are none nearby, try [Loop](#), a new partnership with Tesco to deliver everything in containers that they will reuse!

✓ Buy from shops that have short supply chains and minimise waste while maintaining ethical practices.

😊 Choose:

- Produce that is in season, so that you aren't consuming goods that are shipped from the other side of the world.
 - ↳ In the off season, choose preserved foods that are canned, dried, or frozen
- Less meat (or go vegetarian or vegan!)
 - ↳ Start small with [Meatless Monday](#)
- Vegan dairy alternatives like nut or soy milk.
- Pasture-raised products, which are better for us, the animals, and the land.
- Sustainable seafood by following the [Good Fish Guide](#).
- Food certifications, which indicate sustainable and ethical practices.

✓ Plan your foodshop so that you are limiting the number of trips you take and taking advantage of your location.

For example, if you are going to a farmer's market, do the rest of your weekly shop in stores nearby.

✓ Opt for:

- Local produce and products that are in season.
- Minimally packaged foods and goods.



OR plant your own garden at home—no food miles, no packaging, no fossil fuels!

✓ Try meal kits! Although there may be more packaging, the reduction in food waste can make it more sustainable.

Here are some choices available in the UK.

☹️ Avoid:

- Highly processed foods: more steps in manufacturing + international ingredients = higher carbon footprint!
- Marketing tricks that get you to buy more food for a 'cheaper' price, leaving you with more than you can consume.

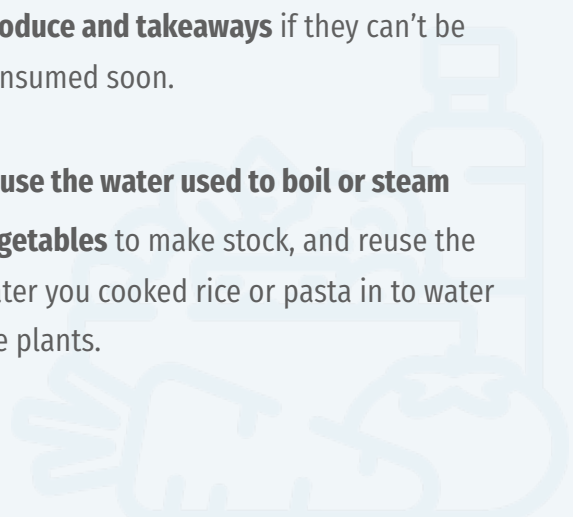


Making & Saving food

- ✓ **Avoid pre-heating the oven** unless a precise baking temperature is necessary.
- ✓ **Store your food properly** to maximise their lifespan and minimise potential rotten waste!
- ✓ **Make sure you use a compost bin** at home to recycle or compost the waste yourself.
- ✓ **Plan meals** so that you are left with minimal leftovers and waste.
- ✓ **Save food and money by freezing leftover produce and takeaways** if they can't be consumed soon.
- ✓ **Reuse the water used to boil or steam vegetables** to make stock, and reuse the water you cooked rice or pasta in to water the plants.

product tip:

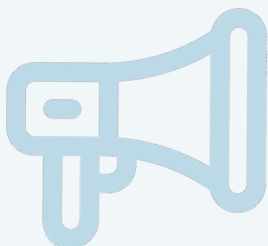
Swap plastic wrap or cling film with **reusable beeswax wraps**.



Eating Out & Takeaway

“ Seven million disposable coffee cups are thrown away each day in the UK. Most coffee cups are lined with plastic and are extremely difficult to recycle. ”

- ✓ **Choose restaurants** that apply the above rules for organic, sustainable, local foods!
- ✓ **Bring your own tupperware** for takeaways and leftovers.
- ✓ **If you are a regular customer, try to observe the practices of the restaurant.** Try to spend your money at places that encourage sustainable attitudes and changes.
- ✓ **Avoid using single-use cutlery** when eating out or getting takeaway by bringing your own reusable cutlery or by opting out of taking them from the restaurant.
- ✓ **Use reusable water bottles and coffee cups** —many shops offer a discount when you bring your own!



Ask restaurants and shops about their practices and let them know what you value. You have **POWER** as a **CONSUMER!**



3 GOOD HEALTH AND WELL-BEING



6 CLEAN WATER AND SANITATION



7 AFFORDABLE AND CLEAN ENERGY



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



14 LIFE BELOW WATER



15 LIFE ON LAND



PERSONAL CARE

personal care

Changing Your Habits

✓ **Take shorter, colder showers.**

✓ **Turn the water off** while brushing your teeth and shampooing your hair.

✓ **Air dry your hair** instead of using a blow dryer.

✓ **Recycle your items when possible!**

Colgate has launched a free [recycling scheme](#) for all brands of toothbrushes and toothpastes.

Changing What You Buy

Did you know your favourite facial wipes are most likely made out of plastic? Over the past decade there has been a [400% increase](#) in the number of wipes found along the UK coastlines.

😊 **Choose:**

- [Cruelty-free](#), which not only protects animals, but [the environment and your skin](#) as well!
- Reusable or plastic-free products (see below)
- Eco-friendly sex toys, condoms, lubricants, and [more!](#)

☹️ **Avoid:**

- Products with [microbeads](#), tiny plastic particles that harm animals and the environment.

“ The average person who menstruates will use over [11,000](#) disposable, single-use menstrual products in their reproductive lifetime. ”

product tips:

Replace single-use and plastic products with sustainable alternatives for:

- [Shampoo, conditioner and soap](#)
- [Oral care](#)
- [Facial cloths](#)
- [Razors](#)
- [Grooming products](#)

Many of these plastic-free products are made of [bamboo](#), which requires no pesticides or fertilizer and little water and produces 35% more oxygen than trees.

Swap tampons and pads, a majority of which contain [chlorine-bleached cottons](#) and harmful substances, with:

- [Period pants](#)
- [Reusable pads](#)
- [Menstrual cups](#)

These products can seem expensive at first, but will also save you a LOT in the long run.



PARENTHOOD

parenthood

The Basics

- ✓ **Look for friends, family and neighbours** whose babies have outgrown their clothes and/or are willing to sell or give away their baby items.
- ✓ **Get creative!** How can you re-use materials for arts and crafts?
- ✓ **Use local libraries** for children books.
- ✓ **Look for baby items being resold online or in secondhand shops.**
- ✓ **Still can't find what you are looking for? Purchase sustainably-produced items!**
 - ↪ [Greentom](#) produces prams that are made almost entirely out of recycled- and bio-plastic.

Making your own baby food is one of the most sustainable practices you can have while childrearing. Check out a list of baby food recipes [here](#).

product tips:

Opt for...

- Sustainably-produced toys.
 - ↪ [Babi Pur](#), [Green Toys](#), [Ethicalkidz](#), and [Toys to You](#) sell a variety of sustainable children's toys.
- [Reusable cloth nappies](#).
- [Reusable nursing pads](#).
- Biodegradable [baby wipes](#).
- Bibs made from [silicone](#), [hemp](#), [bamboo](#), or [organic cotton](#).
- Stainless steel or glass bottle, as [plastic leaching](#) is a real health concern for babies

More Children?

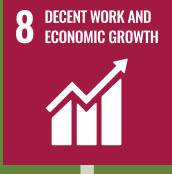
Yes!

↪ **Hold on to the things you already have and reuse them.** If you end up having to buy anything, purchase second-hand or otherwise sustainable items.

For more information, check out a collection of articles on eco-friendly [motherhood](#).

No!

↪ **Donate or sell the items you will no longer be using.** Perhaps you can think of friends or family members that would like to (re)use them.



FASHION & SHOPPING

fashion & shopping

Shop Less (New)

Most of the impact of the fashion industry comes from the production process.

✓ **Resist the urge to fall for discounts and deals** that influence you to buy more than you actually need.

✓ **Shop second-hand** at charity and thrift shops or online through resale apps like [Depop](#).

✓ **Wear your clothes until they are worn out.**

OR Sell them online or to consignment retailers so someone else can benefit from them and all-in-all you can keep new goods from being purchased by putting your old ones out there.

OR Use donation schemes, which accept clothes in any condition and will recycle any that can no longer be worn.

✓ **Create a capsule wardrobe** comprised of timeless, high-quality pieces that can be endlessly mixed and matched so you don't have to continuously buy new clothes.

✓ **Consider renting** instead if you have to use or wear an item that you know you will not be using or wearing frequently, such as formalwear.

“ Britons binned clothes worth £12.5 billion last year as the rise of “throwaway” fashion led to 300,000 tonnes of textiles ending up in landfill. ”

-The Times UK

✓ **Take good care of the clothes** that you have to prolong their lifespan and reduce the need to purchase new ones.

- Don't wash them after having worn them once! Instead, air them out for 24 hours, allowing any odours to disappear.
- Use small bags to separate delicates from other items to protect them from wear and friction.
- Store clothing properly, including using the right hangers.
- Air dry clothes, which not only preserves the fabrics, but also reduces energy consumption.
- Follow proper care instructions from the labels, which makes a huge difference in how long the piece can last.

→ See more clothing care tips [here](#).

Shop Consciously

✓ **Bring your own bags** to prevent more single-use bags from coming into circulation whilst saving a couple pence.

✓ **Shop online.** Online shopping has a lower carbon footprint than traditional shopping.

✓ **Beware of greenwashing**, used by brands to falsely market themselves as environmentally friendly whilst maintaining unsustainable business practices.

✓ Instead, **look for gold-standard certifications**, which indicate sustainable and ethical supply chains.

Read more about how to spot greenwashing [here](#).

Slow fashion (as opposed to fast fashion) is an approach to fashion that involves buying better-quality garments that will last for longer and values fair treatment of people, animals and the planet.

✓ **Choose natural fabrics**, which can make a big difference in sustainability.

✓ **Opt for slow fashion brands.**

Resources like [Good on You](#) and [My Green Closet](#) research brands' practices and help us make decisions in becoming sustainable and ethical shoppers.

😊 **Choose:**

- [Organic or recycled cotton](#)
 - Other recycled fabrics
 - [Organic hemp](#)
 - [Organic linen](#)
- } Requires little water & no pesticides!

Every part of the plant is used & is fully biodegradable

☹️ **Avoid:**

- Conventional cotton, one of the thirstiest and most chemical-intensive crops to grow
- Polyester and synthetic fibres, made with oil and plastic and shed microfibres into waterways
- Silk, which kills grubs in the process
- Viscose rayon (including bamboo rayon)

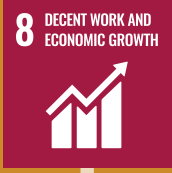
Greenwashing alert! Often advertised as a sustainable source because it is natural, but the production process is toxic and polluting

Look for the **Global Organic Textile Standard (GOTS)**, which ensures organic status and environmentally and socially responsible manufacturing.



You have **POWER** as a **CONSUMER!** Read more about the difference you can make as a consumer of fashion [here](#).





ON THE MOVE

on the move

Daily Transportation

- ✓ **Bike, walk, or take public transportation when possible.**

Check out [The Bike Station](#) for affordable options.



Be an eco-friendly driver:

- Turn off the car engine if stationary for long periods of time.
- Avoid quick accelerations; driving at a constant speed burns through fuel far less quickly, so using cruise control whenever possible is best.
- Plan your trip ahead of time to combine small errands into one trip.
- Travel light as an additional 50kg of weight increases fuel consumption by 2%.
- Try [Liftshare](#), which allows you to register your journeys and find possible ride sharers who are also on their way!
- Wash your car at a self-service or drive-through car wash, which are significantly more water-efficient than washing at home.
- Don't skip on car maintenance! Maintaining your car will help it emit less fumes.
- New car? Opt for the fuel-efficient or all-electric model.

The transport industry release several million tons of greenhouse gases each year into the atmosphere, accounting between 25 and 30% of all greenhouse gas emissions.

Travel Sustainably

- ✓ **TRAVEL LESS (far)!** Before booking a trip, think about whether there are alternatives –flying should be a last resort.
- ✓ **Apply regular sustainable practices to travel:** take public transportation, say no to plastic, etc.
- ✓ **Take direct flights where possible for short-haul trips,** as take offs and landings cause most of a plane's carbon emissions. **For long-haul, break your journey,** as long duration flights are environmentally inefficient because they burn extra carbon to lift the additional fuel.
- ✓ If you do fly, **you can 'offset' your carbon footprint** for every flight by donating money towards tree planting, conservation and alternative energy schemes through [Climate Neutral Now](#).
- ✓ **Pack light,** as your luggage weight adds up to the carbon emissions.
- ✓ **Fly economy class,** as business and first class can result to up to 5x larger of a carbon footprint.
- ✓ **Avoid large resorts,** which have negative impacts on the local environment due to their water and energy consumption.

Travel with Impact

Social impact travel aims to support local economies and make a positive impact in host communities. Although the negative impacts of tourism are undeniable, the opportunities for social and economic benefits for host destinations is immense.

✓ Research your tour operators and accommodation hosts and ask the following:

- What are some of your eco-friendly practices?
- How do you help to protect and support wildlife or cultural heritage?
- Do you employ local guides and employees?
- Has your company made a clear commitment to sustainability?

Check out [Responsible Travel](#) for travel planning advice and resources.

✓ Look for accreditation from regulatory bodies like:



- ## ✓ Opt for travel agencies that have joined one of these movements and are consistent with the Paris Agreement:
- [Green Tourism](#)
 - [SUNx Ambitions Registry](#)
 - [Tourism Declares a Climate Emergency](#)

According to a [United Nations report](#), the global travel industry makes \$7 trillion each year and represents 9% of global GDP. However, only 5% of that stays in local communities.

- ## ✓ Support the real local economy
- by purchasing locally-made artisan crafts, supporting in local-owned accommodation and restaurants.

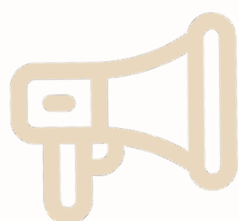
- ## ✓ Travel slow
- to make sure you can have the most valuable experience possible and immerse and engage with the local community and their culture.

- ## ✓ Reconsider participating in 'do-good' voluntourism
- , which benefit the traveller more than the community.

- ## ✓ Don't buy wildlife products
- like ivory or animal pelt or participate in experiences like elephant riding or dolphin swims that may only support harm of wildlife.

“Rushing around famous sights and landmarks, and jumping to the next country was exhausting and unsatisfying. We wanted deeper, richer travel experiences. That's why we're slow travellers.”

-Charlie from [Charlie on Travel](#)”



You have **POWER** as a **CONSUMER**! Let businesses know that you're interested in sustainable travel and want to know about their sustainability initiatives and goals.



7 AFFORDABLE AND
CLEAN ENERGY



8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



11 SUSTAINABLE CITIES
AND COMMUNITIES



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



TECHNOLOGY

technology

Personal Use

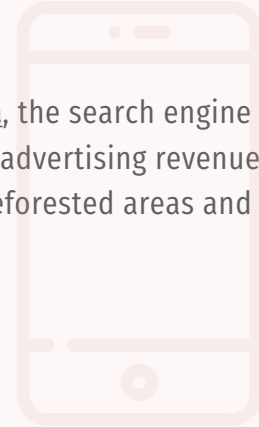
✓ **Reduce paper use by signing up for online statements and sending e-cards.**

✓ **Use apps like Flora and Forest** to help increase productivity while planting real trees.



Take care of your technology to save money and cut down on waste:

- Don't use your device for battery intensive purposes as it's charging.
- Charge your device before the battery falls below 20% and unplug it before it reaches 80% to extend its longevity.
- Remove the case when charging your phone to avoid heat warping and diminishing your battery life.
- Never charge a smartphone for more than 12 hours. Overcharging devices leads to irreversible battery damage!



In 2020, the UK generated the second most waste electrical and electronic equipment per capita in the world and over 1.6 million tonnes of e-waste total.

Reduce & Reuse

✓ **Consider whether your current device can be fixed** with replacement parts such as a new battery.

✓ **Want a new phone? Look for brands with responsible resource management and Fair Trade practices.**

→ Fairphone, for instance, is a Dutch phone manufacturer which follows strict supply chain guidelines and offers highly affordable devices.

✓ **Recycle household batteries.** Keep your assortment of used batteries and check whether your local council accepts them in recycling or drop them off at a collection centre.

✓ **Need a replacement? Buy a like-new secondhand device instead.**

✓ **When changing devices, sell or donate your old one to be refurbished.**

OR Oxfam accepts donations phone and computer donations.

OR Some manufacturers might pay you to have it sent back and recycled!

OR Collect 10 pieces of old and unused IT and electrical equipment to have them picked up and ethically recycled for free, using Tech Recycle's service!

NEXT STEPS...

Now that you've started or continued to build a sustainable lifestyle, how can you spread the word?

- Share your efforts on social media to inspire others to act similarly
- Start a conversation about what you're doing differently with people you know
- Make your efforts visible in any way you are comfortable with to raise awareness
- Share this guide!

Thank you for taking the next step toward sustainable living and helping achieve the Sustainable Development Goals!

