



**EMPOWERING  
WOMEN  
SINCE  
1929**

**TAKE A LEAF  
OUT OF OUR BOOK...  
OF USEFUL TIPS TO  
HELP THE PLANET**



How to help the planet number 1

# EAT SMARTER

Our food's carbon footprint is called a Foodprint. It's made up of the greenhouse gas emissions produced by growing, harvesting, processing, transporting, cooking and disposing of the food we consume.

Research shows the ginormous impact that the mass production of meat, dairy, and eggs has on our planet. There are many things that we can do in order to reduce our Foodprint.

You don't have to give up meat but simply opt to enjoy a plant-based meal once or twice a week - the simple change will have great impact. You could try to reduce your food waste altogether by composting your food scraps.

## Top Tips

- Reduce your weekly meat intake
- Find a vegetarian swap for your favourite meal - for example vegetarian lasagne
- Add more grains to your diet - they're surprisingly filling!

Bon appétit!



How to help the planet number 2

# SHOP

# SMARTER

**Do you know how far your purchase has travelled to get to the shop?**

Support companies driven by sustainability and committed to transparency throughout the supply chain. Your power as a consumer can be enormously impactful, so if you're in the dark or unhappy with a company's impact on the planet, make your voice known! Shop smarter with thoughtful purchasing to minimize waste, and consider re-used and pre-loved items to take part in the circular economy and keep goods out from filling our already overflowing landfills.

**Top Tips**

- Remember your reusable shopping bags
- Consider where your food is coming from. Check labels to improve your carbon footprint
- Find out where your nearest Zero Waste store is to purchase pastas, grains and rice
- Shop locally and reduce your fuel consumption

Time to buy local!



How to help the planet number 3

# HELP THE BEES

There are more than 250 species of bees in the UK, including the honey bee that normally lives in hives managed by beekeepers.

Bees are pollinators and play a critical role in healthy ecosystems, so are essential for our food production. Pollinators are worth a staggering £690 million per annum to the UK economy, and more than three quarters of the world's food crops are in part dependent on them. Yet, bee populations are suffering.

## What can we do to help bees?

- Grow a bee friendly garden
- Offer sugary water to bees that are struggling
- Eat sustainable honey
- Avoid using pesticides in your garden



How to help the planet number 4

# COFFEE PODS

Coffee machines that use aluminium pods are an increasingly popular household appliance, however the waste for these machines can stack up.

Customers of well-known brands such as Nespresso, Dolce Gusto & Tassimo can now recycle their pods via a cross-brand scheme named Podback. To participate in the scheme, customers can either use curb-side drop off along with your regular waste, take to a drop off point or arrange collection.

After the pods are collected, they are taken to a specialist reprocessing centre in the UK. Here the pod materials are

separated out and the used coffee grounds are set aside to be turned into soil improver and renewable energy.

The best part - the bags that your pods are collected in are then recycled and used to create energy.

## Top Tips

- Recycle your coffee pods
- Try useable/refillable coffee pods
- Compost your used coffee



How to help the planet number 5

# REUSABLE MAKE-UP WIPES

Single-use make-up wipes produce around 7.6 billion pounds of landfill waste every year, which is around 20 million make up wipes a day. Replacing single-use make-up wipes in your daily routine can help to eliminate a large percentage of waste, with just a small change. Not only are reusable wipes more environmentally friendly, they're also kinder on the skin and more cost effective.

It's also wise to consider looking after your reusable make-up wipes, to ensure that they are clean and ready for use.

## Top Tips

- Replace your make up wipes with reusable options
- Ditch the cotton wool balls too!
- Try making your own - find the pattern in the TG members area



How to help the planet number 6

# GROW YOUR OWN

Growing your own vegetables can not only provide you with a delicious crop, but it's also a good activity for both body and mind. Growing your own fruit and vegetables, even just on a very small scale, can help with the emissions used to transport produce around the world and the packaging used to display them in shops.

First you'll need to decide on what sort of fruit or vegetables are suitable to plant within your garden or allotment space - this can be determined by the type of soil and how sheltered your grounds are from the elements.

Why not turn it into a local challenge? Who can grow the longest runner bean, or the biggest courgette!

## Top Tips

- Start small with some of your favourite veggies
- Consider planting a fruit tree - it'll be there for generations to come
- Share your excess produce with friends and neighbours to avoid waste

# TOYS



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Being considerate of the environment when choosing child and pet toys, can make a real difference to the waste that ends up in landfill - when toys reach their end of life. Opting for wooden toys and recycled rubber toys, instead of plastic, also offers safer play. Plastic is not only more easily breakable but can be made up of components that could be considered damaging to children and pets. Whilst the initial cost may be higher - remember that the lifespan of these toys can be significantly longer.

Pet toys made of canvas and cotton are significantly more durable than plastic toys - which often end up in the bin quickly!

## Top Tips

- Consider wooden alternative o children's toys
- Purchase second-hand toys, to save them going to landfill
- Swap plastic pet toys for durable cotton and canvas alternatives



How to help the planet number 8

# HOUSEHOLD HACKS

Within our homes there are many small changes that we can make in order to do a little bit, everyday, to help the world around us. Small changes in the home can lead to changing habits within a workplace or wider community. Share ideas with those that you think could also benefit from making small and manageable changes.

## Top Tips

- Opt for LED light bulbs
- Avoid excess plastic waste - recycle as much as you possibly can
- Turn down your washing machine temperature and avoid overusing your tumble dryer
- Unplug unused electrical items, even on stand-by energy is being used
- Swap your cleaning products for less evasive formulas



How to help the planet number 9

# SECOND HAND PURCHASING

Purchasing second hand goods has many positive impacts on the environment. For example, based on 600kg of used clothes there would be a reduction of 2250kg of CO2 emissions and 3.6 billion litres of water saved.

Purchasing second hand goods supports local businesses and charities, alongside extending a garments life-cycle - combating fast fashion demands.

The same goes for second hand goods such as electrical devices and furniture. Upcycling furniture is a fun

and savvy way to add new pieces to your home and garden.

After all, one woman's trash is another woman's treasure!

## Top Tips

- Consider what you donate yourself, to extend the life of your wardrobe
- Look for second hand statement pieces that you'll keep, and use, for longer
- Support your local charity shops to add new pieces to your wardrobe, whilst supporting a worthy cause



How to help the planet number 10

# CRISP PACKET RECYCLING

Crisp packet recycling is now the largest and fastest-growing scheme of its type in the UK, with more than 1,600 public drop-off locations nationwide. Once collected, the crisp packets are separated by plastic type, cleaned, and extruded into plastic pellets to make new recycled products.

Find out where your nearest crisp packet recycling centre is, and if there isn't one nearby - consider setting one up!

## Top Tips

- Keep a box in your cupboard to store up used crisp packets
- Encourage others to recycle their crisp packets, as it's not widely known
- No local drop off point? Encourage a local business to have a drop off point

# USEFUL TIPS TO HELP THE PLANET

We hope you will join us as in pledging your change, no matter how big or small - so we can collectively do our bit to help the planet.

There are two ways to make your pledge;

Visit [www.the-tg.com](http://www.the-tg.com) and click 'Make a pledge'  
or

Send your pledge to TG HQ via the following address;

Townswomen's Guilds

Gee House,

Holborn Hill,

Nechells,

Birmingham,

B7 5JR

