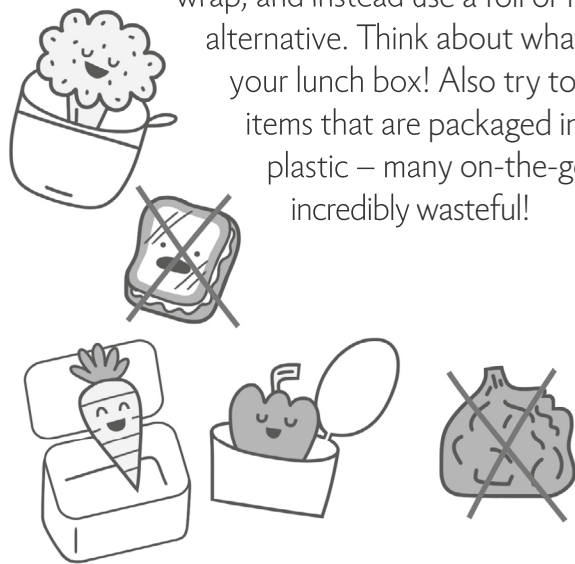


# Be More Eco-friendly AT HOME

So, you've got some tips on how to be more Plastic Clever when out and about, but what about at home? Our houses are the perfect place to start making changes to reduce our environmental impact. Here are a few tips to get you started!

## Make your food storage more Plastic Clever

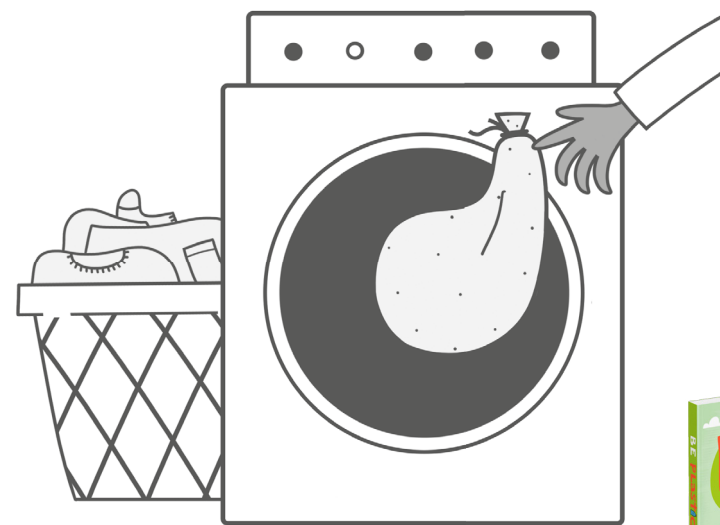
Clingfilm is one of the worst forms of single-use plastic. It's really thin and is easily contaminated by food, meaning it often can't be recycled or used more than once. So, try to avoid covering or wrapping food with plastic wrap, and instead use a foil or reusable rubber alternative. Think about what's going in your lunch box! Also try to stay away from items that are packaged in unnecessary plastic – many on-the-go lunches are incredibly wasteful!



## Reduce your microfibre output

When washing and drying your clothes, **be aware of your plastic microfibre output**. There are products that help to catch microfibres from your clothes during a wash – such as the Cora Ball or Guppy Bag – so that the microfibres don't get into the environment.

However, the best thing to do is to try to prevent microfibres in the first place. So **BUY CLOTHES THAT ARE MADE FROM NATURAL MATERIALS** like cotton or linen. Fibres from these materials biodegrade, or break down, if they enter the environment. Steer clear of clothes made from polyester and acrylic when possible. It's also been proven that washing your clothes on “delicate” washes causes more microfibres to shed (they use more water, which plucks the microscopic fibres from our clothes), so try to avoid this setting as much as possible.



Write a pledge on what you will do to cut down your use of plastic at home.

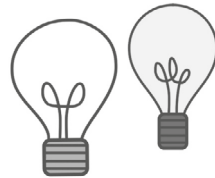
Suitable for 7-9 years

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## Be aware of your energy consumption

We are often told to turn off our lights when we leave rooms. There's more to this than you might think, though. Around **80% of global energy is non-renewable**, meaning it comes from fossil fuels. When burned, many of these fuels produce carbon dioxide, which contributes to climate change. So, by reducing the amount of overall energy you use at home, you'll be minimising your impact on global warming. And saving the bill payers money on wasted electricity!

Swapping your **LIGHTBULBS** is a good way to reduce the amount of energy you use at home. LED lightbulbs use up to 80% less energy than traditional bulbs – that's a crazy amount!



The amount of carbon dioxide we release day-to-day is known as our "carbon footprint".



All these facts have left me in a spin!



Hang your clothes up to dry when possible, instead of putting them in a dryer. **Clothes dryers** are the third most energy-consuming appliance in the house. Just think, by hang-drying your clothes two or three times a week, instead of putting them in the dryer, how much of an impact you could have!



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