TOP TEN TIPS TO ACHIEVE A MORE
Sustainable Home

CLEANING

Try sustainable substitutes such as white vinegar and bicarbonate of soda. By doing so, reduce your plastic waste and help the environment.

COOKING

Cooking with a lid concentrates a lot of heat in the pot, thereby agitating the food contents more while saving you time and energy. You can also save energy by boiling just as much water as you need in a kettle.

SHARING IS CARING

Donate any unwanted clothing, bedding and other items to charity. Buy second-hand. Use the Olio and Too Good To Go apps to save food waste and grab a bargain.

SHOPPING

Before shopping write a list and plan your meals for the week ahead. Try shopping in zero waste shops where you can buy the amounts you need and get hold of reusable products.

HEATING

To avoid losing heat, try closing all your windows, install radiator valves, set timer on your boiler, invest in draught excluding curtains.

SHOWERING

On average, every minute of shower time equates to 9 litres of water. By cutting back your daily shower time by just a minute you could save 280 litres of water per month.

WASHING

Make sure you only start your washing machine when you have a full load. Try washing your clothes on 30C - you'll achieve the same cleanliness as you would with setting higher temperatures while saving energy.

REUSABLES

Don't waste your glass jars and plastic take away boxes. Instead, use them for storing household goods, leftovers, or event growing plants.

ELECTRONICS

Turn off electrical equipment when you're not using them including televisions, laptops and chargers - things on standby still use energy.

GET INVOLVED

Passionate about energy saving and sustainable living? Become a Cut the Flow Ambassador and sign up for the Green Champions network. Visit our website for more information.