

How to be Sustainable(ish) During Covid-19 (and beyond!)

5 easy actions you can do from your sofa!

1. Switch your web browser to Ecosia - <https://info.ecosia.org/what>
2. Do a weekly meal plan
3. Switch your energy to a renewable supplier - <https://bigcleanswitch.org/>
4. Switch your current account and/or savings to an ethical one
5. Share any changes you make on social media

Useful links and resources:

- Giki Earth - <https://zero.giki.earth/>
Measure your carbon footprint, and get hints, tips and easy ideas to start reducing it
- Ecosia - <https://info.ecosia.org/what>
Switch your browser to the search engine that plants trees!
- Ethical Superstore (<https://www.ethicalsuperstore.com/>)
Useful site for finding all kinds of ethically produced supplies in one place
- Ethical Consumer Magazine (<https://www.ethicalconsumer.org/>)
Lots of in-depth information and research on retailers and manufacturers
- Hive - <https://www.hive.co.uk/>
Great (more ethical!) alternative to Amazon for books
- Recycle Now - <https://www.recyclenow.com/>
UK wide website that allows you to put in your postcode and find out what can be recycled and where near you
- Refill app - <https://refill.org.uk/>
Free downloadable app to find places locally that will allow you to refill your water bottle for free when out and about
- Zero Waste Near Me - <https://refill.org.uk/>
Find your nearest Zero Waste or Refill store
- Everyday Plastic - <https://www.everydayplastic.org/>
Join in with their monthly plastic survey and find lots of information to help you reduce your household use of single use plastic
- Repair Café website - <https://repaircafe.org/en/>
Find out if you have a repair café near you
- Love Food Hate Waste - <https://www.lovefoodhatewaste.com/>
Lots of resources to help you make the most of the food you buy
- Giki app - <https://giki.earth/>
Free app that allows you to scan barcodes on food products that gives them a score for how ethical they are on a range of criteria including palm oil

- CozZo app - <https://cozzo.app/>
An app that helps you to create an online inventory of the food in your house, that helps to reduce food waste by up to 2/3
- Big Clean Switch - <https://bigcleanswitch.org/>
Energy tariff comparison site that just lists renewable tariffs – compare your current bill, get a quote and switch. In less than 10 minutes!
- Fully Charged - <https://fullycharged.show/>
Website and You Tube channel packed with info about electric cars
- Good with Money - <https://good-with-money.com/>
Website all about ethical finance
- They work for you - <https://www.theyworkforyou.com/>
Find out who your local MP is, and how they have voted in the past on bills
- Earth Changers - <https://www.earth-changers.com/>
Sustainable travel website with lots of great information in the blog
- Terra Neutra - <https://terraneutra.com/>
Carbon off-setting site
- Sustainable(ish) website - <https://www.asustainablelife.co.uk/>
My website with blog posts, podcast more about how to be a bit more sustainable(ish)
- Sustainable(ish) Facebook Community -
<https://www.facebook.com/groups/AMakeDoandMendLife/>

Useful books:

- How Bad are Bananas – Tim Berners-Lee
- No.More.Plastic – What you can do to make a difference: - the #2minutesolution – Martin Dorey
- How to save the world for free – Natalie Fee
- The Sustainable(ish) Living Guide – Jen Gale
- No one is too small to make a difference – Greta Thunberg