



Kitchen

- o Bake my own snacks
- o Buy loose fruit and vegetables
- o Shopped at local greengrocers
- o Taken containers to the deli or meat counter
- o Take my own containers and cutlery to the takeaway
- o No plastic bags
- o Less than 5 items in the plastics recycling a week for 4 weeks
- o Less than 5 plastic items in the household waste a week for 4 weeks
- o No palm oil
- o All fruit is seasonal
- o Tried a plant-based milk
- o Made a homemade version of a plastic-wrapped food
- o UK bred, grass fed meat only
- o Composting food waste
- o Few leftovers thrown away
- o Reusable coffee cup
- o Shop at zero waste shop
- o Milk delivery in glass bottles
- o Grow your own herbs
- o No plastic bottles
- o Reusable bags for loose produce
- o 3 vegetarian or vegan days a week
- o Less than 3 air-freighted foods a week