

## My Green Audit meet up 25/03/19

Below is a collated Green Audit from the meet up on 25/03/19 – many shared by Geoff Mainwaring from his household's Green Audit and added to by those who were there. Note: no one does all of these things!

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Compost bin	Drive a car
Bird table (to help reduce food waste e.g. beans, oats, porridge)	Flights
Use recycling boxes	Washing polyester clothing
Buy second hand clothes	Buying products wrapped in plastic
Buying as much second hand as possible through gumtree, local facebook groups, charity shops....	
Passing on things second hand	Failing sometimes to do some of the good things in the other column!
Buying only natural fibres	
Use local recycling amenities	
Reduce consumption in general	
Vegetarian/vegan	
Grow vegetables and fruit	
Skip diving for reusable material	
Return plastic packaging to Tesco	
Try to buy unpackaged goods	
Use cotton shopping bags	
Use non toxic cleaners and detergents	
Soap nuts / eco eggs for washing clothes	
Using shampoo bars from Lush / use of bicarbonate of soda and vinegar for hair/ olive oil as conditioner	
Airing clothes on the line to reduce need for washing so often	
Bug hotels in the garden	
Using paper ear buds	
Recycled toilet paper / 'Who gives a crap' toilet paper	
Using milk bottles	
Avoiding buying items with glitter	
Cycle and using the bus	
Eco-friendly gifts for kids e.g. caterpillars that hatch kits, plants to grow...	
Checking the origins and mileage for food – think about the source and how food is grown and transported	

Using local shops where possible	
Veg box	
Switching to renewable energy suppliers	
Using less water and electricity e.g. switching off the lights, filling a kettle only with the amount needed...	
Solar panels	
Using backs of used envelopes as note paper (hold together in a clip so doesn't clutter up the house)	
Write to companies to stop junk mail / have notice on door to ask for no junk mail	
Carbon offsetting	
Wasting less food: meal planning, making sure all food can be seen in the fridge, batch cooking and freezing	