



The Do-Good Guide

It's easy to be cynical about our own actions' impact on reducing climate change. Still, when multiplied by billions of people, individual actions and choices collectively can change the world. And now is the perfect time to start. Start small; all it takes is a few simple tweaks to make a difference!

RETHINK RUBBISH

Recycling reduces landfill waste. There is no need to invest in pricey bins; put a basket or container in the kitchen and fill it with your **recyclable glass**, plastics, tins (rinse food off first!), and paper. Sign up for your local recycling collection scheme, or drop everything off at your closest recycling centre.

Think twice before you recycle. There's treasure in the trash; check out the fun ideas below before you sort!

01

Use loo roll holders to organise electrical cords, keep gift wrapping together, or even as plant seed starters. You can also drop them off at the nearest kindergarten or creche for crafting.

02

Wash the labels off jars of all sizes and store beans, nuts, oats, sugar, and dried fruit in them. Looks great on kitchen shelves, and you can buy dried goods from places that sell by weight rather than in plastic.

03

When bound together, coarse veggie sack bags make the best cleaning sponges and a massage-like sponge for pet bath time.

RETHINK FOOD WASTAGE

When food goes to waste and rots in landfills, it produces methane, a potent greenhouse gas. Did you know cutting all food wastage by half would reduce as much CO2 as shutting down 23 coal-fired power plants? Stop overbuying; do an inventory and make a list before you shop. Create meal plans, shop sustainably, store food appropriately, and get creative with leftovers. And make the most of what's left.

01

Shop locally, seasonally, and sustainably where possible. Choosing sustainable seafood also encourages supermarkets and restaurants to demand it from their suppliers.

02

Old veggies and fruit peels make the best compost. Throw them into the garden, and your soil will love you for it.

RETHINK FASHION

The late Dame Vivienne Westwood said, 'Buy less, choose well, make it last,' and that's the epitome of slow fashion. Today's fast, disposable fashion industry has significantly contributed to global warming, loss of biodiversity, pollution, and labour rights violations. An industry shift needs to happen, changing the current business model towards more circular, informed consumers and fair, transparent, and traceable value chains. Let's be the change and rethink the way we shop and what we buy. Here are some ideas from Twyg's Slow Fashion Guide.

01

Shop your closet. The most sustainable garments are the ones you already own, including old fast-fashion pieces. Find ways to love, wear, and mend them to make them last as long as possible.

02

Swap before you shop. Swapping allows you to switch up your wardrobe without buying anything new and is usually very cost-effective. If you are based in Cape Town, join Twyg's seasonal Swap&Mend events.

03

Take care of your clothing sustainably. Read the care labels on your clothing. Adjust your clothing care routine so that it is as sustainable as possible. This includes washing your clothes less often and at lower temperatures and using eco-friendly detergents.

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