



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

Mounds of fabric supermarket shopping bags? Cut, dye, and stitch them together to make outdoor tablecloths, throws, or washable drawer liners.

02

Paint margarine and ice cream containers and use them as flower pots or herb trays. Pierce holes in the bottom for drainage.

03

When bed linen perishes and wears through, don't bin it. Cut it into cloth strips to wash cars and windows, polish shoes, etc.

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

If you aren't bulk-buying, choose loose fruit and vegetables rather than the prepacked punnets and trays you might not use. You'll also avoid plastics.

02

Say no to bottled water and all the plastic it creates. If you prefer the taste of filtered water, buy a filter jug from any supermarket and put your tap water through that. It's better for your budget and better for the planet.

03

Take your reusable coffee cup when you go for takeaways. Avoid getting a lid and plastic stirrers if you don't have one.

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

Try a 'no new clothes' challenge. Challenge yourself not to buy anything new for a set amount of time.

02

Be a proud outfit repeater. Despite what social media will have us believe, it's perfectly acceptable to repeat outfits – as often as you like!

Follow these fun hashtags:

#prouduitrepeater
#reweartthat
#reweardontcare



our
**BETTER
NATURE**
by the V&A Waterfront

**When we act from our better nature,
nature gets better.**