

# 20 ways to fight the cost-of-living crisis with SUSTAINABILITY

## Sustainable Hacks With Financial Benefits

Reduce your washing machine temperature to 30°

Opt to walk or cycle in place of using public transport/a car once a week

Create a weekly meal plan before you go food shopping

Reduce your heating by 5° or turn it off 30 minutes earlier

Turn off the tap when brushing your teeth/shaving etc.

Stop buying single use drinks and use reusable bottles instead

Opt for vegetarian, vegan or plant-based meals

Make your own cleaning products

Turn off appliances at the wall before you go to bed

Grow your own fruit, veg and herbs

Shop for a bargain at a charity shop or on Vinted

Buy from 'Refill Shops' to reduce the plastic you buy

Quit or reduce your smoking or vaping

Order free water saving tools from your water provider

Get your voice heard by taking part in government surveys

Download 'Too Good To Go' for heavily discounted food

Watch out for supermarket special offers that cause you to spend more

Always have a bag-for-life to hand

Delete shopping apps from your phone to avoid impulse buys

Use a phone app to journal or take notes, instead of paper



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