

The  
**GREENPEACE**  
Guide to life

101 Ordinary Ways to Make an Extraordinary Difference

# Welcome

This guide is all about the power of choice. From how you choose to travel to what you choose to buy, your lifestyle choices don't have to cost the earth. And when you influence the people in your life to make better choices too, your power is even greater.

Inside, you'll find 101 ways to make your choices count, from simple swaps around the house to high impact changes. You don't need to do all 101 – just start with things that feel right and keep this guide handy for later, or share it with others.

After all, the climate and nature crisis can't be solved by any one person. It's only when we come together as a movement that we can change the system. That's why, throughout this guide, you'll see 'Change The System!' and 'High Impact' to highlight the ideas that make the biggest difference. Alternatively, jump to the last two sections for ways to make our movement stronger.

If you're reading this guide on mobile, it's best viewed in landscape, so make sure you tip your phone on the side for the best experience. You can then zoom in and out on ideas and screenshot the ones you want to do first.

↓ SCROLL DOWN ↓



# Kitchen

The kitchen is one of the most important rooms in any home and a fantastic place to start being kinder to Planet Earth. From making your own cleaning sprays to ditching plastic products, this section is jam-packed with ideas.

## 1. CHANGE THE SYSTEM!

Supermarkets don't make it easy to go totally plastic-free, but every piece of plastic avoided sends a signal. Remember though, we can collectively make a difference by changing our shopping habits, but **it's up to the government to solve plastic pollution.**

2. Keep plastic packaging out of circulation by championing reuse and refill methods over recycling. That means **using zero waste shops that let you refill your own containers** rather than buying items in single-use packaging.

3. Don't bin or recycle glass jars. Soak them to remove the labels and then fill them with loose ingredients like coffee, tea, pasta or porridge oats.

4. Combat food waste by sharing produce with your neighbours or turning your left-overs into lunches and stock.

5. Some tea bags contain plastic. Swap them for loose leaf tea and a reusable tea ball, or search for **plastic-free tea bags**. Only boil the amount of water you need.

6. Make your own kitchen cleaning products – vinegar and bicarbonate soda are your best friends! Learn how to make cleaning products in the 'Upcycle' section of [this guide](#).

7. Freeze leftovers, fresh herbs and even bananas to make them last longer.



Watch our animation [Wasteminster](#) and read our report, [Trashed](#).

8.

Clothes shed microplastics in the wash. **Stop your laundry from polluting waterways** by using special wash bags to collect them.

9.

When using a full load, the dishwasher is on average **four times more water efficient** than washing the dishes by hand.



10.

Keep your fridge out of direct sunlight, not next to the oven, and set it at the correct temperature to **reduce your energy bills.**



# Bathroom

Scrub a dub dub, make a difference in the tub. The bathroom is home to so many single-use products but it doesn't have to be that way. Learn which products to use and which are best avoided, then make self-care a chance to care for the Earth, too!

11. Turn off the tap when you brush your teeth.
12. Use non-disposable razors.
13. Install an eco shower-head which uses less water.
14. Use reusable menstrual products like cups and washable pads.

Every year in the UK, the disposal of pads, tampons and applicators generates more than 200,00 tonnes of waste.



15. Use shampoo bars and soap, or refill your shampoo and shower gels at your local zero-waste shop. Many refill shops also offer **low carbon delivery options** if you can't make it there in person.
16. Stop contact lenses going to landfill by finding a free recycling programme online or dropping them off at participating opticians.
17. Use eco-friendly floss, toothpaste tablets and bamboo toothbrushes.
18. Single-use cotton wool pads and face wipes are not only wasteful, they're often flushed down the toilet and **end up clogging waterways!** Swap them for reusable alternatives.
19. Try more environmentally-friendly **loo roll brands that use recycled paper.**
20. Ditch aerosols for zero-waste deodorants.

# Garden

If you're fortunate enough to have a garden, it's one of the best places to nurture your local environment and please the planet. Be a best friend to the butterflies and bees by following these simple tips.

21. Propagate plants from seed or cuttings and swap with friends and neighbours. **It's free and more eco-friendly** than buying imported plants grown in energy-hungry greenhouses. Check out the 'Grow' section of this guide for tips on how to propagate plants.

22. Create a pond. Simply sink a bucket into the ground and throw in some rocks to create a much needed home for amphibians and insects. This will **improve the biodiversity in your garden**.

23. Plant herbs like coriander, dill and fennel to attract ladybirds. They control pests without the need for harmful pesticides.

24. Let part of your garden grow wild by either not cutting the grass or growing a patch of wildflowers.

Long grass provides a **safe haven for insects and wildflowers** are a great food source for bees.

25. Make sure you always buy peat-free compost. There's **no excuse to be digging up valuable peatlands!** Find out more about the importance of peatlands here.

26. Use water butts to collect rainwater instead of using the hose.

27. **Make a hedgehog house.** These spiny creatures were voted the UK's favourite mammal, yet they are increasingly vulnerable to extinction. Make your garden hedgehog-friendly by creating a cosy spot for them to rest and hibernate. [Here's how.](#)

28. Buy **biodegradable plant pots** or better yet, use toilet rolls which can be planted directly into the ground.

29. Compost your own garden waste and food scraps to add nutrients to your plants, improve soil structure and help minimise food waste. **Don't add cooked food.** It's too wet and can cause bad smells that attract pests!

30. Create your own plant feed out of stinging nettles or comfrey. Stick a bunch in a bucket of water for a week, stirring occasionally, then **feed your plants for free!** Just make sure to wear gloves when picking nettles.



# Household

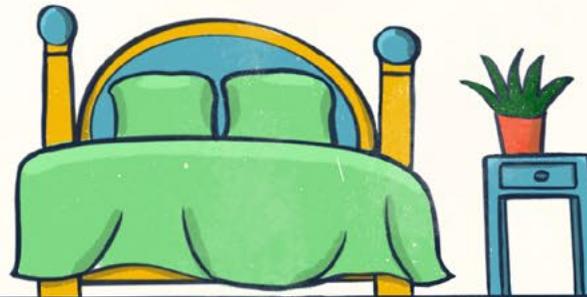
Home is where the heart is. Conveniently, it's where we can do lots to help our environment, too. In this section, we'll explore ways to make your home more energy efficient and save money whilst you're at it.



31. **Upgrade the insulation** in your home – from packing the loft to fitting brushes and seals around the edges of doors and windows.

32. South facing roof? **Install solar panels.** You could even build and install your own solar powered photovoltaics (PV) system which is much cheaper than hiring someone else to do it. Learn about the different types of solar panels [here](#).

33. Buy **second-hand furniture** or upcycle your own.



34. Put up **thick curtains to retain heat** in winter and switch off the radiator in rooms you aren't using.

40. Look into whether you can replace your gas boiler with a heat pump.

Heat pumps are like a boiler but much greener. They take heat straight out of the air then use it to heat water. With the right government support, **heat pumps could be used to warm millions of UK homes.**

35. Wash your clothes in cold water and **dry them on the washing line.** If it's raining, opt for a clothes-horse by the radiator.



36. When decorating, opt for **water-based paints** that contain natural pigments. Most conventional paints are oil-based and are not as eco-friendly.



37. Save money and energy by simply **turning down the thermostat** a few degrees, or putting on slippers and an extra jumper.



38. Switching to a renewable energy provider can make a huge difference. But beware: **energy companies are deliberately misleading customers so do your research.** [Read up](#) on greenwashing and how to pick the [right provider](#).

39. Upgrade to a Smart Meter and switch to LED lightbulbs to **save money on your energy bills.**



# Food & drink

There's no denying it: what we eat and drink has a massive effect on the health of the planet. But with so many great plant-based options out there nowadays, there's never been a better time to eat for the greater good.

## 41. HIGH IMPACT

One of the best ways to reduce your impact on the environment is by cutting down on the amount of meat and dairy you eat. Here are our [top 10 tips](#) to eat more plant-based food.

42. Plan your meals for the week and stick to your shopping list, that way you don't buy too much and contribute to food waste.



43. Make your weekly shop last longer by **fermenting or pickling food**. It's great for gut health and a flavoursome way to preserve it.

44. Cut down on single-use drinks cartons by **blending your own juices** and smoothies from fresh fruit and veg.



45. Support your local small scale farmers by joining the **Land Workers' Alliance's [Vocal for Local](#)** campaign.

46. Subscribe to a veg box scheme that delivers **organic, local produce** direct to your door.

47. Swap cows milk for a dairy-free alternative. In the UK, **oat milk** is one of the best options.

48. Buy sustainably-sourced fish from your local fishmonger and check out [Operation Ocean Witness](#) – our campaign to stop industrial fishing and support local fishing communities.

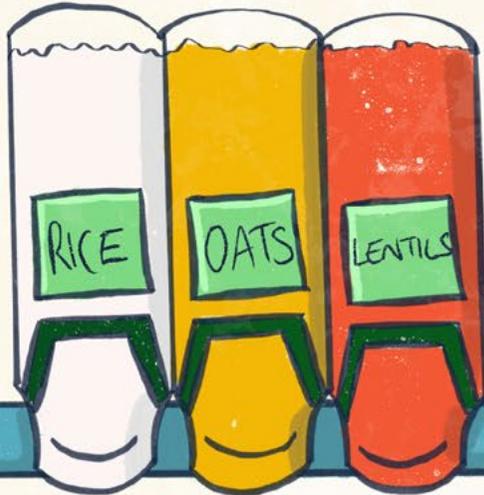
49. Try out these [10 plant-based recipes](#).

50. Steer clear of chewing gum – it has plastic in it.

# Shopping

There's power in every purchase you make. The things you buy show companies what people want so if demand goes up for better products that are good for the planet, they'll stop making the bad ones! Time to spend wisely.

51. Buy staples like rice and pulses in bulk to **save money and reduce packaging**.



52. **Simple swaps**

- Ask for **digital receipts** instead of printed ones.
- Replace single-use pens with refillable ones.
- Swap cling film for **vegan wax wraps**.
- Use matches or refillable lighters instead of plastic ones.



53. Always carry your own **reusable bags and coffee cup**.

54. Switch to reusable fabric wrapping paper.



55. **Ditch fast fashion** and opt for secondhand clothes or arrange a clothes swap with friends.



57. **Homemade gifts** always go down a treat. Try making jam, chutney, banana bread or cookies instead of giving loved ones shop-bought presents.



58.

Try fixing things by searching for **online tutorials** instead of buying a replacement.



59. **Learn** how supermarkets can cut their plastic packaging in half by 2025.



60. When shopping, always ask yourself: **'Do I really need this?'** Questioning your spending habits is a great way to save money and avoid impulse buys.

**CHANGE THE SYSTEM!** Despite scientific evidence and mounting public pressure, UK supermarkets are putting more plastic on their shelves than ever. [Join nearly two million people](#) calling on them to ditch pointless plastic packaging.

# Travel

Globally, transport accounts for around a quarter of CO2 emissions, making it one of the biggest areas for improvement. Thankfully, all of the solutions already exist, we just need to get a move on!

61. If you don't use your car a lot and live in a city, sell it and join a **car sharing initiative**.

## 62. HIGH IMPACT

Swap your holiday abroad for a **staycation**. The UK has amazing beaches, landscapes and cities to explore.

63. Electric vehicles are becoming more affordable and will soon outnumber petrol cars. Until then, swap short journeys in the car for a **push bike** (see our [beginner's guide to cycling](#)) or electric bike. It's the most eco-friendly way to travel.

64. If you travel a lot for work, ask your company for **digital meetings** instead of in person to avoid frequent journeys.

65. Join the [School Streets](#) initiative. This means **banning traffic during school drop off and pick up times** to reduce pollution and protect kids' health.

66. If you need to get a taxi, request an electric vehicle on a cab hailing app.

67. For longer distances, **use public transport** like buses, trains and trams.

68. **Embrace slow travel** by planning a flight-free holiday to Europe. That way, you can still enjoy the continent without the huge carbon emissions of flying. Check out [this website](#) to plan your trip

69. Every takeaway you order and next-day delivery you purchase needs to be transported to you, adding to congestion and air pollution. So if you can **buy local**, you should.



This year, our campaign got the government to speed up the transition away from petrol cars to electric vehicles.

70. Most conventional sun creams contain chemicals that are terrible for ocean life. Want to know more? We've got you [covered](#).

# Lifestyle

Your impact is not only measured by the things you do but by the choices you make, too. That's why your lifestyle makes all the difference, from the kinds of businesses you choose to support, to whether you vote come election time. Let's get into it.

## 71. CHANGE THE SYSTEM!

Learn why we cannot tackle climate change without **addressing systemic racism**, by watching [this short video](#).

72. Move your money to an **ethical bank** and urge your friends and family to do the same.

73. Thinking of getting a new mobile phone? Stop to think if it's really needed, **buy refurbished where possible**, and always remember to recycle your old handset.

74. Get into the habit of examining your day-to-day environmental impact and make changes that are kinder to the planet. Urge your loved ones to do the same.

75. Use the power of consumer pressure by choosing **the most ethical, fairtrade products** that do not use modern day slavery. Check [Ethical Consumer](#) for tips.

76. **Vote in every election!** Voting is one of the most effective ways to exercise your democratic rights and champion environmental and social policies.

77. Shop local and favour **cooperatives or social enterprises** that put the needs of workers and nature before profits.

78. Need a hand speaking to children and young people about environmental issues? Our [educational resources](#) are packed with activities that teach kids about key issues in a fun, accessible way.

79. Contact your pension provider and ask if they are planning to **divest from fossil fuels and industrial meat companies**. If not, find an environmentally-friendly alternative.

## 80. CHANGE THE SYSTEM!

Hold polluting industries to account by supporting our campaigns targeting companies. This is one of our most effective strategies. [Check out our campaign](#) to get Tesco to replace half the meat it sells with plant-based food by 2025.



# Join the movement

Greenpeace is a community of like-minded people who want a better world. If you've made it this far, you're already a part of that but, if you want to go the extra mile, check out how else you can get involved.

81. [Petitions are an effective tool](#) to put pressure on decision-makers to do the right thing. [Sign our latest petition here](#).

82. [Invite a Greenpeace Speaker](#) to give an **inspiring talk** at your workplace, school or organisation.

83. [Subscribe to our emails](#) and forward them to your friends and family.

84. Connect with Greenpeace UK on social media for the latest on what's happening in our world. Find us on [Facebook](#), [YouTube](#), [Instagram](#) and [Twitter](#).



85. Look out for our email surveys. Your responses shape how we operate and what we prioritise.

86. Pop to our [online shop](#) to help **raise vital funds** that support our campaigning.

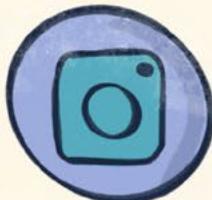
87. [Join a Greenpeace Local Group](#) to meet like-minded people and **get active on our campaigns**.

88. For even more inspiring content showing the global movement, follow Greenpeace International on [Facebook](#), [YouTube](#), [Instagram](#) and [Twitter](#).

89. **CHANGE THE SYSTEM!**

[Join the Political Lobbying Network](#) to help us **hold politicians to account**, by writing letters and attending meetings.

90. Check out [our website](#) for news, blogs, educational resources and loads more.



# Activism

We get it. Activism can be a daunting word. Put simply, it means being an active citizen who shows up for change. That doesn't mean you have to get arrested. Find out more about the range of ways to take a stand.



91. **Get trained up as a Greenpeace activist.** With us, you can take part in peaceful protests and direct actions – from climbing an oil rig to delivering a message in a way that gets attention.  
  
Keep visiting our [activist training page](#) to see when the programme is due to re-open.
92. **Craftivism** is a creative way to make an impact. By combining craft with activism, you can knit, crochet, sculpt or cross stitch your message to make a statement stand out.  
  
The [Craftivist Collective](#) is a good place to start for ideas.
93. Tap into other movements that you find inspiring, like the [UK Student Climate Network](#), [Reclaim the Power](#) and [The Advocacy Academy](#).
94. Learn about [the history of Greenpeace](#) and why **activism works**.
95. Find out more about something that interests you in your local area, like green spaces or cycling. See what your MP is doing on the issue by heading to [They Work For You](#).  
  
For an issue you feel strongly about, start an online petition, or organise a talk to build support, and then **target key decision makers**.
96. **CHANGE THE SYSTEM!**  
  
[Catch up](#) on how the government has been **attacking our right to peaceful protest**.
97. Connect online with the [young people of colour](#) fighting for our planet.
98. Stick up a campaign poster in your window to show your neighbours what issues are important to you.
99. Take a stand by **boycotting companies** that are exploiting the planet.
100. By making lifestyle changes and talking to people about them, you'll nudge those around you to change their behaviours too.

## So there you have it.

100 ordinary ways to make an extraordinary difference. But wait, we hear you say, what about idea number 101? Don't worry, we're saving the best 'til last.

**Join Greenpeace – a global movement of passionate people just like you.**

We challenge the systems that exploit the planet and we are entirely funded by individuals, so there's never been a better time to get involved.

After all, system change is far and above the most effective way to tackle the climate crisis. Governments and companies must act urgently to transform the way they run things and together, we can hold them to account and demand change.

We'd love to see what kind of extraordinary things you get up to after reading this guide, so if there's anything you'd like to share, get in touch via social media [@GreenpeaceUK](#) using [#GreenpeaceGuideToLife](#).

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