

## Tip of the month:

### 6 easy sustainable swaps to help the environment & save money

Think small changes to your everyday life won't make a difference? Small changes can help if we all make a collective effort. Some of these changes not only benefit the environment but have the added bonus of saving money.

1. **Swap takeaway cups for a flask or reusable coffee cup.** Many coffee chains implemented a temporary ban on reusable cups at the start of the pandemic, but this was subsequently reversed.
2. **Swap cling film for beeswax wraps.** Cling film can take decades to decompose. As its name suggests, it's made of plastic which is not naturally biodegradable. It will go for incineration when it goes into general waste.
3. **Swap disposable freezer bags with reusable freezer bags.** The cheap price of the packs of thin plastic freezer bags sold at most supermarkets are unlikely to last more than a few uses. They are prone to rips and tears. Reusable freezer bags cost a little more upfront and are sold in smaller packs, but are built to last.
4. **Swap plastic bottles for reusable water bottles.** It's estimated that 7.7 billion plastic bottles are bought in the UK each year and plastic can take up to 500 years to decompose naturally. There are a large range of metal, plastic and glass water bottles for sale.
5. **Swap regular coffee pods for recyclable coffee pods.** Regular pods are usually made from plastic or aluminium which aren't naturally biodegradable materials. Though some coffee pods are technically recyclable, you'll still need to clean and dismantle them. There are now a number of greener alternatives: some recycling schemes operate; compostable pods (which will still get incinerated); refillable pods. Alternatively, go for bean to cup when deciding to have a machine.
6. **Swap shower drain unblocker for a chemical-free option.** Confused about how environmentally friendly your drain unblocker is? Some manufacturers claim their products use natural ingredients that are less damaging to the environment, but that's not always the case. Instead of opting for an eco drain unblocker, why not ditch chemicals altogether and get a Flexisnake? It's a chemical free, manual method of removing contents from a blocked drain. Just stick it down, wiggle it around, and pull it out... along with whatever drags it up. You can use it again and again.

*These suggestions are based on an article from [Which Magazine](#)*