



# 12 Small steps for sustainability





# Sustainable tasks

Every month, a specific task will be set that can bring a positive and sustainable change to our lifestyle. The tasks don't take much effort but can make a huge impact to our planet.

The idea is that this positive change becomes the 'norm' in your life – so you continue with the activity every month.

By the end of 2024 you and your team will have each made over 12 positive lifestyle changes.





## January: reducing food waste

Make at least one meal each week from leftovers.

If you already do this, then set yourself a goal to reduce your weekly food waste through better meal planning.

Check out these recipes for leftovers – [Jamie Oliver](#) – [BBC Food](#)

# Sustainable goals

**1**

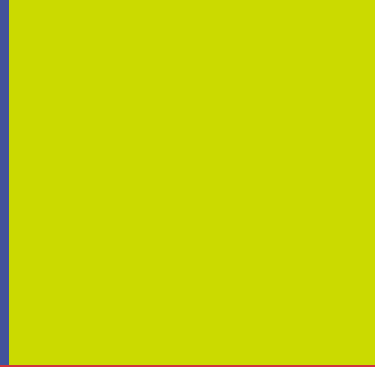
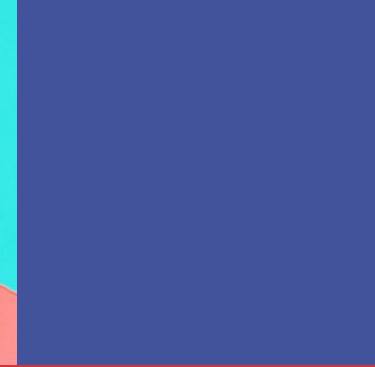
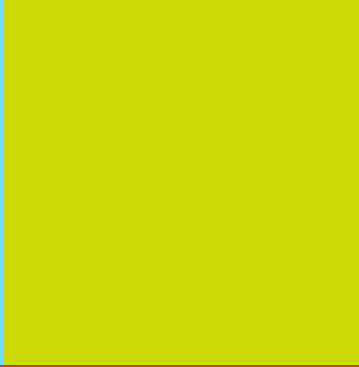
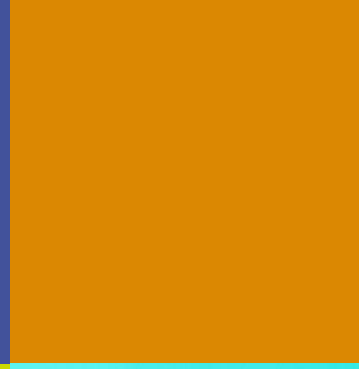
Set up a WhatsApp group and share your wins and successes with your colleagues.

**2**

Discuss as a team what surprised you about each challenge?

**3**

Motivate staff with sustainable rewards like charitable giving linked to your monthly sustainability challenge. B1G1 is an excellent platform to support your giving strategy.



“Most of us generate more planet-warming emissions from eating than we do from driving or flying. Food production now accounts for about a fifth of total greenhouse gas emissions annually, which means that agriculture contributes more than any other sector, including energy and transportation, to climate change.”

– Amanda Little, author of *The Fate of Food: What We’ll Eat in a Bigger, Hotter, Smarter World*



## February: Recycling boost

Take plastic bags you can't recycle at home to your local supermarket – the bigger stores take salad and veg bags, cold meat packs, crisp packets and much more. [Tesco](#) and [Sainsbury's](#) have options for you.

Already doing this? Be even more considered about packaging during your weekly food shop. e.g. buy loose fruit and veg.

# Making Impact



What's your opinion regarding recycling in your town? Discuss on your WhatsApp group.



Share with your team what you found you could recycle at your local supermarket or recycling centre.



What surprised you about the challenge?



Food for thought...

“We live in a disposable society. It's easier to throw things out than to fix them. We even give it a name - we call it recycling.”

Neil LaBute

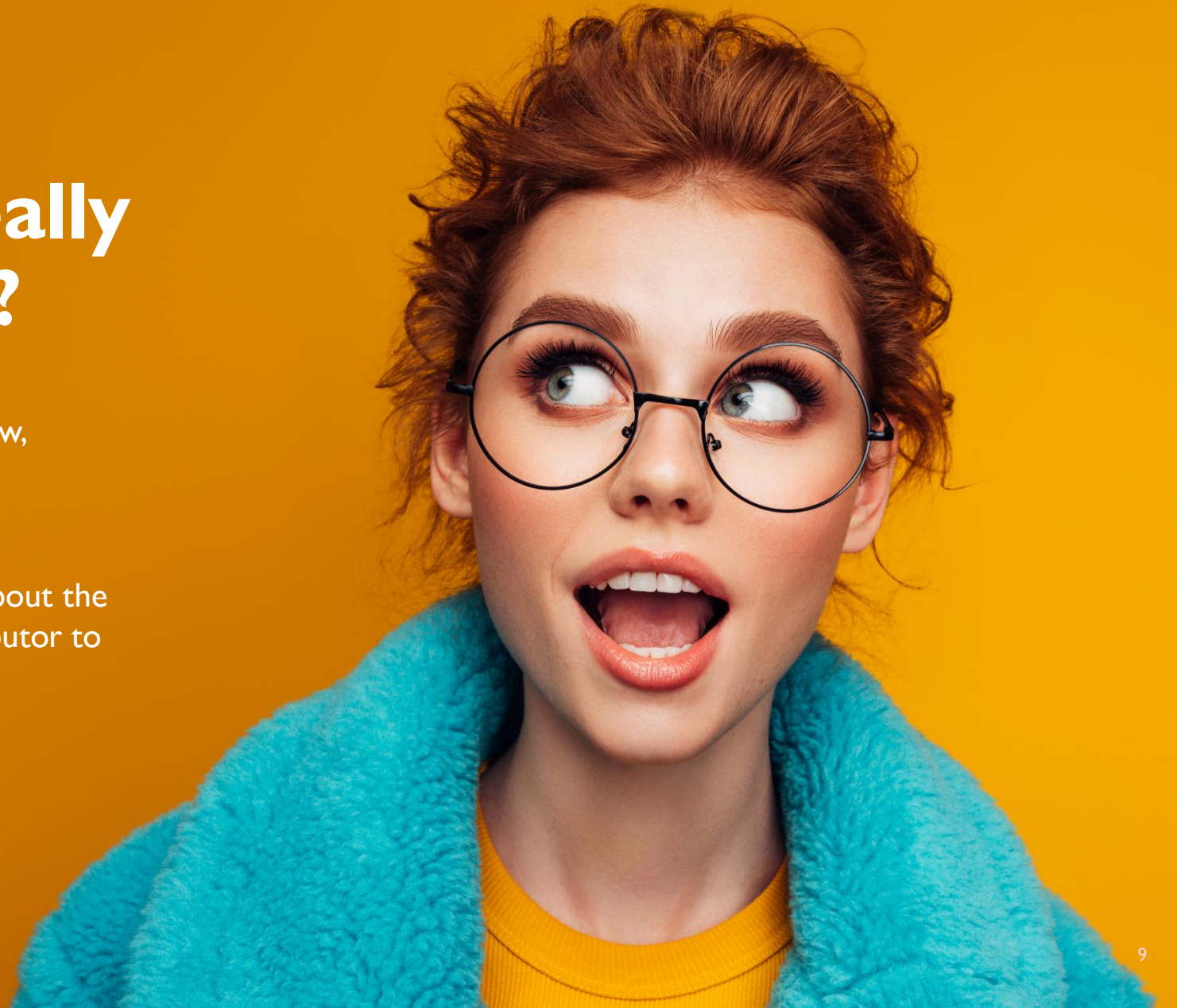




# March: Do I really need to buy it?

Every time you go to buy something new, consider if you 'need' it or 'want it'.

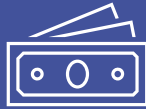
Watch [Stacey Dooley's documentary](#) about the fashion industry which is a huge contributor to global pollution.



# Key shopping takeaways



Did your shopping habits change?



How much money do you think you saved?



What did you learn from the Stacey Dooley documentary?



Will you continue to be more considered buyer?



# Review of your sustainability achievements



Making one meal a week  
with leftovers? Y/N



Taking plastic that can't  
be recycled to your local  
supermarket Y/N



Be more a more  
considered buyer? Y/N



# April: Pay it forward

*Spread kindness wherever you go.*

Give someone who know (or don't know) a compliment.

Leave an inspirational note for someone to brighten their day.



# Kindness insights



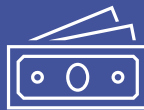
How did paying it forward impact you?



How many times did you pay it forward?



What did you learn about yourself?



Will you continue to be kinder?





## May: Be kind to bees

Pollen and nectar are so important for bees and other pollinators. Get your trowel out and get planting. If you're not green fingered, wildflowers are very easy to grow.

Bees will thank you if you plant purple flowers because they can see 'purple' better than any other colour!

# Sustainable goals

**1**

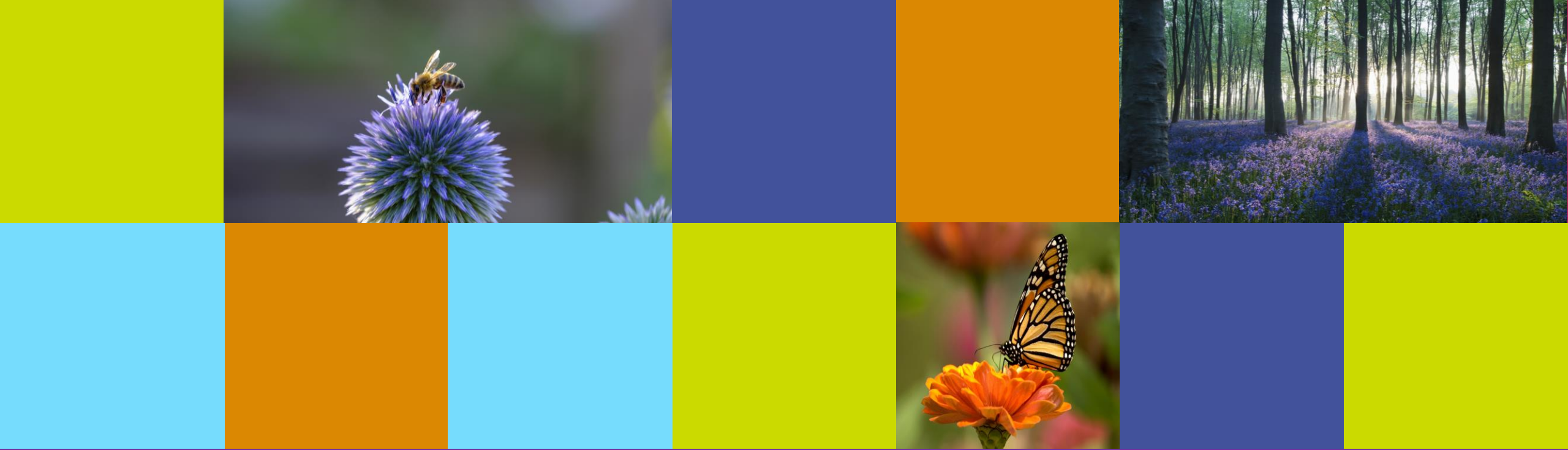
Share best deals for bee-friendly plants and seeds

**2**

Where did you plant your seeds/plants?

**3**

Take some photos to show how your seed/plants are growing and share on your WhatsApp group.



Almost 90% of wild plants and 75% of leading global crops depend on animal pollination. One out of every three mouthfuls of our food depends on pollinators such as bees. Crops that depend on pollination are five times more valuable than those that do not.

WWF





## June: Declutter and donate items to a charity shop

Choose one or two rooms each week and have a good sort out. Make different piles:

- Stuff to recycle
- Stuff to take to sell
- Stuff to take to charity shop /pass on
- Clothes and other cloth accessories that would make good gift wrapping material (see December's sustainability challenge).

# Making Impact



Share with the team what your biggest win was from decluttering?



How will the declutter change the way your future buying habits?



What surprised you about the challenge?

# 2024 sustainability goals



July: Dry your clothes, bedding and towels outside rather than using the tumble dry

August: Swap your cleaning products to plant-based alternatives

September: Washing loads at 30 degrees (rather than hot washes)

October: Make the Swap to B Corporation brands

November: Recycling batteries and tin foil

December: Don't buy Christmas wrap, master the Japanese art of Furoshiki