



Monthly sustainability challenges

JANUARY

Recycling boost: Take plastic bags (e.g. salad & veg bags, crisp packets) you can't recycle at home to your local supermarket.



FEBRUARY

Reduce your food waste: make a meal each week out of leftovers.



MARCH

Donate to your local food bank: Pop in an extra pack of loo roll or bottle of squash in the collection box when you do your food shop.



APRIL

Use what you have: Before purchasing something new, take a moment to check if you **already have a similar item that could serve the same purpose**—whether it's shower gels, cleaning products, food, or drinks.

MAY

Be kind to bees and butterflies: From lavender and agapanthus to roses, choose plants that attract these vital pollinators and help support a thriving ecosystem in your garden.



JUNE

Do I really need to buy it? Every time you go to buy something new, consider if you 'need' it or 'want it'. Try to limit unnecessary purchases.

JULY

Plastic free July: Reduce plastic usage - buy soap rather than bottles or dispensers. Or, opt for a refill rather than buying a new plastic bottle.



AUGUST

Battery power: Recycle old batteries at your local supermarket.



SEPTEMBER

Declutter & donate: Clear out your cupboards, drawers and wardrobes. Donate unwanted items to a charity shop, and sell or recycle where needed.



OCTOBER

Make better purchasing choices: Try to buy B Corporation certified or ethical brands: from books, beauty products, coffee, chocolates, loo roll, sweets and clothes.



NOVEMBER

Electronic waste responsibility: Properly recycle old electronics, and electrical items at designated collection points instead of throwing them in general waste.

There's one at Caston's Yard!

DECEMBER

Wrap Christmas presents the sustainable way: Choose recyclable wrapping paper and bags. Use plastic-free sticky tape.





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MORE SUSTAINABILITY CHALLENGE IDEAS

- Second-hand shopping month:** Commit to buying only second-hand clothing, books, and household items to reduce demand for new product manufacturing. Try Vinted.com, World of Books or local charity shops.
- Local and seasonal eating challenge:** Purchase only locally grown, seasonal produce to reduce food miles and support local agriculture.
- Chemical-free cleaning products:** Create homemade cleaning products using simple ingredients like vinegar, baking soda, and essential oils to reduce damaging chemical waste.
- Public transport or cycling week:** Challenge yourself to use public transportation, cycle, or walk for all non-essential car trips, reducing personal carbon emissions.
- Water saving challenge:** Reduce shower time to 4 minutes, collect water while waiting for shower to warm up for plant watering, and fix any household leaks promptly.
- Energy efficiency home audit:** Conduct a home energy audit, checking insulation, sealing drafts, and considering simple upgrades like LED bulbs. Check whether your supplier provides renewable energy.
- Plant-based meal challenge:** Introduce more plant-based meals into your diet, even if not going fully vegetarian or vegan, to reduce carbon footprint associated with meat production.
- Litter pick:** Organise or join local community clean-up events, helping to remove litter from Basingstoke's environment.
- Reduce laundry emissions:** Wash clothes at lower temperatures, use full loads only, and line-dry instead of using a dryer. Switch to laundry products which don't harm the waterways and seas.
- Digital declutter:** Delete unnecessary emails, files, and data to reduce digital storage energy consumption and improve device performance and longevity.
- Repair and mend:** Learn basic repair skills to fix clothing, appliances, and household items instead of replacing them. Or visit a local repair cafe.
- Home energy usage log:** Track and reduce energy consumption using a smart meter or manual logging system, setting monthly reduction targets.

