



# Here Are KCG's Top 25 Tips For A Greener Lifestyle

**Below are some ideas to help you lead an eco-friendlier life. Try as many as you can and help decrease your carbon footprint. Small adjustments can change the world!**

## 1. **Walk to work or car share**

Try switching your daily drive to work by walking. If that's not possible then try car sharing and reduce car emissions. Emissions from your car's exhaust are a major source of air pollution which include CO<sub>2</sub>, Carbon monoxide and nitrogen oxides.

## 2. **Take your own cup into a coffee shop**

Why not take your own cup when you get your usual fill of coffee or switch to a reusable bamboo or metal coffee cup to further help the environment.

## 3. **Turn off electrical items when you're not using them**

Switching off your electrical items helps the conservation of energy and is one of the most important steps to combatting your carbon footprint. Not only will it help with energy conservation but also with cutting down your electricity bills! **At KCG we have automatic sensor switches for lights.**

## 4. **Bring your own reusable water bottle**

Plastic bottles are a huge problem, they harm wildlife & leak chemicals into the soil and sea. An estimated 1 million bottles are bought worldwide each minute which has a major impact on the environment with this many bottles being thrown away. **At KCG we provide you with a refillable water bottle in your accommodation.**

## 5. **Switch to a shampoo/soap bar**

Start buying shampoo bars or soap bars. It's a great way to cut out plastic containers as these bars generally come in recyclable material.

## 6. **Eat less meat**

Meat production contributes to greenhouse gas emissions. Try cutting down your consumption of meat & perhaps have 2-3 meat free meals per week or if you can, try a fully vegetarian diet.

## 7. **Bring your own reusable shopping bag**

Plastic bags have gained a lot of attention in the past few years, they cause major harm to the environment and animals especially in the sea. There is an easy solution, bring your own bags when you go shopping, preferably made from natural biodegradable materials such as cotton or linen.

## 8. **Hang your clothes out to dry**

During the summer you can simply leave your clothes outside to dry and save yourself using electricity. You can also do this in the winter, put your clothes out on sunny days or on a rack in the spare room and though it might take longer to dry, you will be helping the environment. **At KCG all our laundry is air dried whenever possible.**

## 9. **Take shorter showers**

Not only does a shorter shower save water, but also saves on the energy used to heat that water. A typical non-conserving showerhead will spray over five gallons per minute, so you'll save 25 gallons of water if you cut your shower down from 8 minutes to 3.

## 10. **Compost your vegetable peelings, outdated and left-over food**

If your food has gone past its 'best by' date then you need to make sure you compost it rather than throw it in the bin. Not only will this help create a natural fertiliser for your garden to help it stay green, it'll also reduce the amount of waste going to the landfill. 7.3 million tonnes of food is thrown away in the UK every year. Not only is it a waste of food and money, but it also adds to the amount of CO<sub>2</sub> being created in landfills.

## 11. **Purchase eco-friendly bulbs & switch to green energy**

Next time one of your light bulbs stop working, replace it with an eco-friendlier LED bulb. They last longer and use much less electricity. Consider switching to a "green energy" supplier such as Ecotricity. **At KCG all our electricity is provided by solar panels.**

## **12. Wear clothes made from natural materials or recycled plastic**

Find brands using eco-friendly sustainable materials & methods for manufacturing clothes such as cotton, linen & wool. Try to find clothes that eliminate the use of dyes and minimize chemical, water, & energy use.

## **13. Use recycled toilet tissue**

It may sound a little strange to use recycled paper toilet tissue, but the effects would be significant. Changing to recycled tissue paper helps significantly reduce deforestation. Try [www.whogivesacrap.org](http://www.whogivesacrap.org)

## **14. Have your food shopping delivered**

Instead of having around 20 cars make their way to the supermarket — one van can drive around delivering to everyone in the area, this cuts down on car pollution.

## **15. Use compostable or metal cutlery and plates**

Plastic cutlery / plates are usually used once and thrown away. Either at parties, BBQs, or takeaway lunches. This all adds up to a lot of plastic waste. Reduce or eliminate this waste by using long life metal cutlery/plates that can be recycled at the end of its life or compostable products.

## **16. Grow your own vegetables & buy locally**

Growing your own vegetables is a great way to cut down your carbon footprint and be eco-friendlier. If you don't have much space, you can use windowsill boxes for herbs, get an allotment or join a community gardening scheme. Try buying local produce to reduce food miles. **At KCG all the contents of our hampers are locally sourced.**

## **17. Use a rechargeable torch & batteries**

Using a rechargeable torch means you won't have to keep throwing away batteries. This can be applied to many portable electronic devices. Using more rechargeable batteries or devices will lower the greenhouse emissions of manufacturing disposable batteries. Remember to dispose of your batteries appropriately.

## **18. Plant your own trees**

Start planting trees to replace those that have been felled to make room for developments. If you're a homeowner try to plant one and if you're a business owner try to plant more. This will help towards ecological sustainability. **At KCG we have planted over 75 metres of native hedgerows over the past 2 years. Our wood is also sourced from sustainable forests.**

## **19. Use eco-friendly cleaning supplies or make your own**

Eco-friendly cleaning materials reduce chemicals in our environment. You can also make your own and live a more chemical free life, natural products like vinegar kill bacteria & clean well. Old clothes & rags can be cut up and reused as cleaning cloths.

## **20. Use biodegradable rubbish bags**

Switch plastic rubbish bags to biodegradable bin & dog poo bags. Use a trowel to flick dog poo into a hedge.

## **21. Ditch plastic straws**

Plastic straws are terrible for the ocean. They are consumed by the marine life and cause all kinds of health problems. Switch to bamboo or metal straws to eradicate this pollution from our oceans.

## **22. Choose an electric or hybrid car when buying your next car**

This is a big one and may be unrealistic for some. However, when the time comes to buy a new car, consider buying electric or hybrid. This will massively reduce pollution in the environment and your community. **KCG has an electric car charging point for guest use.**

## **23. Use natural laundry detergent**

Choose a detergent made from natural plant-based ingredients. And one that also has a recyclable bottle.

## **24. Start using an e-reader**

The production cycle of books uses enormous amounts of paper and transportation so switch to an e-reader.

## **25. Choose plastic free products and products that do not have plastic wrapping or packaging.**

Plastic pollution is killing marine & terrestrial life from large animals & birds to microscopic bacteria & plankton so try to use products made from natural materials such as wool, cotton wood & metal and avoid products that use plastic wrapping or packaging. Why not use one of our free to use beach clean kits during your visit.

**And finally, we all know that jet planes and air travel are a major contributor to greenhouse gases and climate change so why not holiday more in the UK at Kits Coty Glamping of course! . . . . .**