

FINANCIAL FITNESS:
LEVEL UP

LIVE MORE SUSTAINABLY

Turning on the tap, shopping for the latest accessory, signing up to a subscription. We might not realise it, but our habits can really impact our bank balance, and the environment. If we know the facts, we can make better choices for ourselves and the rest of the world.

PLASTIC IS NOT FANTASTIC



This means the average person is using 150 bottles a year. And most are just thrown out, ending up in our oceans and landfill - taking 450 years to decompose!

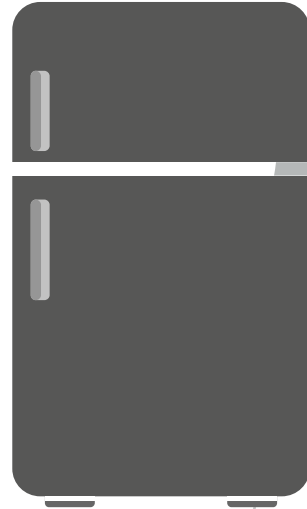
REFILLABLE BOTTLES SAVE MONEY AND REDUCE PLASTIC WASTE

BREAD IN THE BIN



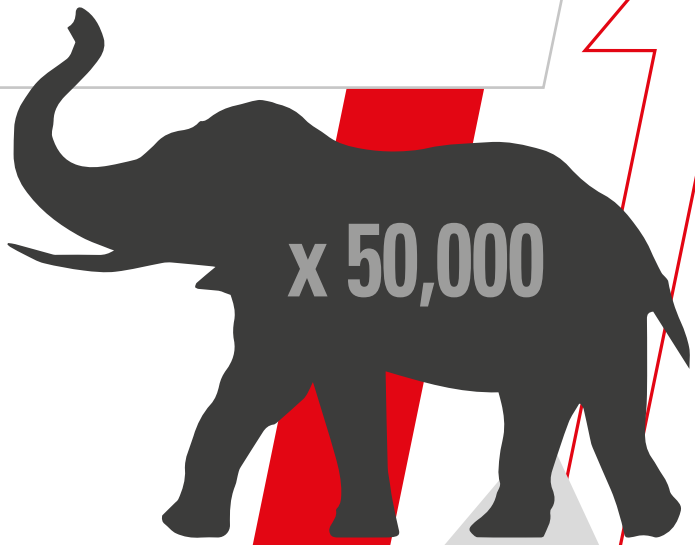
OVER 240 MILLION SLICES OF BREAD ARE CHUCKED AWAY EVERY YEAR IN THE UK

That's more than 13 million loaves! If you don't think you're going to use a whole loaf before it goes off, don't just throw it out and buy another, pop it in the freezer. You can put frozen bread straight into the toaster as well for top notch toast.



350,000 TONNES OF CLOTHING GOES INTO LANDFILLS EVERY YEAR

That's the same weight as 50,000 well-dressed elephants. So before you toss your next top think: can you sell it? Or maybe donate it? By buying less, buying 'pre-loved' or 'vintage', and choosing brands with sustainable practices we can make a big difference.



WATER DOWN THE DRAIN

ABOUT 2 GALLONS OF WATER FLOW FROM A TAP EACH MINUTE

The recommended tooth brushing time is 2 mins, so if you're the kind of person who leaves the tap running when you brush your teeth, that's 4 gallons of water gone. For no reason at all.

Turn the tap off when you can, and not only will you save water but you'll also save money on your water bill.



USING A PAN SMALLER THAN YOUR BURNER WASTES AROUND 40% OF THE HEAT



A LOAD OF HOT AIR

You can cook up a storm in the kitchen - but you don't need to waste energy whilst you're at it. Keeping lids on your pans can help to keep the heat in. Your gas and electricity bill will thank you, as well as the environment.