

Sustainable Choices Challenge

Our spending choices can have an impact on our own personal finances, our community, our environment and also the world around us and the global community. The footprint we leave now will be seen by future generations.

Let's have a look at what areas of our lives can we make a real difference:

Clothes

1. According to WRAP the waste charity, how many tonnes of used clothing do you think go to landfill in the UK every year?

- 50,000 (estimated worth £20 Million)
- 80,000 (estimated worth £32 Million)
- 140,000 (estimated worth £56 Million)
- 350,000 (estimated worth £140 Million)

2. What is the value of used clothing, on average, that each household in the UK sends to landfill each year?

- £250
- £500
- £750
- £1000

3. Lots of countries encourage their population to repair items instead of replacing them with new items. Which country leading the way at this?

- UK
- Sweden
- France
- Germany

Food

1. According to Love Food Hate Waste, what are the UK's top 5 most wasted items?

- Bread, cheese, milk, fish, bananas
- Bread, milk, potatoes, cheese, apples
- Potatoes, fruit juice, bananas, apples, carrots
- Milk, cheese, onions, bananas, fruit juice
- Cheese, meat, potatoes, fish, bananas

2. How many slices of bread are thrown away each year?

- 100 million
- 150 million
- 210 million
- 240 million

3. How many glasses of milk are poured down the sink every year in the UK?

- 4.3 million
- 5.9 million
- 6.5 million
- 7.2 million

Energy

1. 70% of Planet earth is covered by water but what % is available for human consumption?

- 1%
- 5%
- 10%
- 25%

2. How many showers on average could take in place of one bath?

- 2
- 5
- 10
- 12

3. How much do you think the average gas and electricity bill is in the UK per year?

- £104.50
- £346.90
- £1254.00
- £3465.00

What can you do?

Clothing Challenge

Look at your clothes and see how many pairs of shoes, trainers, boots you have. Work out roughly how much these are worth. Do you need to buy any more for a year?

Do the same thing with trousers, t-shirts and tops – how many do you have, how much are they worth. Do you need to buy any more?

Do you have items that you will no longer wear? Could they be sold, swapped with friends/family or donated to charity.

See if you can go a whole 6 months/a year without buying any more clothes. How much would you save?

Food Exercise

What are your habits around lunch?

Let's take a look at those meal deals available for your lunch. How much would you spend if you bought your lunch from a local coffee shop every weekday for a month. To help you, here are some figures based on what you are likely to find on the high street:

Coffee shop meal deal:

Sandwich, crisps and a drink: £4.95

Chocolate snack: £1.20

Cost per week: £30.75

Cost per month: £129.15 (assuming 21 weekdays)

Cost per year: £1,605.15 (assuming 261 weekdays)

So instead of shopping in our coffee shop let's take a look at how much it would cost if we were to make our lunches at home. So same lunch again let's get a sandwich, drink, crisps and a chocolate bar:

Making your own lunch

Your sandwich: 2 Slices of bread 8p + butter 3p + one slice of ham 10p

Total Cost per sandwich = 21p

1 Packet crisps (from multipack) 16p

1 Chocolate bar (from multi pack) 22p

Tap water in own bottle FREE

When food shopping see which items are bought that are not a need/essential eg. Chocolate, sweets, fizzy drinks, crisps. How much do these cost? How often do you buy them? Weekly / monthly.

Could you cut down and buy some just once a month as a treat. How much could you save?

Item	How often do you buy this?	Cost	Target reduction (are you going to stop buying it / reduce how many times you buy it)	Amount saved

Energy Exercise

Check on how much energy is used at home. See if you have a Smart Meter. Could you turn off the lights, close the doors, turn the heating down, don't waste water, play less computer games. See how much energy you could save in a month and a year by making small changes.

If you have a smart meter, record how much energy is used to:

- | | |
|---|----------------------|
| 1. Boil a kettle | <input type="text"/> |
| 2. Make some toast | <input type="text"/> |
| 3. Watch a TV programme for an hour | <input type="text"/> |
| 4. Make dinner | <input type="text"/> |
| 5. Play a computer game for one hour | <input type="text"/> |
| 6. Dry your hair with a hairdryer | <input type="text"/> |
| 7. Dry some clothes in a tumble dryer | <input type="text"/> |
| 8. Could something in the microwave for 2 minutes | <input type="text"/> |
| 9. Have a light on in your room for 1 hour | <input type="text"/> |
| 10. Have the heating on for 1 hour | <input type="text"/> |

What could you do to reduce the costs of the above?

Answers:

Answers: Clothes 1. According to WRAP, the waste Charity, around £500 worth of clothes per household go to landfill each year. **2.** According to WRAP, the waste Charity, around £500 worth of clothes per household go to landfill every year. **3.** Sweden – the country gives tax breaks on repairs to clothes, bicycles, fridges and washing machines.

Food 1. Bread, milk, potatoes, cheese, apples. According to Love Food Hate Waste, 5.8 million potatoes and 1.3 million apples are thrown away every year. Try cooking old potatoes, making them into mash and freezing them for a quick addition to a meal. Old fruit can be stewed and frozen too, or you could try making a healthy smoothie to use things up. **2.** According to Love Food Hate Waste, over 240 million slices of bread are thrown away every year. If you don't need them freeze them! **3.** According to Love Food Hate Waste, over 5.9 million glasses of milk are poured down the drain every year – check those use by dates and freeze milk for when you need it.

Energy 1. On Average 2 gallons of water flow from a tap each minute, if you turn the tap off when cleaning your teeth, 3-4 gallons of water can be saved per person per day. That's more than 1000 gallons of water per year. **2.** According to the Money Advice Service you could take 12 showers in the place of just one soak in the bath. **3.** £1254. £104,50 is the average monthly cost of an energy bill in the UK according to Ofgem the energy market regulator (2019).