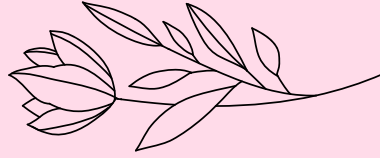


REDUCE YOUR ENVIRONMENTAL IMPACT

- - - *Checklist & Challenge* - - -



- ☐ Invest in a reusable, insulated water bottle & coffee cup
- ☐ Donate ten unused items to your local second hand shop
- ☐ Replace three plastic household products with alternatives
- ☐ Plant a native tree in your backyard
- ☐ Complete a 'plastic free' grocery shop
- ☐ Put a stash of reusable bags in the boot of your car
- ☐ Swap over to a bamboo toothbrush rather than plastic
- ☐ Track how much waste you're creating and then improve
- ☐ Pick up 20 pieces of rubbish on your next walk
- ☐ Buy something local and handcrafted

It is our mission to inspire and empower women to lead sustainable and ethical lifestyles whilst providing the knowledge, advice, resources and inspiration to do so...