

MAKING THE MOST AND WASTING THE LEAST

Ideas and inspiration to help you live sustainably at home



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DON'T FORGET TO PACK YOUR GOOD, GREEN BEHAVIOURS

While many of us are more likely to staycation than head for the Spanish beaches this year, keeping waste to a minimum on holiday still presents a challenge.

Travel-sized toiletries, outfits that can only be worn once a year and all that single-use packaging – the list goes on.

Reducing waste on holiday demands more planning than the daily routine so we've put together some tips to get you started.

Stocking your suitcase

Why not ask yourself whether you really need new clothes? After all, you're probably only going away for a week or two and that money could instead be spent on fun experiences. If you've got nothing in, borrowing from a friend or buying second hand are great alternatives. And, if you do decide to buy new, consider whether your purchases would stand up to the #30wearschallenge. If in doubt, don't pay out.

Filling the freezer

When counting down to a well-earned break it's a great idea to plan ahead and buy only the food you'll use up prior to leaving. It'll save you spending cash on food that doesn't get eaten, and avoid good food going to waste. That said, many of us are still faced with fresh food we haven't managed to eat up before heading off.

Think about what can be frozen: milk, butter and leftovers do well in the freezer and can help make sure you're well-stocked for returning home. No one wants to go shopping as soon as they're back from holiday anyway. If you can't use it, consider whether someone else can.

Perhaps offer it to your neighbours, donate it to a community fridge if there's one near you, or post it on an online food sharing app like [OLIO](#).

Smart skincare

Travel-sized toiletries and the free toiletries in hotel rooms are a huge source of packaging waste. If you use shampoo bars at home, you can easily take them with you in a small Tupperware container. You can [make your own deodorant](#) in a jar and take it with you. If you use shampoo in plastic bottles, buying the biggest bottle you can and simply decanting some into a smaller container to take with you with cut down on throwaway packaging and save space in your suitcase.

Eating on the go

Holidays are about relaxing and making time for yourself, so thinking ahead can help avoid the need for excessive food prep while you're away yet also minimise the packaging you consume.

If you are going to be travelling a lot and can't live without your coffee, why not take your reusable cup? You can often get a discount too. When it comes to snacks, crisps, chocolate bars and sweets are serious offenders when it comes to single-use packaging. It's easier than you might think to make your own snacks to take them with you. The [Love Food Hate Waste](#) website has loads of great ideas, like [peanut butter banana loaf](#) for a sweet treat or [hummus](#) if you want a savoury option – great with homemade oatcakes or vegetable crudites.

Keeping up with recycling

Recycling doesn't have to stop when you go on holiday. Ideally your accommodation provider

would give you all the information you need, but if not be sure to ask them – and if they don't provide recycling facilities then ask them why not. The best source of information, even abroad, is normally the local council website – so check it out in advance of where you are travelling to.

There is always likely to be some waste you can't avoid on your holidays, but a bit of planning can reduce your impact on the environment and save you money in the process.

Low-carbon confirmations and tickets

These days it's rare to be sent paper copies of tickets as most information is digital. And yet it's still tempting to print it off just in case. But you should be able to access all the details on your smart phone or tablet, if you have one, and if you're travelling with someone else, why not send them a copy of the booking details so you have a digital back up just in case your device fails?

Getting about

Rather than buying maps, there are lots of digital mapping tools that you can use on your digital device. If you're heading into the hills, download GPX routes, subscribe to [Ordnance Survey](#) maps online, or look at free options pre-loaded on your device.



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