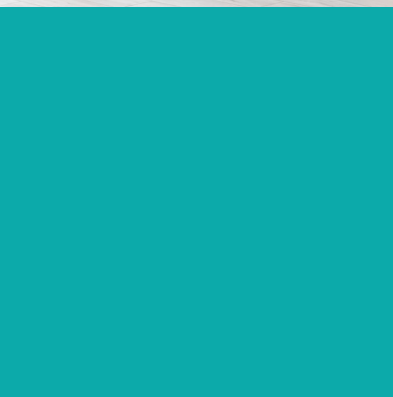




A Sustainable Checklist For Your Home

Discover how you can make a
positive difference at home





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From the team

Welcome to the sustainable living checklist for your home. We're thrilled you've decided to embark on this journey towards a more eco-conscious and healthier lifestyle.

This has been crafted specifically for you, offering straightforward, manageable steps that can create significant positive change for your household and our environment. Whether you're interested in simple alternatives, power-saving methods, or substantial lifestyle modifications, this checklist will support your progress at a comfortable pace.

We understand that each positive choice matters. From conserving power and minimising waste to selecting eco-friendly materials and embracing local solutions, these decisions collectively create enduring environmental benefits. Additionally, many of these adjustments result in a more pleasant, streamlined, and economical household.

We appreciate you allowing us to be part of your home transformation. May this checklist motivate and enable you to reduce your environmental footprint whilst enjoying the rewards of a more sustainable way of life.

Table of Contents



05	<u>General Household</u>
07	<u>Kitchen</u>
08	<u>Laundry</u>
09	<u>Cleaning Products</u>
10	<u>Bathroom</u>
11	<u>Building Materials and Decor</u>
12	<u>Garden & Outdoors</u>
13	<u>Lifestyle Habits</u>

- 14 Home Audit Checklist
- Energy Use
- Water Use
- Shopping & Consumption
- Summary & Reflection
- 17 Food Waste Diary Template
- 19 Milestone Planner
- 20 Sustainability Timeline Worksheet





General Household

- ✓ Replace traditional bulbs with energy-efficient LED lighting: Making the switch to LED bulbs helps cut energy consumption and reduces your monthly electricity costs.
- ✓ Opt for fans over air conditioning, and cosy blankets or portable heaters in cold months: Choosing fans instead of air con and adding warm layers in winter helps maintain comfort whilst saving energy.
- ✓ Upgrade to efficient windows, window treatments, and home insulation: Better insulation, quality windows, and proper blinds maintain ideal temperatures year-round, reducing unnecessary energy usage.
- ✓ Select a power provider that uses sustainable energy sources: Moving to a green energy company ensures your household runs on clean, renewable power.

- ✓ Monitor energy consumption with a smart meter: Installing a smart meter helps you track usage patterns, reduce energy costs, and identify additional savings opportunities.
- ✓ Purchase pre-loved furniture and home items: Buying second-hand extends product lifecycles and decreases the demand for new manufacturing.
- ✓ Turn off and unplug electronics when idle: Disconnecting unused devices prevents phantom energy drain and reduces utility bills.
- ✓ Sort recycling properly and choose glass or metal containers: Careful recycling and opting for glass or metal packaging helps reduce plastic waste and supports material reuse.





Kitchen

- ✓ Select eco-friendly cleaning supplies and washing-up liquid: Natural cleaning products decompose safely, protecting waterways and creating a toxin-free home environment.
- ✓ Replace disposable kitchen roll with washable cloth napkins: Reusable cloth napkins eliminate the need for single-use paper products.
- ✓ Invest in natural cleaning tools and wooden scrubbers: Natural sponges and wooden brushes help prevent microplastic pollution from synthetic alternatives.
- ✓ Invest in durable food containers and drinks vessels: Using long-lasting containers and bottles minimises reliance on disposable plastics.
- ✓ Use beeswax or plant-based wax wraps instead of cling film: Sustainable wax wraps keep food fresh without creating plastic waste.
- ✓ Choose recycled alternatives for foil and tape: Opt for recycled materials when wrapping food or securing parcels to avoid virgin resources.
- ✓ Select organic cotton kitchen textiles: Chemical-free organic cotton towels and bags offer an environmentally-conscious alternative.

Laundry

- ✓ Choose plastic-free washing products and stain treatments: Selecting plastic-free laundry items reduces waste in landfills and oceans.
- ✓ Switch to wool dryer balls over disposable sheets: Reusable wool balls naturally soften clothes and eliminate single-use dryer sheet waste.
- ✓ Line dry laundry when possible to conserve energy: Hanging clothes to dry naturally saves power and helps clothing last longer.
- ✓ Only run full loads and use the washing machine efficiently: Maximise each wash cycle by running full loads, helping reduce water and energy consumption whilst getting the most from each wash.
- ✓ Avoid harsh chemicals and single-use plastics: Choose gentle, sustainable alternatives that protect your family's health, extend the life of your clothes, and safeguard our planet.





Cleaning Products

- ✔ Select eco-friendly, biodegradable alternatives from brands like Ecover, Method, or Bio-D: These trusted brands create products that are kinder to both your home environment and the wider world.
- ✔ Microplastic collectors for laundry (e.g., Guppyfriend bags): Pop microplastic filters or bags in your wash to catch harmful fibres before they enter our waterways.
- ✔ Use biodegradable scrubbing pads and brushes: Choose compostable cleaning tools to reduce household waste and maintain a plastic-free cleaning routine.

Bathroom

- ✓ Opt for products with minimal or compostable packaging: Select items with sustainable packaging to reduce waste destined for landfill.
- ✓ Switch to bamboo toothbrushes and organic cotton wipes: Bamboo alternatives break down naturally, whilst organic wipes keep harmful chemicals away from your family's skincare routine.
- ✓ Use refillable or biodegradable soap dispensers: Choose reusable or compostable soap containers to eliminate single-use plastic waste.





Building Materials and Decor

- ✓ Choose paint with no volatile organic compounds (VOC-free): Keep your home's air quality pure by selecting paints without harmful chemicals.
- ✓ Select furniture made from FSC-certified or reclaimed wood: Support sustainable forestry practices by choosing pieces crafted from certified or salvaged timber.
- ✓ Use natural, renewable, and recycled building/decor materials where possible (e.g., bamboo, recycled glass): Lower your home's environmental impact with sustainable material choices.
- ✓ Consider solar panels and rain barrels for further sustainability: Harness nature's resources with solar power and rainwater collection systems.

Garden & Outdoors

- ✔ Plant a garden or keep houseplants to improve air quality and support biodiversity: Create healthier air and wildlife-friendly spaces with indoor and outdoor greenery.
- ✔ Use rainwater collection systems for watering plants: Save precious tap water by utilising natural rainfall for your garden.
- ✔ Compost food waste to reduce landfill impact: Transform kitchen scraps into nutrient-rich garden fertiliser whilst reducing waste.





Lifestyle Habits

- ✓ Avoid unnecessary heating/cooling—wear a sweater or use blinds for temperature control: Stay comfortable naturally by layering clothing and managing sunlight exposure.
- ✓ Reduce the use of single-use plastics everywhere possible: Help create a circular economy by avoiding disposable plastics.
- ✓ Measure your carbon footprint yearly and strive for lower impact: Monitor your emissions to set meaningful goals and track your sustainability journey.



Home Audit Checklist

Energy Use

- ✓ Record monthly gas or heating fuel consumption (therms, litres, or kWh equivalent)
- ✓ Note average thermostat settings (summer and winter)
- ✓ Count number of appliances and electronics left on standby
- ✓ Check insulation quality (walls, roof, windows, doors)
- ✓ Record number and type of light bulbs (LED, CFL, incandescent)
- ✓ Note use of renewable energy sources (solar panels, green energy plan)

Water Use

- ✓ Record monthly water consumption (litres or gallons) from utility bills
- ✓ Count number of showers per week and average duration
- ✓ Note use of water-efficient fixtures (low-flow shower-heads, dual-flush toilets)
- ✓ Record frequency of laundry loads per week and machine efficiency rating
- ✓ Check for leaks in taps, toilets, or pipes
- ✓ Record outdoor water use (gardening, lawn irrigation, car washing)



Shopping & Consumption

- ✓ Record frequency of grocery shopping trips per week
- ✓ Track number of single use plastic packaging
- ✓ Track percentage of local, seasonal, or organic food purchased
- ✓ Record frequency of online shopping deliveries per month
- ✓ Note use of reusable bags, containers, and packaging alternatives
- ✓ Record household purchases of new items (clothing, electronics, furniture)
- ✓ Track second-hand or sustainable product purchases
- ✓ Record frequency of dining out or takeaway meals

Summary & Reflection

- ✓ Calculate total monthly energy use (kWh equivalent)
- ✓ Calculate total monthly water use (liters or gallons)
- ✓ Estimate total waste generated per month (kg or lbs)
- ✓ Reflect on shopping habits and identify areas for reduction
- ✓ Highlight top 3 areas for improvement in energy, water, waste, and shopping

This checklist can be repeated monthly or quarterly to track progress and identify trends in reducing the household's environmental footprint.

Food Waste Diary Template

Day	Item Wasted	Reason Why	Estimated Cost	Alternative Action
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Instructions for Use

1. **Day:** Record the day of the week.
2. **Item Wasted:** Note the specific food item discarded.
3. **Reason Why:** Identify the cause (e.g., expired, spoiled, overcooked, leftovers not eaten).
4. **Estimated Cost:** Approximate the monetary value of the wasted item.
5. **Alternative Action:** Suggest what could have been done differently (e.g., freezing, meal planning, smaller portions, donating, repurposing into another dish).

This template can be printed or recreated digitally for weekly tracking and reflection.



Milestone Planner

Use this template to outline key milestones, define the timeframe for each, and identify the initial step needed to achieve them. This will help in breaking down large goals into manageable tasks.

Milestone	Timeframe	First Step
Join a local cycling group and ride twice a week.	3 months	Check my bike and helmet and attend my
Host a neighbourhood zero-waste picnic.	1 month	Book a park space and post on local Facebook
Install solar panels.	3–5 years	Research suppliers and council grants.

Remember to adjust the milestones, timeframes, and first steps based on your specific project requirements.

Next Steps

After filling out the template, review the milestones with your team. Regularly track progress and make adjustments as needed.

Sustainability Timeline Worksheet

Step 1:

My Starting Point What motivated me to start this journey? Example “I began worrying about rising energy bills and the amount of plastic packaging in my kitchen”

Step 2: My Journey Timeline

Date	Action/Change	Barrier	Breakthrough/ Solution	Impact (saving, CO ₂ , wellbeing)
01/01/25	Switched all bulbs to LED	Felt a wasted cost to start with	Found an offer at my supermarket	Bills dropped by £8 in first month
25/01/25	Started composting food waste	Didn't like the smell	Got a hot compost bin with the council	Reduced black bin bags by 1 per week
March	Joined refill shop	Partner preferred supermarket	Shared with friends and neighbours	Cut single-use plastics by a third

Day	Action/Change	Barrier	Breakthrough/ Solution	Impact (saving, CO ₂ , wellbeing)



Adopting the Live Green sustainability checklist is a meaningful step towards creating a home that is healthier, more efficient, and mindful of its impact on the planet. Every small change, from switching to LED bulbs or composting food waste, contributes to the collective movement for environmental stewardship and community wellbeing.

By regularly reviewing and updating sustainable practices, you can reduce utility costs, support local ecosystems, and demonstrate the impacts we can make to others, ensuring each home becomes part of a broader solution for a more resilient future.

Making these eco-conscious choices not only benefits the environment, but also creates a ripple effect that inspires friends, family, neighbours and future generations. Through consistent commitment to sustainable living practices, you can create lasting positive change whilst building a more environmentally responsible lifestyle that aligns with nature's delicate balance.

If you haven't already please sign up to the Live Green newsletter at livegreen.club to stay informed on your sustainable journey. You'll receive the latest eco advice and practical tips for you and your home, delivered straight to your inbox. Whether you're starting out or refining your green routine, our updates help you embrace sustainability with confidence and community support.

