



FOR
YOUR
WORLD

TIPS TO REDUCE YOUR FOOTPRINT WHEN WORKING FROM HOME



© Greg Armfield / WWF

Tip #1 - Switch to renewable energy for your home.

Visit [Big Clean Switch](#) to see how much money you could save whilst saving the planet!

Tip #2 - Make sure you've got LED bulbs.

LED bulbs last longer and can be up to 80% more efficient than CFL bulbsⁱ.

Tip #3 - Save water by taking shorter showers.

Cutting your shower time by just 1 minute can save 5-15 litres of waterⁱⁱ.

Tip #4 - Make sure you're recycling right.

Putting items in the recycling "hoping for the best" contaminates the recycling and means that whole collection may go to landfill or incineration. [Learn what can be recycled in your home](#) and stick to it. If in doubt, throw it away, don't recycle.

Tip #5 - Eat less but better.

Cutting down on meat and dairy is an effective way to reduce your footprint. If you do eat meat and dairy make sure it's better quality by choosing free range and organic. Find out more using our [Planet-Based Diets tool](#).

Tip #6 - Travel less by car.

Consider walking or cycling for short journeys typically taken by car. It may take longer than driving but your body and the planet will be happier for it! [Use the WWF travel planner](#) to see how you could help the planet with your journey changes.

Tip #7 - Grow your own.

If you're lucky enough to have a garden, devote a small patch to growing something edible. If you're in a flat, a windowsill or worktop make great alternatives - simply choose a container (you can even recycle an old plastic bottle), fill with soil and plant some seeds. Fresh herbs are good starters.

Tip #8 - Harvest rainwater.

If you have outdoor space and can install a water butt, do! [Water companies often give discounts](#) to customers so check your water company's website. If you're in a flat, consider asking management to install a water butt for communal gardens. Use collected water on your plants or when washing your bike or car.

Tip #9 - Keep the fridge closed.

Your fridge and freezer use extra energy to get back to temperature every time you open the door so be energy efficient by combining trips into 1 - get as many items out in one go and shut the door as quickly as possible.

Tip #10 - Buy second-hand.

Buying second hand is better for the planet than buying 'eco-friendly' products because it removes the need for materials to be used to make a new product. You can buy anything second-hand so make it your first port of call - try eBay, freecycle, Shpock, Gumtree, Vinted, Facebook Marketplace, World of Books, Oxfam Bookshop, Thrift+ and more.

Tip #11 - Make sure your stationery is planet-friendly.

Look for 100% recycled, or FSC recycled, paper in your notebooks or post-its. Use up all your old pens in the house before buying new ones. Choose stationery made from recycled plastic or paper. There are lots of options out there!

Tip #12 - Ask your energy provider for a smart meter.

This helps you track how much energy you're using in your home and which devices may be using more energy than expected. If you don't have a meter, become more familiar with taking meter readings to track your energy use.

Tip #13 - If buying soil for indoor or outdoor use, make sure it's peat-free.

Peatlands are essential for carbon sequestration, biodiversity and flood prevention, so leaving peat where it belongs is better for the planet. Choosing organic compost where possible too helps reduce the indirect impacts of pesticides and chemical fertilisers on organisms below ground.

Tip #14 - Consider buying a veg box.

Fruit and veg can often be linked to modern slavery, poor working conditions, abuse in supply chains, and food waste. There are many veg box options available throughout the UK. Look for boxes that pay farmers a fair price for produce, use 'wonky veg' or save food from being wasted, and reduce their own company footprint through electric vehicles and reusing their packaging.

Tip #15 - If you have kids, check out our [Learn To Love Nature Facebook page](#) for ways to inspire them with nature!

Finally, try measuring your carbon footprint using our [footprint calculator](#) and for more tips download our [WWF My Footprint app](#).

ⁱ <https://www.energy.gov/energysaver/save-electricity-and-fuel/lighting-choices-save-you-money/how-energy-efficient-light>

ⁱⁱ <https://www.affinitywater.co.uk/save-water>



For a future where people and nature thrive | wwf.org.uk

© 1986 panda symbol and ® "WWF" Registered Trademark of WWF. WWF-UK registered charity (1081247) and in Scotland (SC039593). A company limited by guarantee (4016725)