

Sustainable living - One person's list

Reducing consumption and avoiding excess packaging

Just a sample – there is *so much more* when you start to look

Less stuff – better quality

How to find sustainable suppliers

Look out for the B-corp logo

(Benefit Corporation) <https://bcorporation.uk/>

OR <https://www.bcorporation.net/en-us/find-a-b-corp/>

Accreditation that companies can apply for to demonstrate benefit to all people, communities and the planet. Worldwide scheme.



Companies are assessed across five key areas:

1
Governance

2
Workers

3
Community

4
Environment

5
Customers

Ethical Consumer magazine



Subscribe to this magazine and associated website that advises on ethics of products from

**clothes and chocolate to
energy and finance.**

Ratings based on a huge range of criteria such as climate change, supply chains, animal rights etc.

For example – how to choose an ethical bank

| Brand | Score (out of 20) | Ratings Categories | Positive Scores |
|---|-------------------|--|--|
| Triodos [5] Company Profile: Triodos Bank UK Limited | 14.5 | Environment -- People -- Animals -- Politics -- | Product sustainability -- Company Ethics -- |
| Nationwide current accounts Company Profile: Nationwide Building Society | 13 | Environment -- People -- Politics -- | Company Ethics -- |
| Co-op Bank/Smile [5] | 12.5 | Environment -- People -- | Product sustainability -- |

Avoiding single use plastic

Fill-up – 15 High Street Alton

Food and drink items, Cleaning products and bathroom essentials

Milk club – local milk deliveries in returnable bottles, dairy products, bakery and veg boxes.



Extra tip: you can get Fill-up products from Milk Club and Milk Club products from Fill-up!

On-line refill companies



Refills delivered for cleaning and bathroom supplies.

<https://smolproducts.com/>

<https://splosh.com/>

Toilet paper

 paper towels and tissues – sustainable products ordered online:

Naked Sprout (B-corp) Unbleached bamboo or recycled delivered loose in a box.

Who Gives a Crap (B-corp) bamboo or recycled in colourful paper wraps in a box

Both contribute to sanitation projects and are plastic free.



These companies are in fierce competition! Look at their websites and compare!

Delivered vs shopping

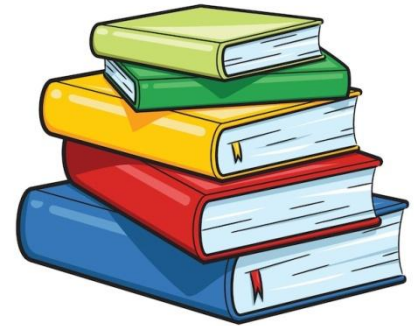
There are pros and cons with both. If you order online, consider using delivery to a pick up point as this reduces the "last mile" emissions.

If you go shopping consider the distance travelled and mode of transport.

Second hand and refurbished

Books

Library (Borrow Box App for online reading)
The ultimate in free re-usable reading!



Charity shops – Alton has a good range of charity shops, all selling second hand books (See also **Oxfam Music and Books** in Farnham for a more complete selection – they have an online shop too)

Second-hand bookshops in Alton

On-line books

WOB (was World of Books)
for second hand books, music, DVDs etc

Certified



Bookshop.org for ordering **new** books online with a percentage payment going to a bookshop of your choice. (B-corp)

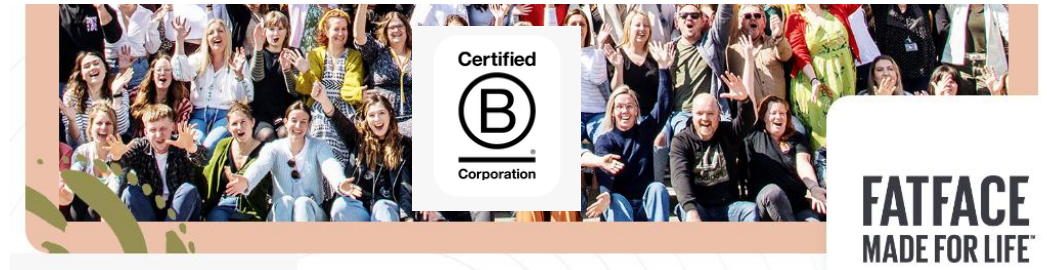


Clothing and gifts

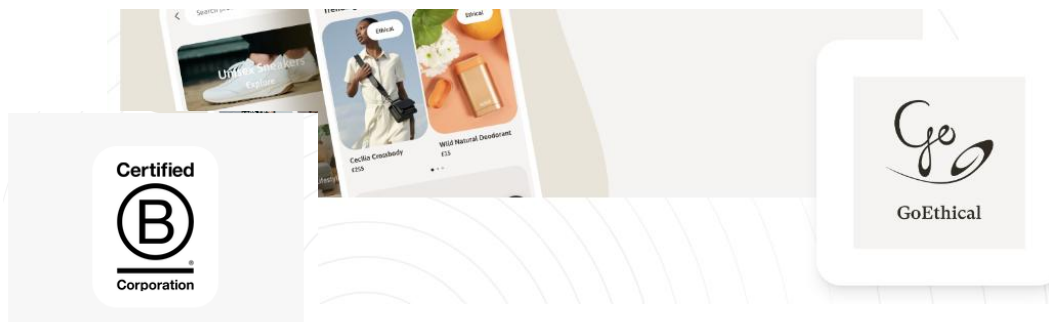
Charity shops – we have a fantastic range of charity shops in Alton...

Ethical clothing – Investigate this selection

Fatface is a B-Corp



GoEthical is a B-Corp



RAPANUI

Isle of Wight factory -

Products are made from organic materials, using renewable energy and designed to come back to be remanufactured when they're worn out.



Printy Banana

 (behind Fill-up)

Selling sustainable gifts including Loveliga range who make all of their eco homewares using sustainable or recycled materials only. Some favourites are cork, organic cotton & recycled plastics.



Technology

Back Market



<https://www.backmarket.co.uk/en-gb>

Marketplace for refurbished devices. Rigorous vetting process means that only the best refurbishers can sell on the platform. Trade in your old phone (and other stuff).

FAIRPHONE

Fairphone is making a positive impact in four key areas (long-lasting design, fair materials, good working conditions, and reuse and recycling).



Fairphones are built with a modular design.

Replace only what you need when you need it. No part is glued shut, so you can repair it yourself. You can order the part and fix it within minutes.



Charity shops and Free Recycling sites

