



Start Small, Aim Big

Easy swaps to get you started

Swaps I have made (and loved!)

No science. No pressure.

Just simple changes that worked for me

**With discount codes to make it even easier to swap*

Practical sustainability without the sustainabullying

Home Sweet (Greener) Home

Ditch the plastic Toothpaste Tubes

I switched to Mighty Toothpaste because sustainability is pointless if the toothpaste isn't brilliant, and this one is. It's got dentist-approved fluoride, natural whitening, and refreshing mint, with none of the harsh stuff.

For 50% off your first order, click [HERE](#)



Be Kind to Your Bum

Here's a fun fact: 1 million trees are chopped down daily for bog-standard loo roll. Not cool. That's why I switched to Who Gives A Crap. Their paper is 100% recycled, no bleach, and wrapped in paper that's almost too pretty to unwrap. Soft, strong, and planet-friendly, and delivered to your door.

Get 27% off [HERE](#). Just mention my name at the checkout (Fiona Doonican)

Be Fussy about Deodorant

I switched to Fussy's refillable deodorant—one of the few truly independent UK brands making a difference and backed by Dragons. Their probiotic formula keeps me fresh for 24 hours, the case lasts forever, and the refills are compostable. No harsh stuff, just natural ingredients that actually work.

Get 50% off [HERE](#):



Small swaps, big impact

I'm obsessed with Smol, Homethings, and Koh. Three brilliant independent brands that let you ditch the water (and plastic!). Their dissolvable or concentrated tablets just need a splash of water at home, so you're not paying to transport H₂O.

There are loads of other options, but these are the ones that I like.

Smol offers a £3 Essentials Bundle (no code needed), and Homethings has 20% off with code TOPMEUP20. All three work just as well as the big brands, just without the waste or the corporate ownership.



How Does Your Garden Grow?

What's The Buzz?

Plant a wildflower patch or fill a window box with bee friendly blooms. It is an easy way to give our buzzing friends a feast.

Flowers like lavender, foxgloves and sunflowers are bee magnets and joining No Mow May lets wildflowers thrive in your lawn. Even a small space can make a big difference for pollinators.

Bees are our most important pollinators as they look after our crops and your garden will look gorgeous too.



Cut Food Waste

A wormery is a brilliant way to turn your food scraps into rich compost. It reduces landfill waste and feeds your garden naturally.

Worms are nature's recyclers and they work hard to break down your leftovers into plant food. If you have the space, a wormery or compost heap can make a big difference for your garden and the planet.

I got mine [HERE](#):

I Like Big Butts!

Water butts are a game changer for your garden and they do not have to be ugly black plastic. They come in all shapes and sizes, even as stylish planters, so you can save rainwater without sacrificing style.

Collecting rainwater means you can water your plants for free and cut down on using tap water. It is an easy way to save money and help the planet at the same time.



Other easy garden ideas

If you are lucky enough to have a garden, there are so many things you can do to turn it into a wildlife haven. Put up bird houses, insect hotels, or bee water feeders to give nature a helping hand.

These simple additions provide safe spaces for birds, bees, and bugs to thrive. Even a small garden can make a big difference for local wildlife and bring your outdoor space to life.

If you have room, plant a tree. If you don't have room, you can donate a tree via The Woodland Trust and they will plant it for you.

Money Talks!

Money, Money, Money!

Where you put your money can have a huge impact on climate change. Many banks and pension providers invest in fossil fuels and other industries that harm the planet.

By choosing ethical banks like Triodos, green pensions and sustainable investment funds, you can make sure your money supports the future you want to see.

Vote with your Feet!

It is easier than you think to find out what your money is backing.

Start by checking if your bank or pension provider invests in fossil fuels or other unethical industries.

Look for providers that are transparent about their investments and prioritise sustainability. Websites like [Bank.Green](#) and [Make My Money Matter](#) can help you find ethical options.

Money talks, so let us move ours away from companies that do not align with our values.



Ctrl, Alt, Delete

Control your digital footprint

Did you know that every email in your inbox has a carbon footprint? Storing and sending emails uses energy, so the more you have, the bigger your digital carbon footprint. A simple inbox detox can help reduce this.

Find an Alternative to keeping everything.

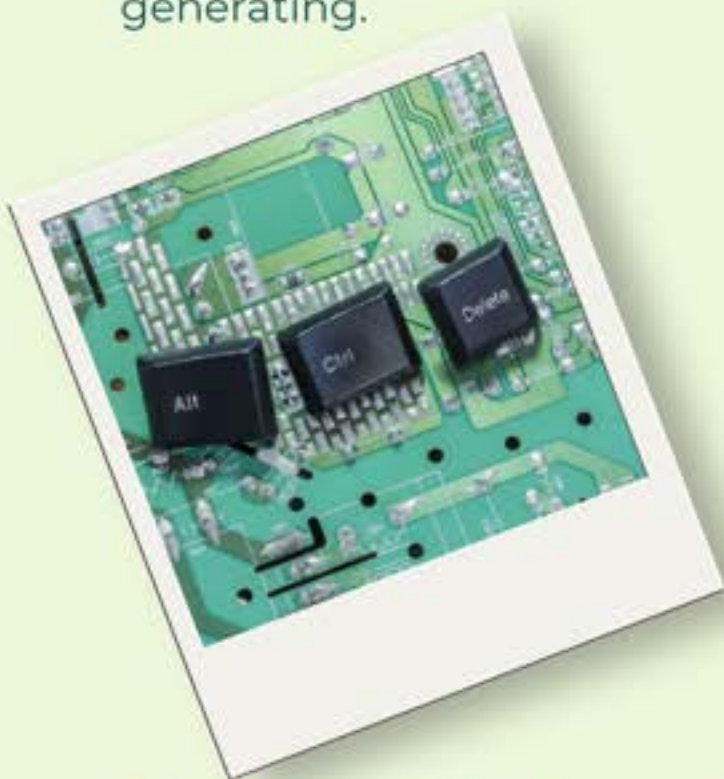
Unsubscribe from newsletters you do not read, delete old emails and keep your inbox tidy. The average email emits around 4g of CO₂, while an email with a photo attachment can emit up to 50g of CO₂. Imagine how much CO₂ all those unread emails is generating.



Delete anything you don't need

Deleting just 100 old emails saves the same carbon as boiling a kettle. Do not forget to clear out old photos and files you no longer need.

Storing 100 photos in the cloud for a year can emit around 500g of CO₂, so a digital clear out can make a real difference.



Small Steps, Big Impact

Regularly tidy up your inbox, empty your trash folder and think twice before hitting send. It all adds up to a lighter digital footprint and a happier planet.



Ready, Set, Go Green!

Which tip will you try first?

**Snap a pic, share your story,
and tag @Fi.leaves on Instagram**

**Let's inspire each other to live a little greener,
one small step at a time.**

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