



What can I do to help achieve One Planet Living?

Globally, we are living as if we had several planets. One Planet Living is Bioregional's vision for happier, healthier lives for everyone within the limits of our one planet, leaving space for wildlife and wilderness

There are plenty of actions you can start taking today to make a difference. Below you'll find tips for each of the One Planet Living principles, which will enable you to take a joined-up approach to living more sustainably.

We've also shared what we think are the top four things you can do to have the biggest impact.

Big ideas, big impact



Stay on the ground: One long-haul flight can amount to half a UK person's yearly carbon footprint - so opt for more local holidays and travel by train where you can.



Follow the plant-based trend: Cutting down on meat and dairy will slash your environmental impact - from carbon emissions to water consumption and deforestation.



Use your voice: Write to your local MP and ask what they're doing about climate change, or tweet businesses that aren't meeting your expectations.



Consume less and better: Research shows that buying more stuff doesn't make us happy. The planet will thank you for buying less, and investing in better quality products.



ONE
PLANET
LIVING



A
framework
by Bioregional

One Planet Living tips

The tips below use links to UK-specific resources but can be used anywhere.

[Health and happiness](#)

The best way to live a happy, healthy life is to [stay active](#), [eat healthily](#), [enjoy nature](#) and [be social](#).

[Equity and local economy](#)

Buy from [independent retailers](#) to support your local economy, opt for Fairtrade products where possible and check which companies are [Ethical Trading Initiative](#) members.

[Choose banks that invest sustainably and ethically](#) and [divest your pension](#).

[Culture and community](#)

Get involved with your local community, meet new people and make it a better place to be by [volunteering](#) or [joining a local group](#).

[Be a tourist](#) in your own area – from parks to museums there will be plenty to enjoy.

[Land and nature](#)

Even the smallest gardens can be havens for wildlife if you grow pollinator plants. See our [ten tips for helping nature in your back yard](#).

Avoid fertilisers or pesticides that harm wildlife (and people). [Pesticide Action Network UK](#) has lots of information about the issues and ideas for alternatives.

[Sustainable water](#)

Install a water butt in your garden and [harvest rainwater](#) for watering plants.

Be water conscious at home – here are some tips for [making savings](#), as well as some [handy gadgets](#).

[Local and sustainable food](#)

Make the most of British produce and get locally grown veg delivered. Or try and shop seasonally using Good Food's [seasonality table](#) (remember to take your own produce bags!).

Plan meals to reduce food waste and only buy what you need. [Love Food, Hate Waste](#) has great advice.

[Travel and transport](#)

One in four car trips in the UK are [under a mile](#). Why not swap to walking or cycling – you'll save money and feel better for it.

Car-sharing is a great way to cut the carbon footprint of your commute – plus the average [Liftshare](#) member saves £1,000 a year.

[Materials and products](#)

Buy less stuff – turn to charity shops for clothes, share items like tools with your neighbours and swap books and films with friends and family.

[Buy better](#) where you can – opt for sustainable, high-quality products that can be repaired.

[Zero waste](#)

Avoid using things that can't be recycled easily – invest in reusable items like a water bottle, lunch box, coffee cup, cutlery and produce bags for fruit and veg. Steer clear of overly packaged items. Here are [101 more tips!](#)

[Repair things that break](#) and [recycle as much as you can](#) – from food waste, packaging and old clothes and shoes to batteries.

[Zero carbon energy](#)

Swap to a [green energy supplier](#) if available, buy energy-efficient appliances and be [energy-savvy](#) – it's not just about turning lights off!

If you have the money, think about installing [solar panels](#) or [insulating your house](#).