

**Chris and Jess came to some of my talks last year and – to my surprise – then went through my Xmas list of suggestions on things to do. I asked them both to summarise what they've done, and below are their emails. Many thanks.**

We have changed our energy supplier (dual fuel) to Good Energy.

I find them a bit clumsy and rather slow administratively but remind myself that I'm investing in renewables so that's worth it for us.

Turning stuff off at the wall is a first thing/ last thing habit that we have now instilled, rather like locking doors or brushing our teeth.

There is a great little hardware shop in Nailsea called John Brown who have a pretty good range of LEDs. Local and dead easy!

My partner is veggie but I have taken a more flexi route over the last few years to food. Now, I only eat fish (small boat UK catches) and free range, local chicken (as much as possible). Dropping red meat took some mental and physical adjustment but I don't miss it now as I make sure that I have a more varied diet and focus on exercise, being outdoors and trying to evolve my healthy eating habits.

Soap nuts are amazing. They are very effective and efficient and smell great. Should have swapped those sooner. Not sure what conditions the trees grow in (Bristol tree strategy + recent global warming...)!!! <https://www.rootsimple.com/2013/09/growing-your-own-soapnut-tree/>

Bamboo toothbrushes seem a lot gentler on the whole and you might be fooled in to thinking you're not getting a thorough clean; I find them much kinder on the gums and some of them now come with the bio coal dental floss actually built in to the brush:

<https://georganics.co.uk/products/charcoal-floss?variant=952241258510>

<https://www.savesomegreen.co.uk/product/bamboo-toothbrush-with-bamboo-medium-bristles/>

I have recently made investments with Trine and in local, Bristol solar power (through Mongoose). The predicted financial returns are pretty good and knowing that you are contributing locally feels good.

Generally speaking, we try to source any new clothes from manufacturers with sound sustainability records.

A recent but expanding part of our portfolio is bamboo clothing that provides a soft and very comfy layer.

My approach to buying any new things is only if I 100% need it, will use it and cannot repair what I already have.

I moved my personal account from Barclays to Nationwide, which was a little slow but overall quite impressive as they keep all your standing orders and direct debits so you don't lose any of that.

We buy 90% of our food from Fresh Range <https://www.fresh-range.com/bristol/shop> and the Barley Wood walled garden.

This is amazing as they both deliver, boast minimal to no packaging and are very much local champions. Importantly for us it means we can blissfully avoid meandering down the aisles of any supermarket ever again and use that time to do something nice instead.

Hope this is of some use!

Jess, Chris's partner, then added:

Thanks so much for Cc'ing me in on this... another one I just thought of... we re-fill our shower gel, washing up liquid, shampoo, conditioner and hand soap at Wild Oats.

I also have daily conversations with someone about how they could reduce plastic use. For example at lunchtime today, I refused the free bottle of water they offered me with my sandwich. when I mentioned I was limiting my plastic use, both the staff agreed it was silly to be offering it and instead gave me a glass of chilled water as they had a jug for customers to help themselves. That seemed like a good idea. I asked them to feedback to their manager and they said they would. They also sold nuts in plastic containers and we chatted about that too. How they could just charge for a scoop of nuts that could be put into a paper bag. I find lots of people are keen to engage in these topics and think of alternatives.

Cheers,  
Jess