**UK**

Maybe you have a list of New Year’s resolutions, or maybe you’re just excited about making the best of 2025. Whatever the case, there is at least one goal that you should have this year: helping to save the planet.

Everything we do has an impact on our planet. We are exhausting the Earth’s resources, which is hurting the environment, wildlife and humans. However, by making some small changes to our daily lives, we can all contribute to the fight against climate change.

Here are some tips for a greener 2025!

**Avoid single-use bottles and cups**

This can easily be done by just changing your habits a little. For only a couple of pounds you can get a reusable water bottle that you can take everywhere. Not only does it save an incredible amount of plastic, if you remember to always take it with you when you leave the house, you’ll always have something to drink!

Do you love takeaway coffee? So do we! So get yourself a reusable cup that you can just hand to the barista.

**Cook at home**

There are countless benefits to cooking your own meals. You can save on ingredients, packaging and, of course, money! If you have leftovers, don’t immediately bin them. You can probably use them to create an entirely new meal!

**Try meal planning**

Rather than going grocery shopping and just filling up your cart and then figuring out a meal plan later, it can be helpful to think about this in advance. When you have a list prepared before you go food shopping, there’s a bigger chance that you will only buy the food you need. If you’re a more spontaneous chef, it can also be better to opt for smaller, more frequent trips to the store rather than big weekly ones.

**Choose public transport**

It can be tempting to use the car for every little errand, but short drives really add up and have a massive impact on your carbon footprint. Why not try other alternatives, such as walking, cycling or public transport? Those options also have health benefits. And when you take the train, you can even use that time to read, learn a language, or do other productive things.

**Shop slow fashion**

Remember that you don’t need an entirely new outfit for every event and that you don’t have to renew your wardrobe every season. Luckily, we are seeing more and more conscious clothing companies who prioritise ethically produced items. So invest in pieces that will last you several years and don’t feel bad about repeating outfits. Clothes are not made to only be worn once.

You can also give second hand shopping a try. It’s the best way to come across unique and budget-friendly pieces. If you want to get rid of clothes, take them to a second hand shop too!

**Reduce your packaging**

Get into the habit of taking reusable shopping bags with you every time you go run errands. Most products nowadays have sustainable alternatives, so make the most out of that as well. You can buy reusable diapers, deodorant, or even beauty products. Discover the options that work best for you. Have fun with it!

**Limit your consumption of animal products**

The food we buy and consume has a big impact on the environment. There are endless healthy and animal-friendly alternatives to fish, dairy and meat. You don’t have to make drastic changes. Why not try the vegan option when you eat out, try the plant-based alternative to one of your favourite ingredients, or just look for a couple of vegan recipes that can be new staples?

**Turn off energy-eaters**

Without even realising it, there are probably a couple of appliances in your house that are using unnecessary energy. Devices with a standby setting are a big one. By turning off the electronics that you are not using, you can save energy and money.

Check all the rooms in your house: is the heating on when it doesn’t need to be? Do you leave the heating on when you go to work? By turning down the heating even a little bit, you can lower both your carbon footprint and your utility bills!

**Shop from our The Green Shop category**

One of the best ways to make sure that you’re contributing to the fight against climate change is by shopping from green brands. Did you know that [platform name] has its very own selection of sustainable deals? These businesses with strong sustainability credentials help you save while also supporting climate action. Some of the brands that we love are Soly for solar energy, Bloom & Wild for flowers, Liz Earle for beauty and wellbeing, Ocean Bottle for reusable water bottles, and Grind Coffee for coffee.

We can all find creative ways to be friendlier to our planet, and even save money, get healthier and have fun while doing it! Which changes are you making to live more sustainably in 2025?