

HOW TO



Live more sustainably

Keen to reduce your impact on the planet?

Take a steer from sustainability expert Clare Vooght

Try personal carbon swaps

Think of lowering your carbon footprint as a balancing act: if you've indulged, do some carbon offsetting. Had two steaks and a cheeseboard in one week? Go vegan the next. Use the calculator on The Vegan Society website to work out how much carbon your dinner generates and see where you can make savings.

Be a biodiversity champion

Biodiversity is key to keeping our planet going. Switching to loo roll made from recycled paper and avoiding non-sustainable palm oil are both ways to protect the world's forests as consumers – as is buying chocolate containing sustainably grown cocoa.

Turn your digital life green

Our carbon footprints are 80% higher working from home in winter, according

to research firm WSP. To lower your footprint, switch to an eco-energy provider, do audio-only calls and use search engines that run on renewables: Ecosia plants trees with its profits, while Ekoru invests in conservation charities. And, according to OVO Energy, if every UK adult sent one fewer 'thank you' email a day, in a year we'd save the carbon equivalent of 81,152 people flying from Heathrow to Madrid.

Choose a sustainable holiday

If you're thinking ahead and dreaming of a foreign holiday, consider a destination that looks after its environment, or where it's easier to be eco: such as a city break in Copenhagen where you can explore by bike; or a nature trip to Costa Rica, where forests are protected and supported by eco-tourism. And pack light: according to Delta Airlines, if every airline passenger

took one pair of shoes out of their suitcase, in a year it would equate to removing 10,500 cars from the road.

Eat with the seasons

Since food doesn't need artificial heat or light to grow during its natural season, eating seasonally reduces your carbon footprint by around 0.2 tons per year, according to a report in Environmental Research Letters. That's the equivalent of flying from London to Frankfurt. What's more, fruit and veggies grown in season are cheaper, tastier and contain more nutrients too. Type 'in season' into the search bar at [ocado.com](https://www.ocado.com) for what's good right now.

Clare is a journalist and copywriter. She writes about eco living, food and travel – and is pushing for a more sustainable way forward for the travel industry after 2020.



Illustration: Kaja Merle

Shop sustainably this month by searching for the Eco Shop at [ocado.com](https://www.ocado.com)

ocado *life* 51