



Scan for solutions to help you with your pledges

9 Pledges

Which actions will you pledge to complete?

Pledge 1 - Rethink	To Do	Done
1. Listing five things I do on autopilot that affect the planet, and choosing one to change each week for the next five weeks		
2. Challenging a daily habit I've always accepted such as how I travel or shop and replacing it with a lower-impact alternative for the next month		
3. Choosing one area of my life - food, home energy or transport, and creating a plan to reduce its environmental impact over the next 3 months		
Pledge 2 - Refuse	To Do	Done
4. Refusing single-use packaging in one part of my life, such as lunches or toiletries, for the next 4 weeks		
5. Carrying and using a personal refusal kit (bag, bottle, cutlery, container, snacks from home) every day for 1 month		
6. Avoiding all unnecessary purchases for the next 3 months and rethinking what I truly need and value		
Pledge 3 - Repair	To Do	Done
7. Visiting a Repair Café or community repair event this month to fix something I already own		
8. Learning one repair skill such as mending clothes, tightening fixings or sealing leaks and using it to fix an item I would otherwise replace		
9. Committing to repairing instead of replacing anything broken in my home for the next 3 months using my own skills or repair service		
Pledge 4 - Reconnect	To Do	Done
10. Spending time in nature once a week for the next month walking, gardening or simply observing		
11. Choosing one local green space to care for over the next 6 weeks through litter picking, planting or tending		
12. Supporting nature restoration in my area for 3 months by volunteering, joining a project or advocating for green spaces		

Pledge 5 - Reduce	To Do	Done
13. Reducing my energy use in one part of my home, such as heating, lighting or laundry, for the next 4 weeks		
14. Planning meals and using up what I buy to cut food waste for one month		
15. Choosing one area such as digital clutter, takeaway packaging or impulse shopping and cutting it by half over the next 3 months		
Pledge 6 - Refuel	To Do	Done
16. Cooking two plant-based, seasonal meals each week for the next month		
17. Switching to local and unpackaged ingredients where possible, and cutting out at least three high-impact food items (like imported meat or plastic wrapped produce) for the next 6 weeks		
18. Growing at least one edible plant such as herbs, salad or tomatoes and planning at least one regular meal each week around what I've grown, for the next 3 months		
Pledge 7 - Reuse	To Do	Done
19. Replacing five common disposable items such as cling film, kitchen roll or cotton pads with reusable alternatives this month		
20. Choosing second-hand or reused options first for clothing, books or homeware whenever I shop for the next 2 months		
21. Over the next 3 months, create a reuse-first home by ditching single-use, setting up refills, and repurposing 5 everyday items		
Pledge 8 - Replenish	To Do	Done
22. Composting my food waste at home, through a community scheme, or by sharing with someone who does for the next 4 weeks		
23. Planting something that supports wildlife such as herbs, pollinator plants or native species and caring for it		
24. Actively supporting nature's recovery for the next 3 months by volunteering with a project that restores biodiversity		
Pledge 9 – Recycle	To Do	Done
25. Learn what I can recycle through my home council recycling bin		
26. Reduce the waste and recycling in my council bins and donate other recycling to Sussex Green Living and single use plastics to the supermarkets		
27. Grow your own food (no food miles, chemicals or packaging) and adopt zero waste shopping practices		