

PRINCE CHARLES

50 years of environmental campaigning

ANYA HINDMARCH

'When you throw something away there is no AWAY'

MIKE BERNERS-LEE

Easy ways to slash your carbon footprint

RICHARD CURTIS

From Black Adder to green pensions – a cunning plan

ECCO₂

Spring 2021
ISSUE TWO



Your *fresh*
spring guide to
sustainability

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As we shake off the shackles of lockdown there's a palpable whiff of optimism in the air. The climate crisis has been creeping up the agenda, and now attention is fast shifting from survival of the people to survival of the planet and the quest for a green recovery worldwide. We might not all be able to attain 100% eco-perfection, but most of us can be a little bit better. And if enough people make a 10% change, the impact will soon add up. So, whether it's reusing, recycling, repurposing, rethinking or reducing, you'll find this magazine is packed with great ideas to show you how.

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JUST HOW 'ECO' IS ECO PACKAGING?
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MY GREEN LIFE

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The Prince of Wales has spent the past 50 years warning about the perils of climate change and tirelessly campaigning on environmental issues – finally, it seems, his time has come

The man who would be a

GREEN KING

WHEN YOU HEAR Prince Charles talking about plastic polluting the oceans and air poisoned by toxic emissions, you could be forgiven for thinking he's jumping on the increasingly popular green bandwagon.

But the Prince of Wales was expressing his grave concerns about 'indestructible plastic containers', 'destroyed beaches' and 'filth in the seas' in 1970, which was 30 years before Sir David Attenborough's first environmental documentary and a year before Greenpeace and Friends of the Earth had even been established.

Back then, his was a lone voice warning about the problems of plastic waste, chemicals being discharged into rivers and air thick with the fumes from factories, cars and aeroplanes.

He is quoted as saying: 'We are faced with the horrifying effects of pollution in all its

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WORDS BY Louise Atkinson

**ROYAL
EXAMPLE**
The Prince of Wales has been an advocate of sustainability since the Seventies

Continued from page 7
 cancerous forms. There is the growing menace of oil pollution at sea, which destroys tens of thousands of seabirds. Chemical pollution clogs up the rivers with toxic substances and adds to the filth in the seas.'

These words seem incredibly prescient for a young man of 21, fresh out of university, and wet behind those iconic ears. But that speech was to set the agenda for a lifetime of tireless environmental campaigning.

Over the past 50 years, the Prince of Wales has been routinely ridiculed for his love of nature, for talking to plants, converting his Aston Martin to run on biofuel or suggesting courtiers install a bottle bank at Buckingham Palace. He admits he's often been considered 'completely potty' by many. But his consistent environmental campaigning and unswerving support for more than 70 eco charities is testament to a remarkable eye for issues that would become widely adopted and a long-held passion that has positioned him ahead of the green curve.

The truth is, Prince Charles has never stopped campaigning. Throughout the Eighties he was pressing for action on global warming; in 1986, he converted his 1,000-acre Home Farm estate to organic



A NATURAL LEADER
 Prince Charles communing with nature in his garden at Highgrove in Gloucestershire in 1986, left; feeding chickens on his estate

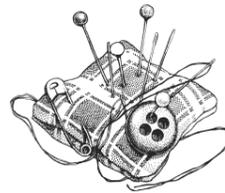
methods much to the consternation of British farmers; in 1995 he was raising concerns about GM crops (which were abandoned in Britain nine years later).

All this, and much more, makes the Prince, 72, probably the longest-serving and, arguably, the most abused environmental campaigner in the country.

'I remember in the Sixties, minding so much about everything that was going on,' he said last year. 'I remember watching in horror as hedgerows were grabbed up and trees cut down and all the wildflower meadows and wetland areas I'd enjoyed as a teenager being ploughed up in the name of efficiency and productivity.'

'It upset me deeply, because it seemed to me to be going too far and too fast. I was regularly shouted down. But for me it was intuitive.'

Continued on page 11



The Prince's tailor once described him as a 'very frugal' customer, who used offcuts of suits to make coats for his dogs in a bid to avoid waste. In a feature for Vogue magazine in September 2010 he wrote: 'Much of what I wear is decades old. I have a passion for reusing things and repairing them. I even have a pair of shoes made from bales of leather salvaged from an 18th-century wreck off the southwest coast of Britain. They are totally indestructible, and will see me out.' In August 2019, he collaborated with British designers Vin + Omi to produce clothing and jewellery made from nettles found on his Highgrove estate.



1969
 Publicly condemned modern fishing methods in a speech to the London Welsh Association.

1970
 Gave a landmark speech on the environment, warning about the problems of plastic waste, chemicals discharged into rivers and air pollution caused by factories, cars and aeroplanes.

1978
 Featured on the cover of Time magazine – described as a 'most uncommon bloke'.



1980
 Pressed for action on global warming.
1986
 Converted Highgrove House's (right) Home Farm estate to organic farming. Said in TV interview: 'I just come and talk to the plants, really... they respond I find.'



1987
 At a conference on the North Sea, he called for the adoption of a 'precautionary principle' to tackle pollution before serious damage occurred – a move that is thought to have played a part in the 'greening' of Margaret Thatcher.

1989
 Spoke at the Saving the Ozone Layer World Conference to highlight the fact that 'human beings have been upsetting the balance of nature, persistently choosing short-term options and to hell with the long-term repercussions'.

1990
 Released his BBC documentary, The Earth in Balance – A Personal View of the Environment, which highlighted the world's great environmental issues: pollution, global warming, deforestation, the ozone layer and rapid population growth.

1995
 Raised concerns about the devastating effect on wildlife caused by GM crops long before environmental groups started campaigning on them, and nine years before they were abandoned in Britain.

2000
 Publicly blamed storms and floods ravaging Britain on humanity's 'arrogant disregard of the delicate balance of nature' at a British Medical Association conference in London, left.

2007
 Awarded the Global Environmental Citizen Award from Harvard Medical School for being 'a champion of the natural world' and praised as a 'world leader in efforts to improve energy efficiency and reduce the discharge of toxic substances on land, air and the oceans.'

2008
 Published a newspaper article for World Environment Day warning of 'the smallest window left for us to act to stop catastrophic climate change', and calling for a halt to the destruction of the world's rainforests.





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THE GREEN LIFE OF THE PRINCE OF WALES

The 1,000-acre farm he leased in Gloucestershire was fully organic for 35 years.

Highgrove has a natural reed-bed sewage system.

Highgrove and homes in Scotland and Wales are heated by sustainable woodchip boilers.

Solar panels are installed at Highgrove and Clarence House.

Animals on his farm were treated homoeopathically in order to reduce the use of antibiotics.

In 2018, the beloved Aston Martin DB6, right, given to Prince Charles by the Queen for his 21st birthday, was converted from petrol to run on a biofuel by-product of cheese and wine.



Continued from page 8

He never stopped. In 2008, Prince Charles was warning that we have ‘just the smallest window left for us to act to stop catastrophic climate change’.

In an article for World Environment Day he wrote: ‘The frightening reality is that the consequences of global warming are being felt far more rapidly than most scientists predicted. The polar ice cap is melting faster, the ability of the oceans to absorb carbon dioxide is diminishing and our weather patterns continue to become more erratic and more extreme. We do still have a chance to stop the worst excesses of climate change, so long as we act now.’

At the time, Greta Thunberg was just five years old. Support was building – his was no longer a lone voice – but still nothing was being done.

MEETING OF MINDS
The Prince of Wales meets Greta Thunberg at the World Economic Forum in Davos in 2020, below



Then, last year, at the World Economic Forum in Davos, Prince Charles gave a passionate speech about climate change, sharing a platform with Thunberg as he declared: ‘Do we want to go down in history as the people who did nothing to bring the world back from the brink? We have so degraded natural systems it is increasingly impossible for nature to sustain us. It is all take, take, take. We have to put something back so my – and YOUR – children and grandchildren can have some kind of reasonable future.’

Finally, it seems, we are ready to listen, and the Prince of Wales is putting a lifetime of environmental campaigning behind his new Sustainable Markets Initiative. This will bring industry figures together to discuss ways to put sustainability first as part of a green recovery from the Covid pandemic.

‘I’m calling on CEOs from around the world to engage and play their part in leading the global transition,’ he says. ‘To guarantee our future, we have no other choice but to make each day count. And it must start today.’

2010

Penned a feature in Vogue magazine lambasting ‘fast fashion’ and highlighting the environmental benefits of ‘vintage’, ‘upcycling’ and using wool rather than artificial fibres made from oil derivatives.

2011

Wrote a newspaper article urging a focus on lowering the carbon footprint and environmental impact in the manufacturing process, and fitted more than 400 solar panels on the roof of the dairy at his Highgrove estate.

2012

Awarded a Lifetime Achievement award at the International Green Awards.

2017

Highlighted the problem of plastic waste in our oceans at the Illegal Wildlife Trade Conference in London.



2019

Collaborated with British fashion designers Vin + Omi, left, to produce a line of clothing made from nettles found in his Highgrove estate.

2020

Launched the Sustainable Markets initiative to encourage private sector industry to prioritise sustainability.

GETTY@CLARENCEHOUSE

DESIGNED WITH OUR FUTURE IN MIND

The Grand Designs range at DFS proves that style and sustainability can go hand in hand **WORDS BY** Wendy Douglas

GRAND DESIGNS IS synonymous with an innovative approach to modern living that not only pushes the boundaries of architecture, but often has sustainability and integrity at its heart. And these qualities are at the forefront of its collaboration with DFS; a collection of ultra-stylish sofas which combines high design ideals with luxurious comfort, while remaining environmentally conscious.

Each element of the sofa has been carefully considered for its ability to reduce the impact on our environment, and is either made of recycled materials, comes from sustainable sources or is more easily recycled at the end of its life as a sofa. Plus, because the collection is available exclusively at DFS, getting a stylish, comfy and sustainable sofa is affordable, too.

Meet the collection...

TENBY: Get the whole family together on this cool, modular design that's ideal for a cosy movie night. With luxuriously deep seats, Tenby is all about comfort and flexibility. Available in a range of fabrics and colours, making it the focal point of your living space is easy.

FARNHAM: Add a contemporary touch to your interiors with this generously proportioned sofa. Sleek lines combine with plump cushions and a choice of turned wooden or metal feet. Lounging has never been so chic.



Tenby

Discover the Grand Designs collection at dfs.co.uk now



Farnham

EDINBURGH: Looking for an elegant, vintage-inspired sofa? The Edinburgh, with its sleek take on mid-century modernity, tapered legs and splayed arms, is a classic in the making. And with a range of sizes, from Cuddler to Grand, it will work in any space no matter the size.

KENT: Minimal and sharp, this architectural design is guaranteed to make a style statement, but thanks to sumptuous quilting details and its softly yielding cushions, you won't need to compromise on comfort.

PADSTOWE: Design a welcoming, communal living space with the Padstowe accent chair. Gentle curves and clean lines make for a striking addition to any room. Co-ordinate the colour with your sofa, or be bold with a contrasting shade to create a beautifully styled corner you'll love curling up in.



Edinburgh



Kent



Padstowe

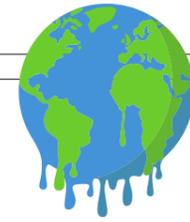
GRAND DESIGNS

sofas exclusively at [dfs](https://dfs.co.uk)

→ 19.2 billion 'disposable' face masks will be heading for landfill this year. Wearing a washable reusable mask could save you £197 a year.

Source: tradewaste.co.uk

COP26: THE GREATEST ECO SHOW ON EARTH



What does COP26 stand for?

This is the 26th meeting of Conference of the Parties, namely countries that signed the United Nations Framework Convention on Climate Change treaty in 1994. **When and where will it be held?** November 1-12 in Glasgow.

Who is in charge? This year's president is British MP Alok Sharma. **Why should I care?** This is where heads of

state, climate experts and negotiators will come together to discuss how far they've progressed (or not) in recent years, their plans for improvements, and to agree coordinated action to tackle climate change across the world. In 2015, 195 countries signed the Paris Agreement, promising to reduce greenhouse gases and increase renewable energy and to take

steps to bring global temperature down.

Bottom line: COP26 is a show-and-tell opportunity for nations to show how much they have decarbonised since Paris, and to tell all about the ways they plan to accelerate improvements in the future. It's a unified 'race to zero' quest to reach zero emissions as fast as possible.

From India with love: Priya Velusami has teamed up with an empowerment charity in India that upskills women from disadvantaged backgrounds to make her bags (from £9) and face masks (from £6 each) from vintage unwanted saris. pripri.co.uk



The UK's greenest gin?

With artisan gin sales doubling in the past two years, there's a fight on for a slice of the £2.6 billion UK market, but one brand, Warner's, appears to have cornered the eco sector. The family-run business has a dedicated conservation and sustainability manager, Jonny Easter, who doubles up as beekeeper for the farm's 1.2 million bees. He supervises the planting of the native botanicals (such as lemon balm and lemon thyme) which flavour the various gins, a five-acre wildflower meadow for the bees, and the production of the honey which sweetens the gins, and has driven Warner's affiliation with a global initiative called '1% for the planet', which pledges 1% of total business revenue to green action.



TOP GREEN PODCASTS



SUSTAINABLE SOLUTIONS

An ideas-packed green-themed series hosted by ECO, editor Louise Atkinson and sponsored by Halfords, starring TV presenters Ben Fogle, Jay Blades (The Repair Shop) and Julia Bradbury.

SO HOT RIGHT NOW

Campaigning journalist Lucy Siegle and film-maker Tom Mustill chat with public figures (including Ellie Goulding) about nature and the climate crisis.

EARTH SHAKERS

Eco-adventurer Lizzie Carr talks to scientists, social innovators, activists, storytellers, adventurers and thinkers.

CALL OF THE WILD

WWF ambassador Cel Spellman chats with Sir David Attenborough.

OUTRAGE + OPTIMISM

Politicians, scientists, artists and musicians talk with business leaders, investors and change makers about bringing the future forward.

ECO
WARRIORS
Sir David Attenborough,
right, and Greta
Thunberg, below, make
compelling viewing



Your ECO₂ guide to the best
environmental documentaries
to watch on TV right now

GREEN SCREEN

Our Planet 2019

This is Sir David Attenborough's most fervent attempt ever to wake humanity up to the terrible damage that we are wreaking on the natural world, and to inspire us all to find better ways to protect it. A mega-budget saw 600 crew members filming in 50 countries over four years for the eight-part series, which showcases the world's varied wildlife habitats and reveals how they all depend on each other for survival. **NETFLIX**

I Am Greta 2020

This powerful biography of Swedish student Greta Thunberg includes family videos and footage of the one-person strike she held in Stockholm that kicked off her worldwide campaign when she was just 16, plus coverage of the United Nations Assembly she addressed, saying: 'I want you to panic.' That singular schoolgirl is now the dominant figure of her generation, and this film gives a powerful insight into what drives her. **BBC iPLAYER**



WORDS BY
Christopher Stevens

Kiss The Ground 2020

Woody Harrelson narrates a fascinating chemistry lesson which explains how climate change is fuelled by the burning of fossil fuels. In his folksy delivery Woody tells us why an excess of CO₂ is so dangerous and puts forward, with the help of scientists and ecologists, an inspirational solution to the crisis. **NETFLIX**

Virunga 2014

Shot in one of Africa's most beautiful national parks, this Oscar-nominated film features stunning photography of wild gorilla families and the courageous rangers who risk their lives to protect these animals against poachers, marauding soldiers, and the oil companies that want to ravage the forests for profit. **NETFLIX**

The Ivory Game 2016

'Traders in ivory actually want the extinction of elephants,' warns a conservationist in this frightening investigation. 'The fewer elephants, the higher the price of ivory.' This documentary traces the paths of organised crime, from the illegal slaughter of elephants to the pedlars of ivory trinkets in Chinese cities. **NETFLIX**

Ocean Odyssey: The Blue Realm 2013

Increased awareness of the perils posed by plastics in our seas has turned the attention of ecologists to how we can protect the oceans from pollution, overfishing and climate change. This series takes a spectacular dive into the least understood habitat on our planet. **AMAZON PRIME**

Extinction: The Facts 2020

Sir David Attenborough introduces a series of scientists who outline the extinction threat to nearly a tenth of all animal species caused by climate change, with some practical optimism about how we can save species from being wiped out. **BBC iPLAYER**

Plastic Not Fantastic 2019

Hayley 'Fierce' Pearce is the unlikely star of a fly-on-the-wall office documentary filmed in Cardiff. In three ten-minute episodes, she learns how she can reduce the impact of her lifestyle on the environment and live more sustainably (such as by using eco-friendly make-up). **BBC iPLAYER**

Sumatra's Last Tigers 2015

In Indonesia, 'conflict cats' (tigers that have killed humans) are captured and released into a park where they are guarded by rangers. Thriving and breeding, their numbers are on the increase, and those bred in captivity are being 'rewilded'.

AMAZON PRIME

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delicious – Tom Warner

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When your favourite foundation, moisturiser or fragrance runs out, you'll save money and packaging by topping it up with a refill

WORDS BY Claire Coleman

THE BEAUTY OF REFILLS

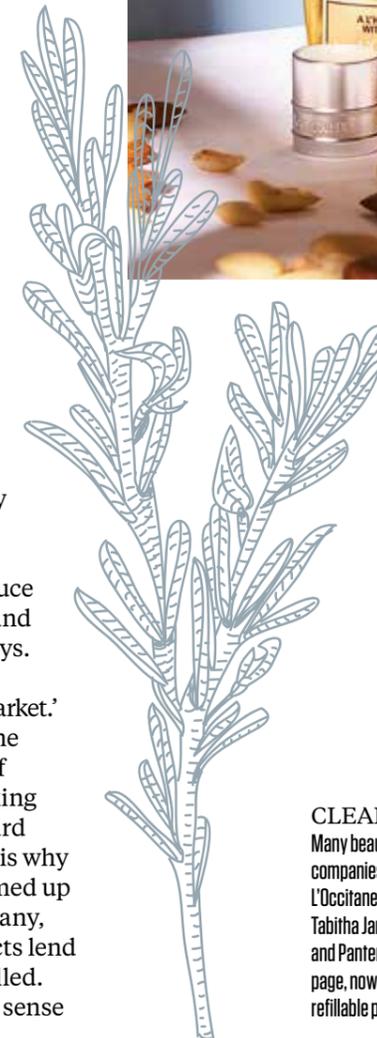
LOOK OUT FOR the increasing number of beauty brands offering refills for your pots, bottles and compacts, which not only minimise the amount of plastic and packaging that gets used, but also save you money, too.

L'Occitane was ahead of the pack in starting to offer refills in 2008 and now 25 of its body and haircare products come in refill format. However, as Corinne Fugier-Garrel, packaging concept design director at the company explains, it's not always a straightforward process.

'Our priority has been to reduce the amount of plastic we use, and refills save around 85%,' she says. 'Last year our refills meant 200 tonnes less plastic hit the market.'

But she acknowledges that the flexible plastic used in many of the refills is multilayered, making it harder to recycle than the hard plastic full-size bottles (which is why many beauty brands have teamed up with specialist recycling company, TerraCycle), and not all products lend themselves to being easily refilled.

It certainly makes economic sense



to hunt down a refill if you can. For instance, you'll save £9.50 (ml for ml) buying refills of L'Occitane's Shea Verbena Liquid Soap (£16.50 for 300ml in the hard plastic bottle or £18 for the 500ml refill), and there are significant savings to be had if you've got the space to store a 5l jerry can of hand wash, shampoo or conditioner.

Brands including Faith In Nature (faithinnature.co.uk) and Bramley (bramleyproducts.co.uk) offer bulk-sized refills with a pump you can use to top-up your existing bottle, and you could save more than £200 by using 5l of Arran's (arran.com) After The Rain Handwash (£49) to top up your original 300ml bottle (£15).

SHAMPOO

Even mainstream brands are getting involved with the refills game, and you can buy flexible pouches of

Continued on page 20

CLEAN UP
Many beauty companies including L'Occitane, above, and Tabitha James Kraan and Pantene, following page, now sell refillable products



Continued from page 19

Head & Shoulders, Aussie, Herbal Essences and Pantene that use 60% less plastic than a regular bottle. For maximum eco effect, kick off with a pre-filled reusable metal bottle (£9.99) or simply refill your usual plastic bottle. Organic hair care company, Tabitha James Kraan sells dry shampoo refills in a compostable paper envelope (double refill £21 for 40g) to tip into its stylish aluminium shaker bottle (£29 for 75g).

SERUMS

The active ingredients in many beauty serums makes them harder to sell as refills, but Bolt Beauty's single dose skincare comes in a seaweed shell that you can compost or dissolve after use, sold either in a jar or in a compostable refill pack. Bolt (bolt-beauty.com) offers a cleanser, a moisturiser and a mattifying serum in this format, too, but the hero product is its vitamin A capsules (£50 for 100 drops or £45 for the refill).

THE BEAUTY OF RECYCLING

Some refills can be more difficult to recycle than the original containers, and many beauty companies have teamed up with recycling experts TerraCycle. 'Pretty much everything can be recycled,' says TerraCycle's Stephen Clarke. 'It's about making the economics work: if it costs more to collect and process something than the end result is worth, traditional recyclers aren't interested.'

Check terracycle.com to find out where you can recycle different types of products. For example, Maybelline has over 1,000 recycling bins in Tesco, Boots, Superdrug and Sainsbury's stores nationwide which accept ANY make-up brand.

L'Occitane, Deciem, and Kiehl's will accept empties from any brand in-store – plus L'Occitane will give you 10% off any product for returning your empties. Check the small print as not all schemes take all types of products.



MAKE-UP

Whether it's eyeshadow, blusher, bronzer or pressed powder, you can now get refills from many of your favourite brands. These range from lower-cost options such as Revolution (revolutionbeauty.com) to luxury names like Charlotte Tilbury (charlottetilbury.com), Mac (maccosmetics.co.uk) and Chantecaille (chantecaille.co.uk). Just pop the old product out of the compact – they're usually magnetised or click into place – and replace with the refill.

But Kjaer Weis (at feelunique.com), which calls itself a 'conscious luxury beauty brand', was ahead of the curve, and now sell refills for almost all of its products, from lip balm and eye pencils to cream foundation. The Cream Blush, for instance, comes in a range of colours (original £41, refill £28).

MOISTURISER

You might have noticed some moisturisers or body-cream pots are double-walled, which means you can switch out the inner for a refill that often comes with a foil lid, like a yogurt pot, saving at least half the plastic. These can be trickier to switch out – either look for a hole in the base to poke out the original, or carefully slide a blunt knife or screwdriver under the top lip.

Rituals (rituals.com) offers refills like this for its body creams and some of its moisturisers, as do brands including Dior (dior.com) and Yves Saint Laurent, whose Pure Shots Perfect Plumper Cream is available in both the original and refill format at escentual.com (original £50.15 for 50ml, refill £39.95).

PERFUME

Fragrance is hopping on the refillable bandwagon, too, from Jo Loves' (joloves.com) iconic paintbrush perfumes to Kilian's (bykilian.co.uk) beautiful objet d'art bottles, and you might be surprised to find even mainstream fragrances, such as Armani's My Way, available in spill-proof refills (thepfumeshop.com) – original £78 for 50ml, refill £125 for 150ml (three refills). ♻️

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** Source: A survey of 201 dental hygienists in the UK, Ipsos (2019)



Made in Sweden

Simple steps to help lighten your tread and reduce your impact on global warming **WORDS BY** Professor Mike Berners-Lee

PUT YOUR BEST FOOTPRINT FORWARD

COVID-19 STRUCK AS the world was teetering on the brink of enormous change. But by delivering an immediate threat to every human life, the pandemic has forced us to reflect on what truly matters, and lockdown has given us a chance to stand back, take stock and rethink.

Now, for the first time, it feels as if society is stirring in its slumber, and climate awareness is beginning to shape decisions in politics and business.

Global warming is caused by ever-growing levels of greenhouse gases (primarily carbon dioxide, or CO₂) released into the atmosphere, and bringing these carbon emissions down is one way to slow the pace of climate change.

We each have a 'carbon footprint' which measures the impact our activities have on the amount of CO₂ released

Continued on page 25

'The Covid-19 pandemic has forced us to reflect on what truly matters'

The truth about carbon offsetting

The idea of carbon offset is that you pay money to fund a carbon-reducing activity to undo the damage of your emissions. Examples are planting trees and seagrasses, or 'carbon capture', which takes carbon out of the air, dissolves it in water and injects it into the ground, where it turns to stone, trapping the



greenhouse gas in the earth.

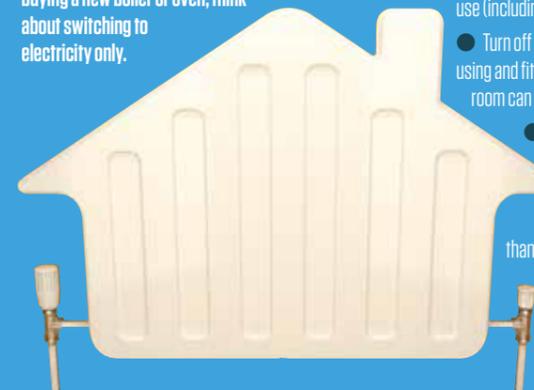
Although replanting seagrass is healthy and important, planting trees is a one-off win, because once the forests have matured, the rate of carbon capture drops. Carbon capture is currently extremely expensive, but long-overdue investment in the technologies should bring the costs down.

But to truly offset your carbon use, these schemes have to be additional to any carbon offsetting which might have been happening anyway (such as protecting forests from deforestation or funding renewable energy), and they need to come without significant environmental cost or risk.

We all need to reduce our own carbon footprint, too.

HEATING YOUR HOME

Emissions from our homes represent about a quarter of the average carbon footprint. We owe a huge debt of gratitude to coal, oil and gas, but we have been working our way through these fossil fuels at ever-increasing speed; now we urgently need to stop taking them out of the ground as fast as we can. All our homes will have to stop using fossil fuel at some point – the sooner, the better – so when it comes to buying a new boiler or oven, think about switching to electricity only.



- Switch energy supplier to one offering a green renewable tariff. Look for a supplier that sources 100% of its electricity directly from renewable energy generators (such as Ecotricity, Octopus, and Good Energy).
- Turn off lights and appliances when not in use (including wi-fi routers overnight).
- Turn off the heating in rooms you are not using and fit thermostats on radiators, so every room can be at the temperature you want.
- Run washing machines and dishwashers on the lowest temperature setting.
- Use a clothes line, rather than a tumble dryer.
- Wrap up warm in cold weather, rather than turning the heating up.
- Boil only the amount of water you will actually be needing in the kettle.
- When boiling food, use a gentle boil, which is exactly the same temperature and just as quick as a ferocious hard boil, but uses far less energy.
- Keep your showers short and your baths shallow (think of a bath as a treat).
- Fit LED light bulbs throughout your home (this saves 75% of light-bulb energy consumption).
- Insulate your loft to the highest standard.
- Maintain your boiler and replace it if/when it becomes less efficient (gas boilers are likely to be banned in the UK from 2025).
- Double/triple-glaze your windows.
- Fit solar panels.
- Fit ground- or air-sourced heat pumps.
- Insulate external walls.
- Fit a smart thermostat (which allows you to control your heating via your phone or computer).

An Aga is a carbon nightmare because it burns fossil fuel and most of the heat it puts out is not needed. This is one of the few pieces of kit that is better off in a recycling skip, than on eBay.

ARE YOU SITTING COMFORTABLY?

● Buy and sell second hand, and make use of sites like Gumtree, eBay, your local charity shops and freecycle.org

● Choose sustainable materials – as a rule, wood is better than metal, which is better than plastic. Choose sustainably sourced wood and, where possible, recycled metal and plastic

– for instance, DFS has launched a collection of sustainable sofas with seat cushions stuffed with recycled plastics and covers made from recycled yarn.

● When you buy new items, try to buy from a brand that builds equipment to last and will help you repair it or sell it on.

● Repair, then recycle everything possible (be prepared to pay extra to companies which will remove and dispose of your

furniture properly, taking it apart to maximise recycling potential).



DRIVE SLOWLY: Cutting your speed from 80mph to 55mph can take about a third off your fuel consumption, because there is less accelerating and braking. This is safer, saves money, cuts stress levels and keeps air cleaner.



Pull your sofa away from the radiator. Large items of furniture soak up heat, stopping warmth circulating: pulling a sofa out 10cm could cut your heating bills by 10%



It's time to make a change
for good

Get Green Homes Grant funding for a Daikin Altherma heat pump.

This spring we're all looking forward to a brighter future... So make a change for good at home.

Choose a Daikin Altherma heat pump for your central heating - and you could benefit from an upfront Green Homes Grant worth up to £5,000.

Up to four times more efficient than a boiler, a Daikin Altherma heat pump harnesses the power of renewable energy from the air. So you can enjoy heating, cooling and hot water that's more sustainable, save on running costs, and gain Government funding to help finance your change for the better.

With a range of high-performance heat pumps suitable for every type of property, we have a network of TrustMark & MCS accredited Sustainable Home Experts who can help you choose the right home heating option for you.

So whether you're looking for a more efficient and eco-friendly replacement for your old boiler, or an entirely new heating system to transform the environmental impact of your home, Daikin can help.

Achieve total comfort without compromise. And be the energy for change for generations to come.

Find a local Sustainable Home Expert, or visit your nearest Sustainable Home Centre to see our products for yourself: daikin.co.uk/installerfinder

Or visit energyforchange.com to find out about government funding available.



Straighten up and fly right

There's no denying the massive carbon footprint of flying. A long-haul passenger aircraft burns about 100 tonnes of fossil fuel on a typical trip, and produces three times its weight in CO₂. (The effect of those emissions is almost doubled by high-altitude factors.)

Whether it is worth it depends on why you go and what you make of your trip. If you fly for business, is your work helping to build a sustainable future for the world? Will you come back with a wider view of the world and a greater sense of global empathy?

If you just want a holiday, it is between you and your conscience. But if you do fly, make it a special occasion. Fly economy (to take up less of the plane) and make the most of your trip. If you are travelling to see the world, be sure to go for a long time, have new experiences and meet people who see, think and live differently from those who surround you at home (see Travel, page 38).



DID YOU KNOW?

- Liquid soap uses five times more energy to make than solid soap, 20 times the packaging and 15 times the transport emissions. Solid soap lasts seven times as long.

- Most cut flowers are flown in from just three countries: Kenya, Ecuador and Colombia.

- A fast-running tap can gush nine litres of water a minute, but a dishwasher might use only 25 litres per load.

- Standby mode is thought responsible for 1% of global CO₂ emissions – two power stations' worth of electricity each year.

- The average bath holds 136 litres, while a shower pumps out 19 litres a minute. So showering for less than seven minutes saves water by comparison.

From 'Is It Really Green? Everyday Eco Dilemmas Answered', by Georgina Wilson-Powell, published by DK.

Continued from page 22

into the atmosphere. For the average Briton that comes to 13 tonnes a year, but by making a few changes, we can more than halve that.

When the challenges are huge and each one of us so small, it can be tempting, but wrong, to think that there is nothing an individual can do to help, but we can all be a meaningful force for change both by cutting our personal carbon footprint and exerting pressure on our workplaces, schools, councils, governments, companies and corporations to do the same. ♻️

Adapted from 'There is no planet B' by Mike Berners-Lee, published by Cambridge University Press.

'We can all be a force for change by cutting our personal carbon footprint'

JUST ADD WATER

The main ingredient in most household cleaning products is water, which makes them heavy to transport, and the plastic spray containers are difficult to recycle. Better to use concentrated tablets or pouches which drop into your old spray bottle and dissolve rapidly in warm water. Louise Atkinson looks at the options.

HOMETHINGS: £28 for starter kit of sturdy glass bottles and three different dissolving tablets. Refills from £5 for three from gethomethings.com

RAINDROP: £29.99 for a three-bottle starter pack in recycled glass. Refills cost £6 for three from raindropclean.com

OCEAN SAVER: liquid pod refills (£1.50 each) can be made up with water in your existing plastic spray bottle. Each pod comes with a sticker to clearly relabel your old bottle. From ocean-saver.com

ECOVIBE: plastic-free concentrated liquid pouches that dissolve in warm water. Sold in

sets of five with a sticker for your existing spray bottle, £10.99 from ecovibe.co.uk

IRON AND VELVET: dissolvable refill sachets, £4 each or £10 for five (mix & match) from ironandvelvet.co.uk

SMOL: three different dissolving tablets for household cleaning, £10 starter kit then £1 refills. From smolproducts.com





Sorry, eggs.
Packaging without
the plastic is the real
treat this Easter.

Fairtrade Chocolate
Eggs 2 for £8

CO
OP

It's what we do



The food we eat (and inevitably waste, too) makes up a huge part of our carbon footprint, but you can make big savings with a few surprising swaps **WORDS BY** Louise Atkinson

FEAST TO SAVE THE PLANET



HAVE YOU EVER stopped to think about what the food on your plate is doing for the health of the planet?

Scientists use a calculation called 'carbon dioxide equivalent' (or CO₂e) to work out the volume of the harmful gases (carbon dioxide, methane, nitrous oxide, refrigerant and other gases) generated by a product or service.

Take a tomato, for example. Any eco-calculation needs to take into account how it was grown (naturally or in a heated greenhouse), the type of fertiliser used (some require a complex manufacturing process, others emit greenhouse gases), how it is harvested (by hand or gas-guzzling machine), packaged and transported (by road, ship or air).

These factors alone mean the environmental impact of a single food can vary widely. And you might be surprised by what, in eco terms, constitutes a 'good' food and what a 'bad' one.

SWAP: King prawns for mini prawns

When imported from Thailand and Vietnam, tiger prawns and king prawns come with a horribly high CO₂e penalty (5kg of CO₂e per portion, equivalent to ten miles by car). This is because the farming process often destroys the underwater mangrove systems that play an important part in absorbing carbon and in protecting coastlines and coral reefs. Smaller coldwater prawns farmed off the coast of the UK are more eco friendly (760g of CO₂e, or 1.5 miles by car) and don't have to travel too far to your plate. Mussels boast the lowest footprint of all seafood (0.25g per kg) because they grow naturally on ropes – no labour or feeding required – and come ready packaged in a shell.

SWAP: Beef mince for vegan mince

Beef has a high carbon footprint because most farm animals convert just 10% of the calories they eat into meat and dairy. In addition, cows burp up methane gas, roughly doubling the footprint of the food they produce. Add to this nitrous oxide emissions released when nitrogen fertiliser is applied to the grass the cows eat, plus the energy used to make the fertiliser, and eating a British-reared steak has a similar carbon impact to 50 bananas shipped from South America. So a portion of beef mince uses 3kg of CO₂e (equivalent to driving six miles by car) compared to vegan mince at 162g (a third of a mile by car).

Be warned – if you find yourself tucking into a chunk of Brazilian beef, your carbon emissions will triple to around 83.3kg per kg (equivalent



'Pasta has a fraction of the carbon footprint of rice'

to driving 166 miles). That's because in Brazil rainforests – which help remove much of the earth's CO₂ – are being cleared to make room for cattle ranching.

SWAP: Rice for pasta

Rice is a surprisingly high-carbon staple, far worse than wheat. That's because in many parts of Asia excessive amounts of nitrogen fertilisers are applied to the paddy fields, giving off greenhouse gases that combine with the methane that bubbles out of the flooded paddy fields. Around the world, 600 million tonnes CO₂e of methane is thought to be emitted from rice paddies, 1.2 per cent of the total global carbon footprint. A portion of rice might use 710g of CO₂e (1.5 miles) compared to pasta at 90g (a quarter of a mile). Pasta made in the UK has a lower footprint than pasta transported from Italy.

SWAP: Cow's milk for plant milk (oat, soya or almond)

For the same reasons as beef, cow's milk is high in carbon emissions (2kg of CO₂e a litre, or four miles by car). Because milk is heavy

Continued on page 30

REDUCE YOUR DIET FOOTPRINT
Buying a lot of airfreighted food can raise a vegan diet to the footprint of a meat eater



'Mackerel has an admirably low CO₂e score'



SWAP: Salmon for mackerel

Oily fish is extremely healthy, but farmed salmon has the worst CO₂e score of common British fish, partly because of the carbon footprint of producing fish food (615g of CO₂e per portion, or one mile by car). Mackerel has an admirably low CO₂e score (315g per portion, or half a mile) because the fish gather close to the surface, making catching them more straightforward. Look out for fish products bearing a distinctive blue tick, which indicates they have been certified by the Marine Stewardship Council as sustainable seafood from healthy wild-fish populations.



Continued from page 29

to transport, you can reduce your impact by buying locally produced milk and choosing glass bottles over plastic. Milk from soya beans, oats or almonds is much lower in carbon (970g per litre, or two miles by car) because it cuts out the middle man (the cow).

SWAP: Grapes from South Africa for grapes from Spain

A mile by air has around 100 times the carbon impact of a mile by sea, and there is no place for airfreighted food in the 21st century, so avoid it where you can. Check the country of origin and ask yourself whether that product has the longevity to survive the journey by ship, train or lorry. Apples, oranges, bananas and melons can be shipped, but grapes, mangoes and berries cannot. So, grapes flown in from South Africa or California use 9kg of CO₂e per portion (18 miles by car), whereas grapes delivered by truck or train use just 600g (one mile).

SWAP: Cherry vine tomatoes for medium-sized tomatoes in season

Plain everyday tomatoes boast half the carbon of 'specialist' varieties such as cherry, plum, cocktail or beef, which tend to have a lower yield. In winter months, cherry vine tomatoes might use 2.8kg of CO₂e (six miles by car), more if they are flown in, but tomatoes driven from Spain or Morocco are a better option than UK tomatoes

Carbon footprints have been taken from **How Bad Are Bananas? The carbon footprint of everything**, by Mike Berners-Lee, published by Profile Books



grown in heated greenhouses. In the summer months plain UK-grown tomatoes use just 130g of CO₂e per portion.

SWAP: Asparagus from Peru for UK asparagus in season

Buying asparagus during the winter months is a bad idea. Outside of the UK growing season (May-July) you could end up busting your entire daily CO₂e average on a small plate of green vegetables (1.9kg per portion, or four miles by car) because of the emissions generated by flying them the 10,000 miles from South America. UK asparagus is just 100g of CO₂e per portion (350m by car). ♻️

CUT THE CARBON FOOTPRINT OF YOUR DIET BY 50 PER CENT

- Eat less meat and dairy (especially less beef and lamb).
- Eat everything you buy and buy only what you know you can eat.
- Avoid airfreighted food (from Kenya, Peru, California).
- Try to reduce packaging.



INTRODUCING JÖRD

JÖRD is the all new, plant-based oat drink, made from all natural ingredients.

We keep things simple: we only use organically grown oats, harvested by Nordic farmers to give a fresh and pure taste.

All natural, all plant-based, all delicious.



Freshness of oat with a nutty elegance from hemp.

Pure and fresh oat flavour.

Freshness of oat sweetened with barley.

ALL NEW · ALL NATURAL · ALL PLANT-BASED · ALL NORDIC · ALL ORGANIC · ALL DELICIOUS

‘Tesco is making significant and innovative changes to reduce its emissions with the aim of being carbon neutral by 2035’

CUT THE MEAT

Tesco has created more than 300 tasty plant-based products

ASTONISHINGLY, FOOD STILL accounts for a quarter of all greenhouse gas emissions.

Every part of the journey – from farm, to factory, to delivery truck, to store, to home, has an impact. ‘That means it’s also one of the biggest opportunities we have to fight climate change,’ says Giles Bolton, Responsible Sourcing Director for Tesco. ‘By finding ways to feed our growing population more sustainably, using less land and natural resources, we can make a difference.’

Tesco is making significant and innovative changes to reduce its emissions with the aim of being carbon neutral by 2035.

Here’s how it’s doing it...

Green power

Powering thousands of Tesco stores and depots across the country uses an incredible 1% of the UK’s electricity. ‘That’s why we’ve made sure it’s all from renewable sources,’ says Giles.

Tesco has built wind turbines at depots and solar panels on 60 stores to produce its own more environmentally friendly electricity. It has also helped build five onshore wind farms, plus solar farms in Essex and Oxfordshire. The solar farms alone will be capable of generating enough green energy to power an astonishing 44,828 three-bedroom homes.

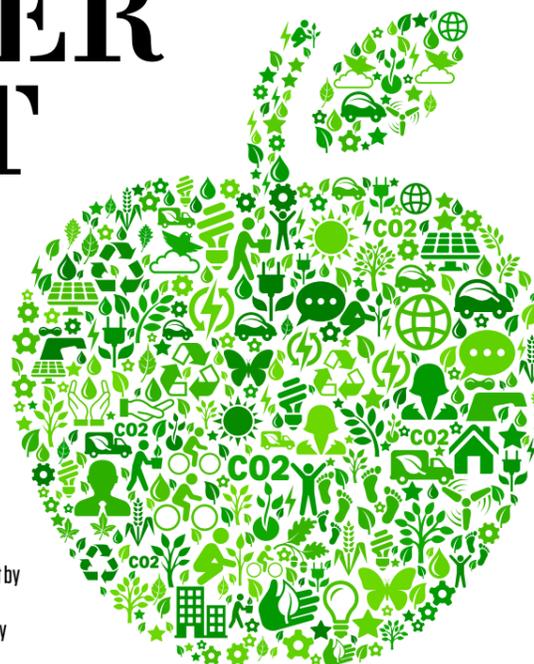
What we eat is responsible for an incredible 25 per cent of all greenhouse gases. Tesco is determined to reduce emissions for its customers

A BETTER BASKET

WORDS BY Katy Winter

NO MORE LEFTOVERS

Greenhouse gas emissions could be cut by about 11% if we stop throwing so much away



Driving change

Delivering food to people’s homes is another source of carbon emissions, so Tesco has launched 30 electric vans to supply customers, with plans for the entire fleet to be electric by 2028. With electric cars becoming increasingly popular, the supermarket is also installing 2,500 new charging points at its stores, boosting the UK’s network by 14%.

‘We want to make it easier for customers to switch to electric,’ says Giles. ‘We know lots of people still worry about running out of charge.’

‘Rolling out the country’s largest network of electric vehicle charging points at 600 stores up and down the UK will make it more convenient for our customers to charge while they shop.’

Stop waste

But all the green energy and electric-powered vehicles in the world won’t help unless we tackle the problem of food waste. Greenhouse gas emissions could be cut by

11% if we stop throwing so much away. ‘Food waste is about produce that’s left over on farms and the products left unsold in stores, but it is also about the items that get forgotten at the back of the fridge,’ says Giles. ‘The bottom line is that, because food production brings environmental costs, avoiding waste at all stages really helps.’

Tesco has been redistributing surplus food to charities such as FareShare since 2013. In total with its suppliers it has prevented 200,000 tonnes of food being thrown away. It hopes to halve food waste by 2030.

Plant power

With many customers moving towards more flexitarian diets for both health and environmental reasons, Tesco’s shelves are very different from just a few years ago: plant-based alternatives are on the march, with more than 300 tasty plant-based products now available. Tesco is targeting a 300% increase in sales by 2025.

‘They’re really good,’ says Giles. ‘My daughters are particularly keen on the breaded nuggets. I’d recommend them to anyone!’

TESCO

20 YEARS OF INVESTING FOR A POSITIVE FUTURE

Since 2001, the Liontrust Sustainable Investment team have been seeking companies that will help to create a cleaner, safer and healthier society in the future and generate attractive returns for investors

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HAPPY ENDINGS
Hugh Grant and Martine McCutcheon stars of the popular Richard Curtis movie, *Love Actually*



UNTIL RECENTLY, I was a financial amateur, with no knowledge of or interest in pensions. But I've been inspired by an Australian cancer doctor, Bronwyn King. She discovered, to her horror, that some of her pension was being invested in tobacco companies.

This meant she was probably killing more people by her investments than she could ever save through her work fighting cancer. Through campaigning, Dr King managed to get huge sums of money moved out of tobacco investment.

Like her, I had no idea that our savings and pensions could make us accidental investors in many of the practices we fight against, such as fossil-fuel production, deforestation and child labour, or that vegans could be unwittingly investing in factory farming, and climate campaigners in some of the worst polluting companies in the world.

The more I talked to people, the more I realised that there's a vast amount of money at stake here, and few of us realise what horrors our pension pots might be financing.

When I look at Dr King, it amazes me how much one dedicated person can achieve. I'm convinced every UK pension holder can play a part in building a better, safer world by making sure we all have investments we can be proud of.

It struck me that if we could make pensions more accessible by stripping out the jargon and using messages that even I can understand, we could help put people in control of their money. Perhaps we could even arm them with the power to direct that money to help fight climate change and deforestation and to support causes

GETTY / ALAMY

Continued on page 37

Screenwriter and director, **Richard Curtis**, best known for hit movies such as *Notting Hill* and *Love Actually*, has turned his focus to pensions and is encouraging us to switch our retirement savings to planet-friendly investments

GREEN PENSIONS ACTUALLY



WORDS BY Richard Curtis



A rescue plan for nature

2021 is a crucial year for action on climate and the wider environment. *New Scientist* has it covered.

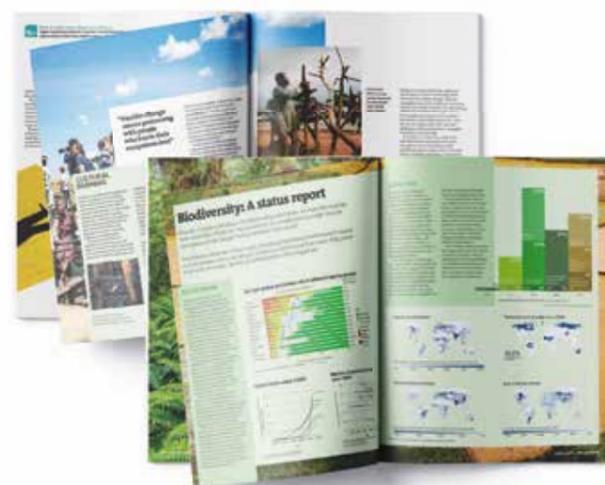
Download an exclusive free digital issue to read our Rescue Plan for Nature series about the new global effort to stem biodiversity loss. Presented in association with the United Nations Environment Programme, UNEP, it is just part of a year of unparalleled environmental coverage from the UK's leading science magazine.

Find out about

- How we've impacted biodiversity across the planet
- The crucial decisions that could help restore our relationship with nature
- Ten conservation success stories that show us the way forward
- How our abuse of nature makes pandemics like covid-19 more likely
- The surprising and profound effects that nature can have on our mental health

And much more.

To download your FREE issue, visit:
[newscientist.com/eco2](https://www.newscientist.com/eco2)



NewScientist
The world, better understood

Continued from page 35

such as medical research or affordable housing. We could ensure that our money might be a powerful force for good.

We're on the cusp of the Covid-19 recovery, and this presents a once-in-a-lifetime opportunity for us to reshape our financial system so that it works for the benefit of people and the planet. If we make this a *green* recovery, we'll be able to ensure UK pension holders make the best of the huge financial opportunities presented by green technology and renewable energy. Together we can work towards building a healthy planet protected against future crises.

It's not a high-risk move. Sustainable pensions used to be considered risky, but right now they are delivering better returns, and this is expected to continue as investment in the green economy grows. In fact, the risky choice is to go for investments that linger on the volatile markets of oil and gas.

Like most people, I'm getting greener all the time. My children are very conscientious, and I'm starting to follow their advice. But my pension is now doing a lot of the heavy work for me. I'm now apparently investing in the development of 'green' cement, sustainable technologies and reverse vending machines, which reward consumers who return plastic bottles and aluminium cans.

So many people are trying hard to make a difference through the charities and movements they support – from cutting down on travel to making sure they buy from companies that refuse to use child labour. Yet the area where we can have the biggest impact is where we invest our money – there's £3 trillion in THE UK pension pot which could be helping to change the world. ♻️

HIGHLIGHTING THE GOOD

Make My Money Matter believes good pension schemes should aim to halve their emissions by 2030, and ideally transition to net zero ahead of the 2050 deadline outlined in the Paris Climate Agreement

Schemes that have committed to net zero should create clear five-year targets and report annually on their progress against their benchmarks to

their members. This should mean they are planning to rapidly reduce their carbon emissions by no longer investing in fossil fuels and other high-emission

companies, including Scope 3 emissions – those caused by the supply chains of the companies they invest in, such as vehicles built by a car company they

may have funded – and move away from other harmful investments. Over time, it is hoped that the term 'green' pensions will cover more than just

net zero, so that trustees consider other harmful effects their investment strategies might have on the environment and society.

Companies setting a good example include:
→ Nest Pensions
→ Aviva Insurance
→ Scottish Widows
→ Cushon Pensions

WHAT CAN YOU DO?

1. Ask your employer and your pension provider where your money is invested and what impact it might be having. If you're not happy with the answers, ask what options are available.
2. Change your bank account to one that invests sustainably, such as Triodos Bank, the Ecology Building Society or the Co-operative Bank.
3. Visit [makemymoneymatter.co.uk](https://www.makemymoneymatter.co.uk) and sign the petition calling for all pensions to help fight climate change.
4. Go to the Be A Net Zero Hero page on [makemymoneymatter.co.uk](https://www.makemymoneymatter.co.uk), and put your pension provider into the search engine. This will take you to a pre-filled email template calling for them to commit to greener investing.

Making your pension sustainable can be a more effective way of cutting your carbon footprint than giving up flying and becoming vegan combined.

Source: [makemymoneymatter.co.uk](https://www.makemymoneymatter.co.uk)



We may be travelling less right now, but we can still dream of holidaying like heroes. Here's how to revel in the planning of positive-impact adventures around the world **WORDS BY** Juliet Kinsman

RESPONSIBLE WANDERLUST

IT'S UNLIKELY THAT after the pandemic we'll be able to gallivant like we used to, so future forays are going to have to be special. We're also waking up to how everything we do impacts on others and the planet.

Although we might be cautious about the atmosphere-warming effects of flying, the right travel choices can make carbon emissions count for something, especially if they fund rewilding projects or support communities reliant on tourism. Here's how your getaway choices can make a positive impact.

Use a responsible operator

Travel agents are making a comeback – and that's a good thing. Having an expert at the end of the phone or on the receiving end of an email who can match budget and personal preferences to the perfect itinerary – and help you walk all the eco talk – is worth the expense.

For instance, Steppes and Responsible Travel

are ensuring every encounter in their journeys is ethical. Intrepid Travel is elevating its small-group tours with a range of premium accommodation, luring us to meaningful experiences in destinations including Azerbaijan and Croatia, from 2022. Flooglebinder arranges trips for families and schools that want to learn through real-world experiences. Much Better Adventures has joined Rewilding Europe to host trips supporting keystone species – bears, wolves, bison and eagles – in Sweden, Romania and Italy.

Go slow

Low-carbon holidays make the journey part of the appeal. If you can, play digital nomad and take your work on the road as you travel by boat or train. Byway Travel takes the headache out of planning trips off the beaten path, in destinations such as France's Alsace region.

Exploring new places on foot or by bike is

Continued on page 41

A CLEAN BREAK
The stunning Croatian coastline, right

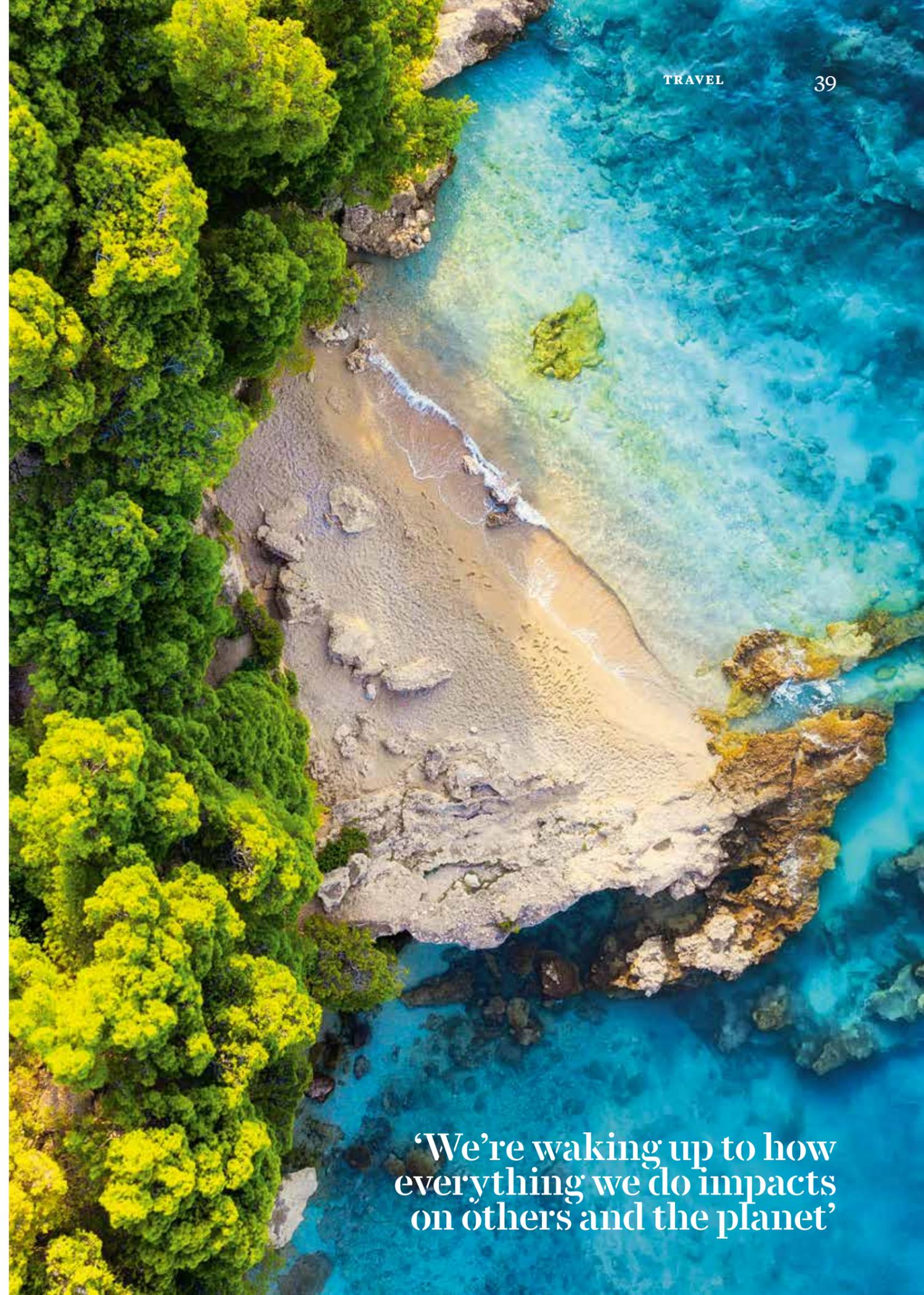


FLY BETTER

Aviation is the biggest contributor to our carbon footprint – so it's crucial to fly wisely

- Skyscanner highlights flights that emit less CO₂ compared to average, with its Greener Choice label.
- Direct routes are best, since taking off and landing emit the most CO₂.
- Carriers that invest in engine-efficiency innovation and renewable fuels have game-changing potential, and Air France-KLM, SAS and Finnair lead the way.
- Low-cost airlines cram in more people per flight, which means less fuel used in transporting a greater number of people.
- Fly cleaner by checking you're travelling on a plane from a newer fleet.
- Mitigate the negative by opting into reputable Gold Standard carbon offsetting schemes such as South Pole. If you insist on long-haul, the best thing is to ensure your trip pays it forward in developing destinations. For example, improve education in remote rural areas via Kasbah du Toubkal in Morocco, which supports the charity Education For All.
- Show reverence for rainforests by staying in an eco-lodge such as a Cayuga Collection property in Costa Rica, Nicaragua or Panama. At least then there's been a better CO₂ trade-off when it comes to the bigger picture.

GETTY



'We're waking up to how everything we do impacts on others and the planet'



SONEVA NAMOONA

Proudly supporting the Maldives to be single-use plastic free by 2023

The small coral islands of the Maldives are among the most beautiful locations on our planet. While they may seem fragile, their ecosystems have actually developed over thousands of years into some of the most complex reef systems in the world. We want to keep them this way. That's why Soneva is proud to partner with local islands to create Soneva Namoonā. In the local language, namoonā refers to something that is exemplary, ideal, an exception. Together, we are using our collective expertise, creativity and ingenuity to eliminate single-use plastic from the Maldives and to nurture a new generation of ocean stewards.



Images captured by celebrated photographer and Soneva Namoonā Guardian Matt Porteous

soneva.com

'Invest in a world-class safari – and protect wildlife and biodiversity'

JORDI FERNANDEZ/UNSPLASH



Continued from page 38

fantastically green. Join The Slow Cyclist for expert-guided group cycling holidays through nature in Transylvania, Tuscany, Greece and Georgia, pausing in charming guesthouses.

Seek out eco-minded hosts

Noteworthy sustainability sections on websites don't just share platitudes about loving the planet, but detail how that company is measuring impact or following science-based targets. As well as checking whether a property is powered from solar energy or if it uses grey water to flush its loos, the best thing we can do is eschew big-name chains in favour of owner-run indies such as The Scarlet eco hotel in Cornwall or Fforest Farm in Wales.

Being green is becoming increasingly glamorous, too, as Regenerative Travel, Bouteco and Preferred Hotels' new Beyond Green recommendations attest. Choosing a stay for its eco-credentials won't restrict you to camping with a bucket for a loo and alfalfa for every meal!

Invest in a world-class safari in Africa with Cottar's or Great Plains, or a camp in Rajasthan in India with Suján, and you'll be protecting wildlife and biodiversity.

High end hotels to celebrate sustainability include Six Senses's new escapes in Ibiza and Israel and Soneva in the Maldives and Thailand. The owners have worked hard to

raise awareness of open burning of trash throughout the Maldives, and they instigated a waste-management scheme now adopted by the government. Be wary of international resorts which might exist to maximise profits on real-estate assets for their owners, with revenue siphoned into an offshore account rather than reinvested in conservation or the community. When doing your research, look for lodges that are members of The Long Run, which champions sustainable travel.

Spend local in every way

Community-based tourism elicits the most rewarding holidays, and it's a powerful way for travel to be a distributor of wealth from bulging wallets to those that are leaner. Eat local, seasonal food in family-run cafés, buy souvenirs direct from artisans, and arrange activities through social enterprises. Being a communitarian can be as simple as staying in independent guesthouses.

Browse Sawday's and Canopy & Stars for cute staycations – Sawday's platform is B Corp-certified, which means it has met the highest standards of verified social and environmental performance. 🌱 *Check Government and local Covid restrictions before and during any holiday; ensure booking T&Cs allow for flexible last-minute changes and that tour operators are ABTA-protected.*

PLAIN TALKING
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When international travel does properly open up, Australia has got to be one very aspirational location for eco-tourism. If you're keen to experiment with an eco-conscious off-grid holiday, you'll be spoilt for choice in South Australia.

Think boutique bolt-holes made from shipping containers, secluded forest cabins, solar-panelled villas, glamping sites and quirky eco homes (visit southaustralia.com for full details). Leading the way is Oceanview Eco Villas on Kangaroo Island, which seamlessly blend sustainability and luxury with solar-powered amenities and deluxe furnishings made from recycled materials.

Right across the state, visitors can join tours that leave a light environmental footprint and which are big on wildlife and cultural preservation.



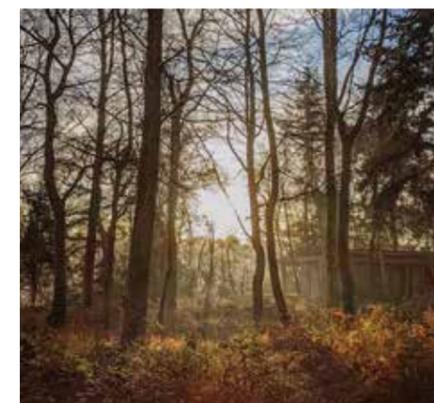
Three eco 'must-do' ideas when visiting the PHILIPPINES



- 1 A visit to the Masungi Georeserve conservation area and a rustic rock garden deep inside the Rizal rainforest.
- 2 A cruise along the Bojo river, complete with educational tours from former fishermen no longer engaged in dynamite fishing and retrained in the local flora and fauna.
- 3 A homestay in one of the well preserved traditional stone houses on the island of Sabtang.

Rewilding in Norfolk

For the ultimate eco staycation, take a look at frittonlake.co.uk. Luxury cabin retreats on the Norfolk/Suffolk border are hidden in a thousand-acre rewilding project, home to deer, cattle, sheep, ponies and rich bird and plant life. Tours are available on foot, by Jeep and by boat, with foraging (and eating out in the wild) all part of the experience.



Ferry agreeable



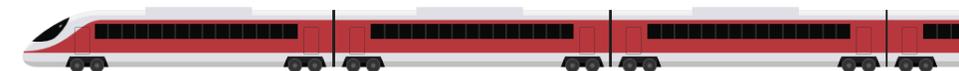
A ferry trip will reduce your road miles, and carbon emissions compared to flying, so choose operators aiming to be green: Stena Line has shown a 40% improvement in efficiency since 2008, is stripping out single-use plastics and has upped recycling. Brittany Ferries was awarded the Green Marine 'green label' last year for lower greenhouse gas emissions, underwater noise, waste management and oily discharges, and soon launches its first ship powered by LNG (liquefied natural gas), with a 25% reduction in CO₂ output.

EXPRESS NUTRITION

Avanti West Coast intercity rail services which run up and down the west coast of England and Scotland have been helping distribute surplus food and drink to charities and food banks along their routes. Changing travel patterns during lockdowns left huge amounts of unused food, so Avanti worked with DHL Supply Chain to join up with organisations in London, Wolverhampton, Liverpool, Manchester, Preston and Glasgow to distribute the surplus food.

£93,000 of food and drink donated
40 tonnes of food waste saved

67,688 MEALS 23 families fed through one donation alone
178 boxes of eggs



Confused by the difference between renewable and reusable? Recycled and upcycled? Learn the language of the eco set with our cheat-sheet guide to planet-friendly fashion **WORDS BY** Charlotte May

SUSTAINABLE

SHOPPING RESPONSIBLY CAN be tough. From Prada to Primark, brands are taking positive steps to become more sustainable, but it's easy to feel overwhelmed by buzzwords such as 'eco-friendly', 'conscious', 'responsible' being used to boost green credentials.

Eco-thinking is quickly gaining traction in response to the negative connotations of 'fast fashion' – mass-produced, eerily affordable and landfill-bound clothing.

But while previous headlines might have focused on supply chains (the terrible working conditions of sweatshops and poor quality synthetics), attention has finally turned to the long-lasting and worryingly irreversible impact fashion has on the planet, with an estimated £140 million worth of discarded clothing ending up in landfill in the UK each year.

With more and more fashion brands adopting an environmental philosophy, here's our guide to sorting the green from the greenwash.

VEGAN

This label is applied to fabrics created without animal products (leather, fur, feathers, shearling, exotic skins) or harming animals. It has been popularised by Stella McCartney, who has championed fashion-forward vegan looks alongside animal welfare campaigns since 2001.

PVC alternatives to animal-derived materials – from imitation leather to faux fur – have been around for years, but innovative companies are developing new green solutions. Mycelium (mushroom) leather is being used by Gucci, Adidas and Lululemon; pineapple leather (Piñatex), at Hugo Boss and Wolf & Badger; and bio-based faux fur (by Koba), are considered environmentally sound.

Look out for: 'PETA-approved Vegan' – more than 1,000 companies carry the animal rights charity's stamp.

WELL HEELED
Adidas is to launch a range of trainers made of biodegradable fungi-based leather, below



REGENERATED

Around 90% of fabric used in clothing is made from virgin natural or synthetic fibres. Once made into material, these are unlikely to be recycled, and synthetic fibres such as polyester, like any plastic, never decompose. However, regenerated fabrics are woven from existing materials which are broken down and re-spun to form fabrics such as rayon (an artificial silk) and viscose (from wood pulp). Regenerated fabrics have been used for nearly 100 years in the underwear market, and they're now gaining in popularity among stores such as Arket and Liberty, as well as contemporary designers like Marine Serre and Nanushka.

Look out for: Biodegradable, regenerated fabrics such as Lenzing Viscose, used by Monsoon, Hobbs and Cos.

TRANSPARENCY

The word 'transparency' means traceability in fashion parlance. It's about holding brands accountable for ethical practices and fair wages by making the name of every farm, factory and worker involved in the supply chain available for scrutiny. The Rana Plaza disaster in 2013, which saw more than 1,100 workers killed in a collapsed sweatshop in Bangladesh, led to the #WhoMadeMyClothes movement, and the founding of Fashion Revolution's Transparency Index. One example of 'true labelling' comes from the brand Maison Cléo, which published a receipt of every cost behind a 165 euro blouse, from fabric and packaging to fees and taxes. Many want this to become an industry standard, with informative labels similar to nutrition stickers found on food.

Look out for: QR codes on labels. Diesel, Gabriela Hearst and Moncler plan to add these for easy-access traceability.

UPCYCLED

Repurposing existing materials and items into new garments is called 'upcycling'. This has long been common practice for emerging designers and student catwalks, but it has recently exploded into the luxury market.

Loewe makes backpacks from military fabric, coats are crafted from shoelaces at Balenciaga, and Miu Miu has announced a capsule collection made from antique fabrics.

The waste material from a brands' own past seasons is called 'deadstock', and Alexander McQueen, Marques' Almeida, and designer Duran Lantink have been transforming scraps from Vuitton and Marni into edgy streetwear. On the high street, surplus fabric is used in Asos' Reclaimed Vintage and Urban Outfitters' Urban Renewal collections.

Look out for: Brands incorporating upcycling into their business models such as denim brand Re/Done and LA label Reformation.

STYLE

ORGANICALLY SOURCED

Actress and environmental activist, Jane Fonda, left, modelling the Off The Grid sustainable campaign for Gucci which uses recycled, organic, bio-based and sustainably sourced materials



HARMONY KORINE

MARINE PLASTICS

In a bid to save our oceans, marine waste is being transformed into fabric. The biggest name is a nylon called Econyl, made from 'ghost' fishing nets. Early brands to adopt the fabric include Stella McCartney and swimwear favourite Mara Hoffman. Econyl's Italian parent company, Aquafil, now supplies to luxury brands including Gucci (its Off The Grid range is made from 100% regenerated fabrics), Prada (which reissued its Nineties classic pieces as 'Re-Nylon'), as well as high street names H&M and M&S. Another textile innovator, Repreve, provides fabric for White Stuff, Gap, and independent swimwear brands.

Look out for: Regenerated plastic requires a registered trademark, so ensure authenticity by looking for '®' on the label.

ORGANIC

An 'organic' label denotes naturally occurring, untreated fibres, such as cotton and bamboo, which are promoted as environmentally sound as they are toxin, pesticide and GMO-free.

Organic fabrics are certainly better than synthetic counterparts, but they still use a lot of water in the production process, so buy only what you need. For investment pieces, try Net-a-Porter's Net Sustain, which stocks philanthropic label Ninety Percent and Veja vegan trainers, or Matches Fashion's The Responsible Edit.

Look out for: Avoid vague wording such as 'ecologically grown cotton' found on some high street brands, and opt for small-batch, certified slow-fashion organic labels such as People Tree, Outerknown and Pact. ♻️



WITH LEGACY CAR makers being kept on their toes by Elon Musk and his maverick crew, there is a great range of new fully electric vehicles coming on to the market this year. I decided to take the very first all-electric cars from Volkswagen and Mercedes-Benz for a spin. And, of course, no electric-car test would be complete without including a Tesla.

Volkswagen iD.3

The VW iD.3 has a similar footprint to a Golf, with a wheelbase more like that of the Passat – so there's plenty of room inside. But why the mobile-phone-like name?

This high-tech label actually signifies the third major chapter in Volkswagen's history: the Beetle, then the Golf... and now, this.

Entry levels start at just over £30k, with the Life Pro model. My 'First Edition Pro Power' model has a few extra bells and whistles, including a performance upgrade, heated seats, keyless entry and a snazzy two-tone paint job, which takes it up to about £39k.

At first glance the front end has a disconcertingly childish 'Teletubbies' nose to it. As you walk towards the car with the fob in your pocket, its eyes light up and start twitching from left to right and it almost looks as if it's about to say, 'Eh-oh!'

But this car is far more sophisticated than that, and one should never underestimate VW, the largest car manufacturer in the world, which is investing £25 billion into its quest to become the market leader in electric mobility.

Once behind the wheel, my first reaction is that the car feels as if it's been designed by robots to be driven by robots. It seems overly distilled and functional, showing little of the character of its predecessors, and is certainly no Love Bug. The interior is well made, but the screens look basic, as if they have been plonked in as a bit of an afterthought, with an eye on economy.

Ambient interior strip lighting (with 30 colour options) and comfortable seats lift the spirits.

Like many new cars, the iD.3 has voice-recognition technology. Say 'Hello iD, I've got a cold bottom', and your seat starts to warm up. There's no start button: you just jump in, buckle up and twist the rotary-style gear selector next to the steering wheel. The car gives a better-than-expected easy-to-drive/vanilla experience. With its rear-wheel drive, the handling is playful. The only sound you hear is the hum of an alien aircraft landing when you

Volkswagen
iD.3
Price: £29,170-£42,290
Range: 206-340 miles
Fast charging
20-80% (50kW):
40 min



put the car in reverse. Think ET going home.

So, if you're looking for a car with bucketloads of driver engagement, this might not be your choice, but if you want a spacious, sensible, does-what-it-says-on-the-tin quality electric car, you can fill your electric boots.

Mercedes-Benz EQC

For anyone lusting after something bigger and more luxurious, the Mercedes-Benz EQC might be the answer. The 'C' in the name puts it neatly in the C-Class mid-sized five-seater SUV bracket. Prices start from just under £66k, but I got to drive the range-topping AMG Premium Plus model, which boasts, as well as other options, a nightclub-filling 13-speaker Burmeister sound system and various clever lane-assist and blind-spot-assist packaging to help keep you in the right lane. This tops out at just under £77k. Visually, the front end is especially striking, and sports familiar Mercedes design lines. The interior is ergonomically appealing, too, with a dashboard dominated by twin HD screens, which flicker into action as you press the start button.

And it's very good. On saying 'Hey Mercedes', many of your wishes will be granted. The voice recognition claims to understand strong accents and it certainly wasn't floored by my finest (fake) Scottish drawl. I was particularly impressed by augmented directions on the navigation system, which provides arrows above the road you need to turn into, projected on to the live video feed on the screen. Smart.

Continued on page 48

The motoring future is all-electric so we put three popular contenders to the test **WORDS BY** Simon Penwarden

LEADING THE CHARGE



Mercedes-Benz EQC
Price: £65,720-£74,310
Range: 231-259 miles
Fast charging
20-80% (50kW):
70 min

TRIP THE LIGHT
FANTASTIC
The Mercedes-Benz EQC's front end sports the marque's familiar, sleek lines

Continued from page 46

However, with this much power you need to keep an eye on the car's claimed range. I set off on a 190-mile round trip, which I assumed would be easy for a car that should cover 255 miles on a full charge, but I was caught out.

Was I aggressive with the accelerator pedal? Yes. Was I blasting out the incredible sound system? Affirmative. Did I max out the air-conditioning and heated seats? You bet. So I only managed 150 miles before the satnav was redirecting me towards the next service station charging points to power up – foxed, alas, by the charging points being taped up and off limits. With just six miles of battery left, I limped to a nearby restaurant car park, and sat for an hour in the dark to get enough sparks to get me home.

The driving experience of the EQC is so good, and the instant silent power quite addictive. But range uncertainty – when combined with unreliable public charging points – could make planning a trip problematic.

Tesla Model 3

If Apple made cars, they'd be little different to the Tesla Model 3. I was keen to test the car which currently carries the crown as the world's best-selling electric car – and this new updated entry-level Standard Range Plus, which has had a few cosmetic changes as well as the continuous software updates, costs just over £40k.

Unfortunately, a software glitch meant the air-con on my test car would only pump out freezing-cold air on an icy day. However, after a quick call to Tesla the fault was fixed remotely.

I might have been spoiled by the Mercedes, but the look of this Tesla doesn't exactly get the pulse racing. The interior, however, is excellent. The dash is dominated by an



CHARGING NETWORKS: ARE WE NEARLY THERE YET?

- UK think-tank, The Policy Exchange predicts a need for at least 400,000 public charging points to cater for the increase from the half-million electric vehicles now on the road to the estimated ten million by 2030. This will mean considerably faster installation and further investment of up to £10bn.
- The Department of Transport has plans to make sure there are at least six high-powered, open-access charge points at every motorway service station in England by 2023.
- VW and BP have announced plans to work together to advance the deployment of ultra-fast electric vehicle charging at BP sites across the UK and Europe, making BP the VW Group's EV charging partner.

Tesla Model 3
Price: £40,490-£56,490
Fast charging 20-80% (50kW): 40-60 min



almost A4-sized landscape screen which controls just about everything. The only buttons are two thumb switches on the steering wheel.

Just underneath

GAME CHANGER
The easy-to-use high-tech Tesla interior does away with switches and buttons

the screen is a space for two phones to be wirelessly charged. It's comfortable, as roomy as the equivalent BMW 3 series or Audi A4, surprisingly engaging to drive – and quick off the mark, too. The range is an impressive 278 miles, or 360 miles if you're prepared to pay just under £7k more for the Long Range model.

But the single factor that sets Tesla way ahead of the pack is that public charging is so easy. There are 628 Superchargers and the Model 3 will charge from 20 to 80% in about 20 minutes at more than 550 destination chargers dotted around the UK – with more planned.

No need to fiddle around with membership schemes, apps or credit cards: you just rock up, charge (Tesla has pledged public charging will always be charged at cost price) and you are billed monthly, automatically. Better still, the on-board computer will tell you where the closest charging point is, and how many 'pumps' are available at any given time.

Which brings me to the elephant in the room. While the iD.3 and EQC might be very good in their different ways, the UK public charging network is way off the mark.

And if you're going on regular journeys of over 100 miles each way, it does get very frustrating. And that's why the overall user experience and lifestyle choice mean Tesla currently still leads the charge. ♻️

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Project Solar UK Ltd was incorporated originally in 2011 as a specialist solar company which has become the leading residential provider and installer of over 7.5 gigawatts of solar panels installed and over 25,000 customers up to 2020 Project Solar are the leading residential installer.

Simon Peat, Managing Director, states, "There is a clear shift to clean, green energy as customers are actively seeking out options to run their domestic appliances without harming the environment. Solar panels are proving an attractive and cost effective option that is being explored by an increasing number of households".

COMPOSTABLE CUPS, BAGS and packaging have been rapidly replacing plastics, and there is a sense of progress as we start to move away from our reliance on a material we know to be poisoning our wildlife and oceans. But in their quest to find alternatives, are manufacturers merely swapping one problem for another?

'People assume that "compostable" plastics can be put on a garden compost heap or they'll decompose in landfill,' says Laura Markley, a specialist in plastic pollution (wastefreephd.com). 'But most are only compostable under certain conditions – in temperatures above 100°C and a well-aerated environment – so you need a very specific industrial composter.'

The UK just doesn't have the infrastructure to compost these products effectively, and a pitifully small percentage make it to the specialist facilities they need. In fact, most end up in landfill or being incinerated.

Neither can you assume that a 'bioplastic' is biodegradable. The word is often applied to plastics that are made from fuel sources other than petroleum (corn starch, sugarcane, wood pulp or bamboo), which on the one hand is better for the environment, but it still results in a plastic that, like most others, ends up in landfill and takes years to break down.

But bioplastics can also refer to plastics that either have additives to make them break down quickly or are made in such a way that they do break down easily – think about those starch-based packaging 'peanuts' that look like foam but dissolve in water.

The hope is that if discarded at the side of the road, these specially adapted plastic alternatives will swiftly rot away like orange

We know we should be using less plastic – but are the alternatives any less polluting? WORDS BY Claire Coleman

JUST HOW 'ECO' IS ECO PACKAGING?

peel, leaving no microplastic trace to poison the soil. But when buried in landfill, the absence of oxygen hinders their breakdown considerably. A recent study by the University of Plymouth found that biodegradable plastic bags were still able to be used as bags three years after being buried underground because they had degraded so little.

Sian Sutherland, who heads up A Plastic Planet (aplasticplanet.com), which aims to 'inspire the world to turn off the plastic tap', believes that the answer is to move away from this 'material that has enabled us to become hyper consumers' and towards an economy where we 'buy less, buy better, share and repair'.

Ultimately, packaging is a complex issue – it's not about saints and sinners, but about gradually moving towards using less.

PLASTICS

There are different types of plastics: drinks bottles are made from polyethylene terephthalate (PET); thicker shampoo and bleach bottles are made from high-density polyethylene (HDPE); and polypropylene (PP) is often used for takeaway containers.

PROS: Cheap, versatile, lightweight, recyclable.
CONS: Only 7% of plastics are recycled and they can't be recycled an infinite number of times. Their components have a huge impact on the entire food chain, whether it's sea creatures devouring microplastics or chemicals that have been identified as hormone disruptors leaching into our food and drink.

GLASS

PROS: Doesn't contaminate contents, can be melted into any shape, infinitely recyclable – and the UK recycles

almost 70% of glass containers, with a 90% collection rate.

CONS: Heavy, breakable, requires a huge amount of energy to manufacture, transport and recycle. Glass, for instance, needs to be heated to above 1400°C in order for it to melt (compared to 260°C to melt most plastic bottles), and its weight (a 1 litre glass bottle weighs 16 times more than plastic) means the carbon emissions from transport are huge.

ALUMINIUM

PROS: Infinitely recyclable – an estimated 75% of all of the aluminium ever mined is still being used today – strong, lightweight.

CONS: Can be brittle, fractures easily, requires a lot of energy to make new aluminium from raw materials; mining and manufacture can have environmental impacts.

BIOPLASTICS

For these purposes, we're talking about polylactic acid (PLA) – made from corn starch, cassava and sugarcane – which is often used in packaging, and polyhydroxyalkanoate (PHA) – made by bacteria – which is often used in medicine for sutures and bone plates, and for single-use food packaging.

PROS: Made from renewable resources, can biodegrade under certain conditions.
CONS: Can't replace all plastics – for example, PLA can't be used for hot drinks as it deforms – and not guaranteed to be 'safe' just because it's natural. When combined with other plastics becomes impossible to recycle, and rarely ends up in the specialist composters needed to process them. ♻️

'Inspire the world to turn off the plastic tap'

My

life

by Anya Hindmarch

Accessories designer Anya Hindmarch, 53, is an anti-plastics advocate and a Greenpeace ambassador. She lives in London with her husband James and their five children.



Raising awareness

Last year, we closed our three London stores for three days and ‘flooded’ them with 90,000 used plastic bottles, collected by employees from their local communities, in a bid to show just how many plastic bottles go into landfill every 8.5 minutes.



Zero waste We started our Waste Not Want Not project making bags from fabric offcuts that would otherwise go to landfill; the introduction of made-to-order pieces, to minimise unnecessary production; and using recycled nylon from ocean waste in collaboration with ECONYL®.



No plastic bags

In 2007 we developed a ‘I’m NOT a Plastic Bag’ project to raise awareness of the issues around single-use plastics, and our current campaign tote bag is made from 32 recycled bottles.



Clean

beauty I’ve been experimenting with plastic-free alternatives in my bathroom. Honestly speaking, I had to kiss a few frogs before finding the right ones: Salt of the Earth natural deodorants (crystalspring.co.uk), Ethique shampoo bars (ethique.co.uk), and The White Teeth Box toothpaste (thewhiteteethbox.com).



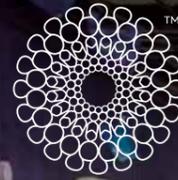
Engine efficient I use Ecosia (ecosia.org) as my search engine – it uses ad revenue from internet searches to plant trees and help end deforestation, and it donates 80% of its profits to environmental organisations. ♻️

Shop less It may seem counterintuitive for a fashion brand to minimise demand, but I want to provide customers with pieces that they’ll cherish forever. We now work on a seasonless calendar, and have developed a bespoke line, where customers can have their own handwritten messages and drawings embossed into products to personalise them. Longevity is key.



Single-use swaps

Someone once told me ‘when you throw something away, there is no away’, and I’ve never been able to get those words out of my head. So, I use soap instead of hand sanitiser, wear reusable masks never use plastic straws, takeaway coffee cups, or plastic water bottles.



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