

Why do you want to be an Ocean Friendly Home? Tick as many as you'd like!

- To help marine life
- To save money
- To help protect future generations
- To take responsibility for the Ocean
- To reduce pollution and help the climate

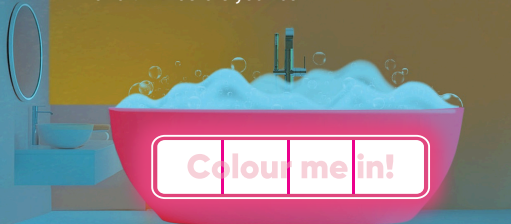
Ocean Friendly Home Planner

Look around your home. Try some swaps that support our Ocean health and positively help the climate. Together we can make a big impact.



Bathroom

- Swap one plastic bathroom product to plastic free e.g. shower gel for a bar of soap
- Swap longer showers for shorter showers
- Swap hotter showers for lower temperatures and feel the benefits of cold water
- Swap to Ocean friendly cleaning products and think before you flush



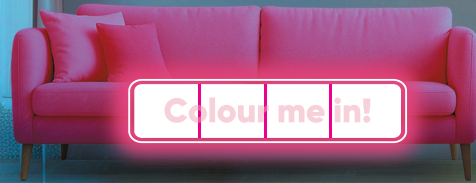
Bedroom

- Swap shopping fast fashion for pre-loved clothes
- Swap throwing out half used makeup to completely using them up
- Swap washing clothes after one use, to washing less often or only when dirty e.g. on jumpers and jeans
- Swap using the heating on full to using a blanket or thick jumper



Living room

- Swap leaving items on standby to switching at the plug
- Swap leaving lights on to turning them off when you leave a room
- Swap buying new furniture to pre-loved or upcycling
- Swap screen time to utilising blue or green spaces



Kitchen

- Swap any meat or fish meal for a vegetarian meal once a week
- Swap throwing out food to having it as lunch for the next day or freezing to keep for longer
- Swap your selection of fruit and veg to be from the season, to reduce food miles
- Swap hot washes 400C for 200C washes



As a household, answer these questions about your home.

Bedroom

How often do you buy new clothes per year?
e.g. Weekly/Monthly/Few Times A Year/Less Often/Never

How often do you buy pre-loved clothes per year?
e.g. Weekly/Monthly/Few Times A Year/Less Often/Never

Kitchen

Do you use up your leftovers?

How often do you use the washing machine?

Bathroom

How long do you spend in the shower each time?
e.g. Few mins/10mins/20mins/Longer/Use A Bath

Do you use soap or refillable shower gel?

Living Room

How long in the day do you have the heating on during the winter?

How many items are left on standby in your home?

Revisit these questions at the end of the summer holidays, to see if your answers are different.

Track your swaps and actions

Encourage all the family to colour in the progress bars and tick off in each room as you make a swap.

We'd love to hear how your Ocean Friendly Home is doing and any favourite swaps you've made. Send us a photo of your planner, your favourite swaps or ones you might continue.

Scan to share with us



Together these small swaps can make a **BIG IMPACT** to our Ocean health!

Tick your progress and colour in one square per swap!

