

WEE CHANGES **CRACKER IMPACT**

BY RACHEL FULLERTON

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About Rachel

The Author

My name is Rachel Fullerton and I want to thank you so much for taking time to read this resource. Myself, my husband Mark, and our four children are passionate about climate justice, caring for creation and sustainability as an out working of faith which starts in our home, and family life, and permeates outward.

My love for the environment has been a theme from my childhood growing up in the countryside. I had the privilege of studying eco theology as part of my Masters degree and it is this theological foundation which has informed the practical content of this resource.

Wherever you are on your sustainability journey this resource has something for everyone and together it will be our wee changes which make a cracker impact.

About Colin

The Creative

I am a creative individual who deeply values sustainability. My involvement in the book "Wee Changes Cracker Impact" allows me to combine my love for sustainability and creativity.

I believe in the power of small actions and their potential to make a significant impact and recognise that sustainable living doesn't require drastic measures all at once but can be achieved through incremental changes.

I am very excited to share with you some **ideas and resources to enable us to live a waste-less life**. At first reading it may appear like there is substantial content and much to be worked on but please choose one area in your home/life and start by making one change e.g., switch from a plastic to a bamboo toothbrush or use a refillable water bottle - it can make a difference.

Once you are happy with the change you have made choose another area. **Please use up what you currently have and make sustainable swaps only when you need to buy new products**. I have tried to include suggestions of sustainable brands (some I have tried but others I haven't) where there is availability of various sustainable products. I look forward to hearing what you try and what other ideas/suggestions you have.

My hope is that we can encourage and motivate each other to make responsible eco friendly sustainable choices.

Thanks for reading, **Rachel**

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DENTAL HYGIENE

Floss sticks/Floss – Bamboo floss sticks or bamboo or organic cotton floss in glass container.

Mouthwash – Mouthwash tablets in glass jar e.g., Georganics or Eco living.

Toothbrush – Bamboo biodegradable toothbrush or Barnaby stainless steel changeable head toothbrush.

Tooth paste – Eco friendly tooth paste from Georganics, Greenpeople, lush, tooth tabs or DIY bicarb/coconut oil toothpaste.

HAIR

Hair Brush – Wooden comb or brush from sustainable source.

Hair Dye – Solid Henna bar (available from Lush), powdered Henna (Khadi), or toxin free hair dye from Health shops such as Naturtint (currently in plastic packaging).

Hair removal – Bamboo safety razor and solid shave bar.

Hair ties – Kooshoo organic plastic free hair ties and the zero waste club..

Hair wash – Solid Shampoo and conditioner available from many places such as, LUSH, Refill Quarter, Ethical Superstore, and Peacewiththewild.

Hair Wax/Clay – Sustainable vegan Rugged Nature products available from Peacwiththewild.

MAKEUP

Makeup bag (may include) – blusher, concealer, eyeliner, eyeshadow, foundation and lipstick. Aim to switch to solid, refillable or recyclable options that are not sold in plastic casing. Some of the following companies offer such products – Lush, Zao cosmetics, Fat & The Moon and Greenpeople.

Makeup brushes – When replacing brushes opt for sustainable and recyclable brushes e.g., Ecotools. Lush is also bringing out a range of sustainable brushes.

Makeup remover/cotton pads – Facecloth & water or reusable makeup remover pads.

BATHROOM



NAILS

Nail file - Sandstone nail file, crystal nail file or grit eco nail file by sparitual.

Nail polish - Toxin free nail polish such as Zao Nail polish (glass and bamboo bottle).

Nail polish remover - Washable nail varnish remover pads such as bamboo felt and Karma natural polish remover.

PERIOD

- Mooncup and Reusable Sanitary Pads available from **Cheekywipes**, **Eastwise girls**, **Ecolily**, **Peacewiththewild**, and **Bloom & Nora**.

- Biodegradable Sanitary products available from **Weartlondon**, **Eco by Naty**, and **KIND**.

SKIN

Body lotion - Solid moisturiser, homemade body butter or moisturiser in a glass or recyclable/reusable jar available from LUSH or Peacewiththewild..

Body wash - Solid soap bar or refill liquid soap from Refill Quarter.

Cotton buds - Compostable bamboo and organic cotton buds e.g. Bambaw, Boobalou, EcoShoots, and Leaf boat.

Deodorant - Eco friendly and nontoxic in recycled or recyclable containers; Kutis, Happy Holistics, Pit Stop, Earth Conscious or DIY options.

Face moisturiser - Lush sell solid moisturiser and also moisturiser in recyclable tubs, Sukin and Fat & the Moon sell face cream in glass jars.

TOILET PAPER

Bulk buy plastic free **cheeky panda** or **Who gives a crap**.



BEDDING

This may include, pillows, bed sheets, duvet covers, and mattresses. Opt for natural fibres such as wool and cotton that will eventually decompose. Some ideas include **Kapok pillows** with organic cotton covers. **Yala, Plover, Undercover Living** and the **Natural Bed Company** are all ethical providers of bedding. If needing to replace mattress try a natural fibre organic coir mattress.



CLOTHES & SHOES

Try to recycle, shop fair trade, charity shops, **eBay, vinted, Depop** and clothes swaps. Some high street stores such as **Zara, New Look, M&S** and **H&M** are beginning to produce a selection of clothes that are from recycled materials or organic cotton. Sustainable tights are currently pretty expensive but some companies that produce them are; **Sweedish stockings, People Tree & Thought**.



SOCKS & UNDERWEAR

Maboo, By nature or **Organic basics** all sell Organic sustainable underwear.



BAKING

Baking Paper and Bun Cases - If you care available from Ethical Superstore, Lakeland, and Amazon.

Flax seed - Sold in Sainsbury's in compostable packaging.

Flour - Corn flour and bicarbonate of soda can be purchased in paper bags in Asian supermarket all other flours are typically sold in paper bags.

Refill Quarter on Belmont Road and Lisburn Road sells dried baking goods.



BIN

Household kitchen waste - No need for bin liner just place waste directly into black bin.

Food waste - Food caddy for compostable waste.



DRIED GOODS

Most dried fruit and nuts sold from the nutmeg are in plant based cellulose compostable packaging. Some paper packets of dried goods available from Asian/International food supermarkets. **Refill Quarter on Belmont Road/Lisburn Road** allows you to bring your own container and fill it up in store.

STRAWS

Metal or compostable straw



FRUIT & VEG

Loose unpackaged fruit & veg - Greengrocers, local farm shop, St. George's market, Asian supermarket or conventional supermarket.

Veg box delivery scheme - Helens Bay Organic Farm or Natures Way (Ballyhackamore), Farm Next Door, Belfast Food Network, and Jubilee Farm.

DRINKS

Coffee - Whole beans from coffee roaster, St. George's market, Refill Quarter or bulk buy.

Coffee on the go - carry a refillable coffee cup/flask.

Cordial - Rocks Organic sell cordial in glass bottles.

Tea - Unbleached tea bags-clipper and Pukka teas sell organic tea in unbleached tea bags, loose leaf tea from somewhere like Suki tea, S.D Bells or Refill Quarter

FOOD COVERS

Food wrap - Beeswax/vegan wrap, material food covers, silicon food covers.

Tin foil - If you care Aluminium foil.

MILK

Mockford milk do home delivery but currently there is no facility in Northern Ireland for bottling milk in glass bottles for home delivery.



PAPER TOWELS

Use cloth as opposed to paper towels for cleaning up spills

TERRACYCLE

Terracycle (looplاند pharmacy) - Crisp packets and confectionary wrappers can be dropped off to be recycled.

Terracycle (St. Johns Church, Whitehouse, Shore Road) - KP Snacks, any brand of crisps, pennstate pretzel packets, and Tyrell's and Butterkist Popcorn packets.

Terracycle (Conlig 33 Stonebridge Row) - Biscuit packets such as, McVities, Carr's and go ahead biscuit packets.

Check out Terracycle.com and Terracycle Facebook groups to find drop off locations in your area.

WATER BOTTLES

Reusable and refillable water bottles.

WASHING UP

Soap - Solid dish soap, Ecover refill bottles, Bio-d washing up products, and Refill Quarter has fillable washing up liquid. Ecover or Smol Dish washer Tabs.

Scrubbing brush - Coconut biodegradable scrubbers, scourers and brushes.

LUNCH & SNACK BOX

Purchase secondhand or from sustainable source. If buying new choose a durable one which will last as long as possible. Recycled lunch boxes now available in **Tesco, Sainsbury** and online. Use reusable stay fresh sandwich boxes and tubs for fruit and snacks.



FOOD

Eat less meat and try to incorporate a more whole food plant based vegan diet into your lifestyle. Try Meatless Monday and gradually reduced your daily and weekly meat intake. If buying meat, where possible, try to shop for sustainably produced RSPCA assured meat and dairy products. Try a local farm shop such as **Jubilee Farm**.

For Plant-based/Vegan food ideas check out YouTube, Instagram and the Internet:

- The Happy Pear
- Pick up Limes
- Deliciously Ella
- Riverford Organic Veg
- Bosh
- Avante Garde Vegan
- Rachel Ama's Kitchen
- Forks Over Knives
- Vegan Pantry
- Cornucopia
- Holy Cow Vegan
- Yeung Man cooking

WASHING



LAUNDRY

Clothes Pegs - Plastic free Go bamboo pegs or mental clothes pegs.

Guppyfriend - Washbag to catch micro plastic waste.

Soap - Ecover washing powder, soap nuts, Bio-D , Ecoleaf, Smol laundry tablets or purchase an Eco egg. Take your container to Refill and refill your soap. Solid stain remover is also available. Oasis is a biocompatible laundry detergent available on Amazon.

Softener - Ecover, Smol, Refill at Refill Quarter or DIY vinegar and essential oils (wellnessmama recipes).

CLEANING

Aim to use natural non-toxic products such as **Ecover** and get them refilled at your local refill/health store. Alternatively you can make your own using sodium bicarbonate, vinegar and essential oil (DIY product recipes available on **Wellnessmama**). Natural bristle scrubbing brush or coconut scrubber to clean with. Natural bristle toilet brushes are also available to purchase when your current one needs replacing. Old clothes can be cut into cloths and used for cleaning.

LIVING ROOM



DECOR

Paint & Paper - Earthborn paints, Lakeland non-toxic natural paint, and Little Greene Paint & Paper. Buildwithrise.com has great info on what to look for when choosing wallpaper.
- Where possible buy Fairtrade and sustainable products and textiles for your living space.



LIGHTING

Candles - Soy candles
Light bulbs - LED's



FRAGRANCE

Use organic essential oil and a diffuser.



CARD & PAPER

Kraft card - Environmentally friendly cardstock made from recycled materials.

Natural Kraft paper - printing and drawing.

Buy recycled paper.

CARD & PAPER

Chalk, Playdoh pencils & Paint - Conscious craft sell safe natural art materials for children or you could DIY.

FILLING

Fiberfill - Durable renewable filling made from corn for putting inside craft projects/teddies.

GLITTER

Eco Stardust biodegradable glitter, the **Mermaid cave** biodegradable glitter, or **Wild glitter**.

GLUING & STICKING

-Biodegradable plastic free glue from Coccoina.

-Tesastick eco solvent free glue sticks in recycled tube.

-Tesafilm eco & clear sticky tape.

-Biodegradable paper tape.

-Sellotape now do a plant based environmentally friendly sticky tape available in Tesco.



CARD & PAPER

Chalk, Playdoh pencils & Paint - Conscious craft sell safe natural art materials for children or you could DIY.



PENCIL CASE

Purchase secondhand or from sustainable source.



WRITING

Pencils - Recycled newspaper colouring pencils and lead pencils. Sprout plantable pencils.

Highlighters - Greenlife eco highlighters.

Pens - Green & Good sell recycled and sustainable pens. Remarkable recycled colouring pens.

Rubbers - Lots of rubbers are made from petroleum based products and are not safe to compost. Currently there are very few buying options. Try Tombow Mono sand Eraser.

Ruler - Bamboo or metal ruler.



TECHNOLOGY

- Turn off plugs and devices when not at home or in use, and at night.
- Use LED or CFL bulbs. Turn lights out when not in the room.
- Use rechargeable batteries.
- Energy efficient appliances. Wash clothes at 30 degrees. Regularly clean filter on washing machine and drier to lower energy consumption.
- Buy second hand devices and gadgets.
- Recycle your old tech. **Asda** have SmartDrop kiosks or send devices away to **Music Magpie**. Take unused appliances to your local recycling centre.

HOUSE PLANTS

- Try to buy electrically sustainably grown house plants or take cuttings from existing plants.
- Check out the **Conscious House Plant Company** online for plastic free houseplants.
- Dobbies** have a range of sustainable house plants for sale.

TRANSPORT

- Perhaps you love the idea of switching to an electric vehicle, possibly this is something you can budget for and plan to switch to an electric car now or in the near future. Currently electric vehicles are still very expensive so if it is not possible to make the switch in the mean time look after the car you have got and if you need to purchase a vehicle try to buy second hand.
- Use public transport where possible.
- Walk or cycle if you are able.

SUSTAIN YOUR HOME

- Insulate your home
- Solar panels
- Turn down your thermostat
- Collect rain water for gardening or use dishwasher to water plants.
- Wash your hands in cold water
- Take short cold showers
- Renewable energy options



BABY CARE

Peace with the wild - Extensive list of eco baby care products available for purchase.
Cheeky panda - Sell bamboo nappies and wipes.
mybaba.com - Contains a comprehensive guide to the best sustainable baby products.



HALLOWEEN

Eco sparklers available from **Amazon**



HAND SANITISER

Beauty kitchen sell Organic Vegan refillable hand sanitiser



CUTS

Patch biodegradable plasters



BANKING

- Tridos
- Ecology Building Society
- Nationwide
- Co-Op Bank
- Monzo
- Starling

USEFUL RESOURCES

WEBSITES

Ethical Shopper website
theplasticfreeshop.co.uk

Ethical superstore

thecheekypanda.co.uk

whogivesacrap.org

Maboo.com

Greenpeople.co.uk

Lush - uk.lush.com

plasticfreedom.co.uk

peacewiththewild.co.uk

Earthmade Online NI baed shop

eco-craft.co.uk

thekindstoreonline.co.uk

remarkable.co.uk

teracycle.com

Https://thrift.plus

Oxfam online

BBC Radio 4: 39 Ways to Save the Planet

OceanHero

BLOGS

mamalina.co.uk

wellnessmama.com

myplasticfreelife.com

treehugger.com

onegreenplanet.org

moralfibres.co.uk

SHOPPING

Refill Quarter on the Belmont Road

Refill Quarter on the Lisburn Road

The Nutmeg

Natures Way

ENVIRONMENTAL ORGANISATIONS

A Rocha UK

John Ray Initiative

Friends of the earth

Greenpeace

Extinction rebellion Belfast (fb page)

Tearfund

RSPB

SONGS

Aurora - The Seed

WEB BROWSER

Ecosia - Download browser and plant trees
white you browse.

SECOND HAND SHOPPING APPS

Depop

Vinted

Ebay

Preloved

Gumtree

GREEN READING LIST

KIDS

The Boy who Grew a Forest by Sophia Gholz

Guardians of the Planet by Clive Gifford

Little Book for Big Changes by Kirsten Liepmann

Earth Heroes by Lilly Dyu

Greta and the Giants by Zoe Tucker & Zoe Persico

A Planet Full of Plastic by Neal Layton

David Attenborough: Little People Big Dream by Maria Isabel Sanchez Vegara

TEENS

The Green Teen by Jean Savedge

The Wonderous Workings of our Earth by Rachel Ignatofsky

The Story of Seeds: Our Food is in Crisis by Nancy Casaldo

Generation Green by Linda Sivertsen and Tosh Sivertsen

No one is too small to make a difference by Greta Thunberg

ADULTS

A Life on Our Planet by David Attenborough

There is No Planet B by Mike Berners-Lee

Climate Justice by Mary Robinson

Sustainable Home by Christine Lui

The future Earth by Eric Holthaus

The physics of Climate Change by Lawrence M Krauss

Cradle to Cradle: Remaking the way we make things by William McDonough & Michael Braungart

Rebuilding Earth by Teresa Coady

How bad are Bananas? By Mike Berners-Lee

Wear No Evil: how to change the world with your wardrobe by Greta Eagan

Grow Food for Free by Huw Richards

Nature's Best Hope by Douglas W. Tallamy

Diet for a hot planet by Anna Lappe

GREEN READING LIST

ECO-THEOLOGY BOOKS

Ecotheology: A Christian Conversation by Alan Padgett & Kiara Jorgenson

Living Earth Community by Sam Mickey, Mary Evelyn Tucker & John Grim

Eco-Theology by Celia Drummond

A Climate of Hope by Claire Dawson & Mick Pope

Love in a Time of Climate Change by Sharon Delgado

Stewards of Eden by Sandra Richter

Earth Habitat by Dieter Hessel

Ecology at the heart of Faith by Denis Edwards

Climate Church, Climate world by Jim Antal

Sisters of Dust, Sisters of Spirit by Karen Baker-Fletcher

Green Faith by Fletcher Harper

Just Water: Theology, Ethics and the Global Water Crises by Christina Peppard

Creation Crisis Preaching by Leah Schade

Refugia Faith by Debra Rienstra

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CREATED BY RACHEL FULLERTON
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