

# 1. Buy less

When we choose not to buy things it means we don't have to disturb habitats by growing or extracting the natural resources needed to make new things. It also means we don't use electricity in factories to make new items or use fuel to transport the new item to the shop where we buy it.



Swaps



I'll take one in every colour!

I'll stop at one thanks

## 2. Swap the way you shop

When we need to buy things we don't have to buy brand new . We could loan items or buy pre-loved items. This means we don't have to disturb habitats by growing or extracting the natural resources needed to make brand new things. Also, we don't use electricity in factories to make new items or use fuel to transport the new item to the shop where we buy it.

Swaps



### 3. Swap the way you shop

When we need to buy things we can buy new items made from recycled material. This means we don't have to use as many natural resources to make new things. For example, did you know that recycled plastic uses 75% less energy to make and we extract less oil from the ground to make it!

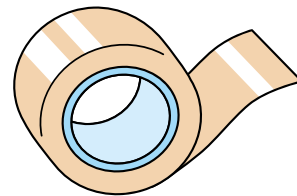
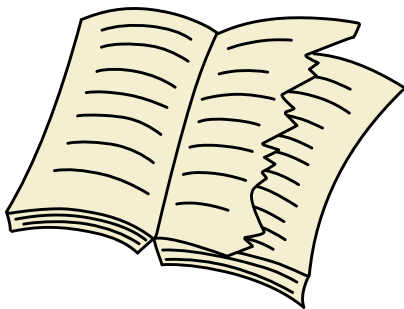
*Swaps*



## 4. Use it again & again & again!

Caring for and repairing our belongings makes them last longer so we don't have to buy new ones to replace damaged items. This means we don't have to disturb habitats by growing or extracting the natural resources needed to make brand new things. Also, we don't use electricity in factories to make new items or use fuel to transport the new item to the shop where we buy it.

Swaps



Repair damage



Use a book mark

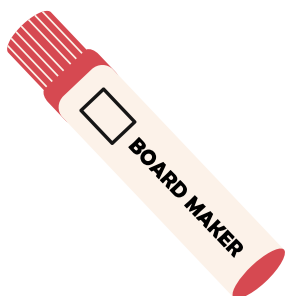
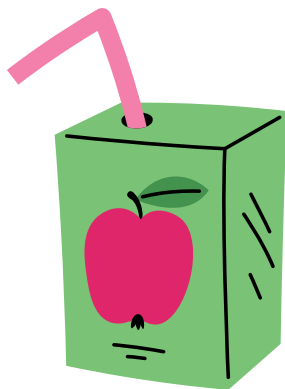


Store books carefully

## 5. Use it again & again & again!

Buy items which can be used more than once. This means we don't have to disturb habitats by growing or extracting the natural resources needed to make brand new things. Also, we don't use electricity in factories to make new items or use fuel to transport the new item to the shop where we buy it.

*Swaps*



Refillable pens

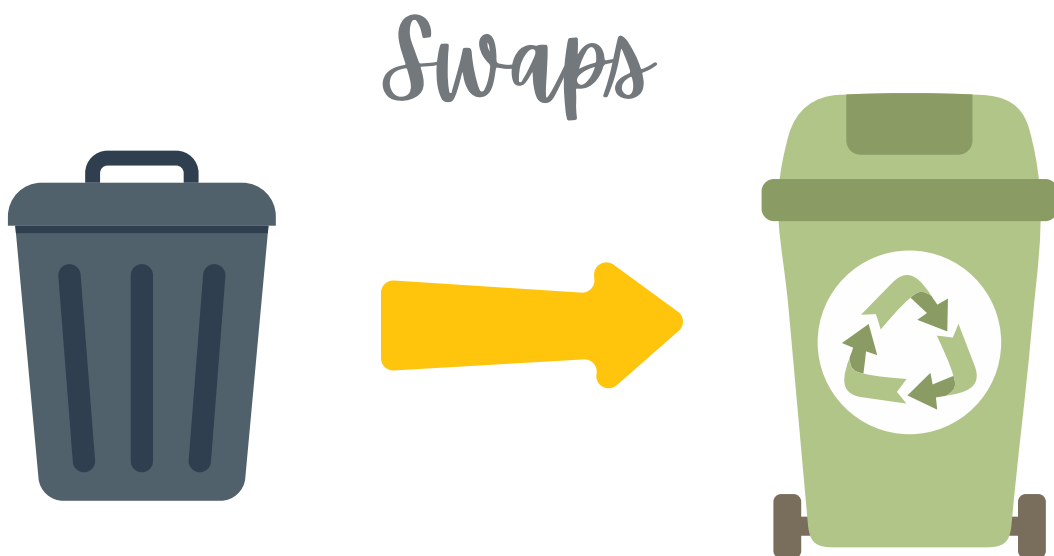
## 6. Rehome it

When we no longer have a use for something we can rehome it by donating it to a charity shop or sell it online. This means people can buy new things which are pre-loved. This means we can extend the life of an item so brand new things don't need to be made. This saves natural resources and energy.



## 7. Recycle it

When something we own becomes damaged beyond repair, often we can recycle it. This means we don't need to grow or extract as many natural resources or use as much energy to make new items.



# Reducing our use of natural resources



Method	Example	Why it works
Use it again and again and again	Sharing clothes or toys with friends	It means brand new things don't have to be bought which would use more natural resources

