



Item	In use now? Yes/Don't know/ Not measured	Use Instead	Done?
Stop aerosols		alcohol/essential oils with sticks, electric powered diffusers (natural essential oils)	
Clean air outside		Outdoor plants and trees – plant plenty	
		Stop cars idling	
		Reduce delivery frequency, insist on electric vehicles	
		Reduce waste collection frequency	
Clean air inside		Indoor plants – website check for non-toxic plants that clean air	
		Natural products rather than chemicals to clean	
		Steamer or mister	
White goods		Buy best quality, max. sustainability, opt to return to manufacturer if on offer, check repairability, No CFCs	
Toxic and new paint		Low VOC, re-engineered paint, like 365.	
Chipboard		Ensure it hasn't been made with formaldehyde, replace with solid wood (sustainably sourced)	