

We are going green & making changes.

We asked graduates how they feel about corporate sustainability, and we're reflecting on the difference we can make ourselves.

We have collected data from over 1,300 early career professionals, and the insights are revealing for all businesses.

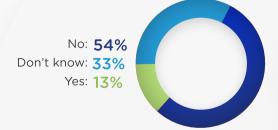
If businesses are going to make meaningful change, a large part of the effort must come from the top.

93% of respondents think it is 'quite' or 'very' important that they work for sustainably-minded companies. And yet, 54% of respondents think companies are not doing enough to protect the environment.

This gap must be bridged. Going green will not only help the environment, but also give your company an advantage when hiring.

With green jobs, you can also improve your retention. Over 80% of respondents would be more inclined to stay in a job that aims to protect the environment.

"Do you think companies are doing enough to protect the environment?"



"How important is it for you to work at a company that prioritises sustainable practises?"



Do not care: 5%

Not important at all: 2%

"What sustainable measures do you expect your employer to implement?"



"Would you be more likely to stay longer in a job that focuses on protecting the environment?"

Yes: **83**%

No:17%



Being eco at home

What?	Why/how/where?					
Buy LED light bulbs.	They last longer and are more efficient - you'll be using less power and will be replacing your bulbs less frequently.					
Use eco-friendly cleaning products.	Many cleaning products have harmful chemicals that aren't eco friendly to create or dispose of - and repeated exposure can affect your health. Use green, natural products and biodegrable sponges.					
Grow your own.	Save money and cut down your carbon footprint! Windowsill boxes can brighten your view & offer space for herbs and small vegetable patches.					
Plant trees and plants.	Propagating plants from stem/ root cuttings is an inexpensive and easy way to get new plants from plants you already have. This will help to improve air quality. Planting more native trees too!					
Turn it off.	 Switch the lights off when leaving a room. Reduce your heating temperature & wear a jumper. Let your hair dry naturally instead of using a hairdryer. 					
Use your microwave.	Microwaves are much more energy efficient compared to conventional ovens.					
Save water.	 Don't over fill your kettle. Reuse water you boil veg in. Turn the tap off when cleaning your teeth. Quicker showers. 					
Don't use unnecessary plastic or packaging. • Ditch clingfilm and tin foil and opt for reusable alternatives such as Tuppawear, eco food wraps • Switch kitchen roll for reusable napkins.						
Reuse and recycle.	 Save packaging to be used as present wrapping paper. Never throw away a plastic bag! Reuse any that food comes in or clothes deliveries as little bin bags. Recycle! Check your council website for information on where/ what to recycle. 					

Give Green a What can you do?



Food shopping

What?	Why/how/where?					
Walk to the shop or have your food shop	Home delivery is like the public transport of groceries - instead of 20 cars driving, 1 van delivers to everyone.					
delivered	You're also saving time and less likely to impulse buy which can help to reduce any waste food and save money!					
Better still, buy local!	From clothes to food, the closer to home products are made and bought, the less carbon is created with their transportation. Support small businesses and the local economy.					
Shop organic	Agricultural chemicals, pesticides, and fertilisers contaminate our environment.					
~	Shop organic to preserve our ecosystems and agricultural biodiversity, reduce pollution & protect water and soil. Look out for the European Organic logo.					
	Plus benefit from more nutrients - on average, organic foods provide: 21% more iron, 27% more vitamin C - and more!					
Buy in bulk	Less packaging and less deliveries! Buy bulk rice, pasta etc. online, or find a local bulk food store.					
Reduce packaging.	 Milk delivered in glass bottles - returning the bottle once finished and so avoid producing new waste, with no plastic generated at all. Find/ use a refill supermarket and bring your own tuppawears along. Bring a bag for life - they make lovely gifts for people too. Buy your fruit and veg loose. Stop buying bottled water - on average, only 10% of water bottles are actually recycled. Bring a bottle with you when you're going out for the day. Choose brands who's products are made from recycled materials. 					



Diet & lifestyle

What?	Why/how/where?
Switch out cows milk for a non dairy alternative.	Non-dairy milks are much better for the environment than cow's milk. They use less land, less water and generate lower amounts of greenhouse gases. Try oat milk, soy, almond, coconut & more!
Try going vegan/veggie a few times a week or do 'Veganuary'	Reducing red meat intake - even for just 2 or 3 days a week - can significantly reduce your carbon footprint. One hamburger requires over 660 gallons of water to make - the equivalent of showering for 2 months! Many farmed animals also produce huge amounts of methane gas from their digestive process - which is 86x more destructive than carbon dioxide from vehicles. • Tip: mix half veggie mince with beef mince - try it in your next chilli con carne, you probably won't taste the difference! • Do a veggie sausage taste test.
	 Try using nutritional yeast for a yummy cheesy flavour - so easy to just sprinkle in pastas, mash potato, in pies etc. Bulk out your meaty meals with more vegetables and grains - great for nutrition and your health too.
Don't waste food! Tupperware and freeze.	One third of all food in the world is wasted. This isn't just a huge waste of food and money, it adds to the amount of CO2 being created in landfills. Make a plan to go completely zero food waste.
TAM	 If you peel potatoes, make potato crisps snack from the peel by adding a bit of oil and paprika and putting in the oven! The leaves of cauliflower are edible, cook them up like cabbage. If fruit or veg is soon to go off and you don't have time to eat, cut it in small chunks and put in a tuppawear in the freezer.
Utilise food waste apps.	Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. Download a food waste app and find cheap meals around your local area.

Give Green a go What can you do?



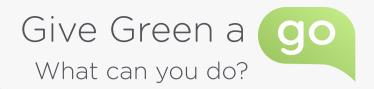
Learn, share & give

What?	Why/how/where?					
Watch documentaries.	Educating yourself will not only help you to better understand the importance of making small changes, but it will hopefully also demonstrate some of the amazing positive changes many people, organisations and countries are making worldwide.					
Donate to eco charities, fund raising events or invest in renewables.	Small one-off or monthly donations can make a big difference. if you have savings, consider investing your money in green initiatives.					
Share on social media and follow eco profiles too.	Share on social media with environment tips and eco products you've tried, to help educate others so we can all work together to achieve a common goal and #SaveThePlanet!					
ó	If you don't want to share your own tips, then share other people's.					
Volunteer/ litter pick	Litter picking is good exercise and helps to stop litter entering our waterways through drains, to then be ingested by animals which inturn enter our own food chain when we eat animals.					
	Microscopic bits of plastic have taken up residence in all of the major filtering organs in most human's bodies, new studies suggest, finding evidence of plastic contamination in human tissue samples.					



Personal care / clothes

What?	Why/how/where?
A month of 'nothing new'	Buying only second hand or vintage and see how you get on! If there are no vintage or charity shops near you, try downloading second hand shopping apps.
Choose your personal care wisely	 Cotton buds - switch to bamboo or reusable - support eco friendly businesses & products. Opt for eco toilet roll - it actually works out cheaper buying in
W	bulk.
	Try toothpaste tablets - tubes aren't easy to recycle, made from different plastics, e.g. the cap, and sometimes laminated with metal. Roughly half of toothpastes also contain microplastics, tiny indestructible plastic polymers that get spat down the sink and washed into the food chain.
	Ditch wipes - try reusable makeup pads & coconut oil - over 11 billion wet wipes go to landfill every year (that's 11,000,000,000) and can take up to 100 years to decompose. Put reusable pads in the washing machine; they double up as mini travel flannels! Coconut oil lasts ages and a little bit goes a long way.
Refill	There are now refill stations around most large cities for personal care, cleaning products, water, food refills and more.
Fix it don't throw it	Repairing or fixing something is more environmentally friendly than simply throwing things away, although the latter may seem easier and cheaper sometimes.
~	The internet gives you access to the tools and information you need to fix practically anything, and if you still can't fix it then why not try and turn it into something else?
	Even if it's considered rubbish to you, more often than not someone else will want it. Try putting it on a second hand donation or recycling app.



Our team have been changing our habits in 2022.

With one small, monthly change from each employee, we're vowing to put sustainability first

Changing diets, switching out wasteful products, and even reducing shower length; Give A Grad A Go aren't short of sustainable ideas.

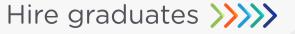
You can build a similar plan in your own company with the help of our 'Eco-Calendar'. Keep track of your company's progress, and motivate your team to make a change!

Download as an Excel file below, or use our original design on the next page:



If you're a graduate looking to kickstart your career / an employer looking to hire graduates, feel free to also register to our website using the buttons below:





Name	January	Feburary	March	April	May	June	

Name	July	August	September	October	November	December