

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.

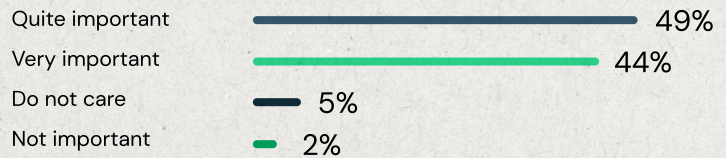
If businesses are going to make meaningful change, a large part of the effort must come from the top. 93% of respondents think it is 'quite' or 'very' important that they work for sustainably-minded companies.

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.

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



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



12%
Office recycling scheme



11%
Remote work to reduce travel emissions



10%
Reducing food waste



8%
Partnering with green organisations



8%
Company-wide emission targets

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

No: 54%
Don't know: 33%
Yes: 13%



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

Yes: 83%
No: 17%



Being eco at home

Why/how/where?

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 biodegradable sponges.

Don't use unnecessary plastic or packaging

Switch kitchen roll for reusable napkins.

Ditch clingfilm and tin foil and opt for reusable alternatives such as Tuppaware, eco food wraps etc.

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!



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.

Use your microwave







Microwaves are much more energy efficient compared to conventional ovens.

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.



Save water

-  Turn the tap off when cleaning your teeth.
-  Reuse water you spoil veg in.
-  Don't over fill your kettle.
-  Quicker showers

Food shopping

Why/how/where?

Walk to the shop or have your food shop delivered

Home delivery is like the public transport of groceries – instead of 20 cars driving, 1 van delivers to everyone.

20  = 

You're also saving time and less likely to impulse buy which can help to reduce any food waste 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.

Buy in bulk

Less packaging and less deliveries! Buy bulk rice, pasta etc. online, or find a local bulk food store.

Reduce packaging



Find/use a refill supermarket and bring your own Tupperware's along.



Buy your fruit and veg loose.



Bring a bag for life – they make lovely gifts for people too.

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.



Milk delivered in glass bottles – returning the bottle once finished and so avoid producing new waste, with no plastic generated at all.



Shop organic

Agricultural chemicals, pesticides, and fertilisers contaminate our environment.

Plus benefit from more nutrients – on average, organic foods provide: 21% more iron, 27% more vitamin C – and more!

Shop organic to preserve our ecosystems and agricultural biodiversity, reduce pollution & protect water and soil. Look out for the European organic logo.



Diet & lifestyle

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 these plant-based alternatives instead!



Oat



Almond



Soy



Coconut

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.

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.

86x   

Try these tips!

- ☒ 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 test
- ☒ Try using nutritional yeast for a yummy cheesy flavour – so easy to just sprinkle in pastas, mash potatoes, 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.**

1

If you peel potatoes, make potato crisps snack from the peel by adding a bit of oil and paprika and putting in the oven

2

The leaves of cauliflower are edible, cook them up like cabbage. Carrot tops are an excellent herb substitute for parsley!

3

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 Tupperware in the freezer.

Personal care / clothes

Why/how/where?

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 its considered rubbish to you, more than often someone else will want it. Try putting it on a second hand donation or recycling app.

Choose your personal care wisely

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 (thats 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.

Opt for eco toilet roll

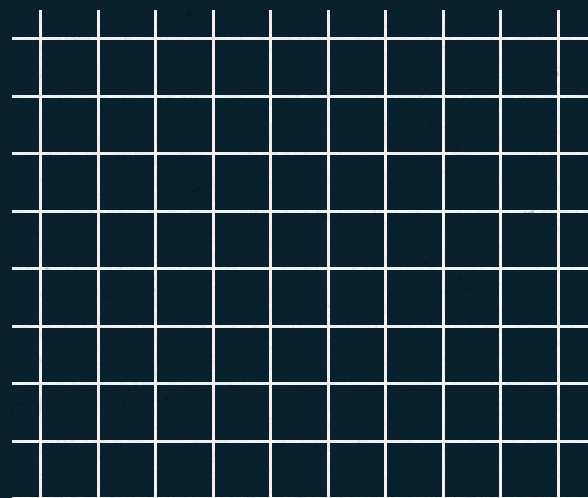
It actually works out cheaper buying in bulk.

Cotton buds

Switch to bamboo or reusable – support eco friendly businesses & products

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.



Learn, share & give

Why/how/where?

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

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.

Volunteer/ litter pick

Litter picking is a good exercise and helps to stop litter entering our waterways through drains, to then be ingested by animals which in turn 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 humans bodies, new studies suggest, finding evidence of plastic contamination in human tissue sample



Share on social media and follow eco profiles

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



If you don't want to share your own tips, then share other peoples.

Our team have been changing our habits since 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.



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:

[Search for jobs](#)

[Hire graduates](#)

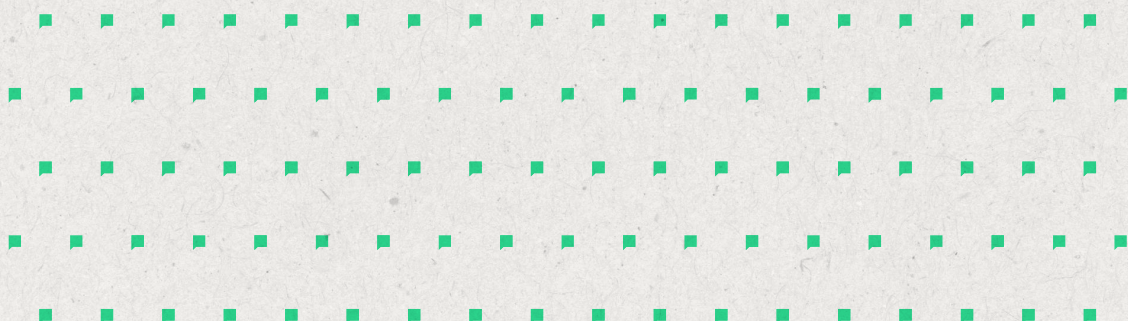
Your action plan

Eco-calendar

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](#)

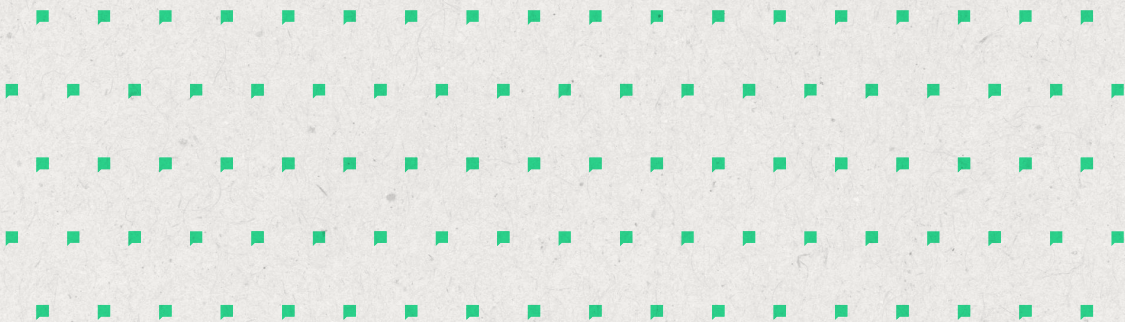
Name	January	February	March
Joe Bloggs	Buy eco-washing tablets & lower to 30 degree wash		
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Your action plan

Eco-calendar

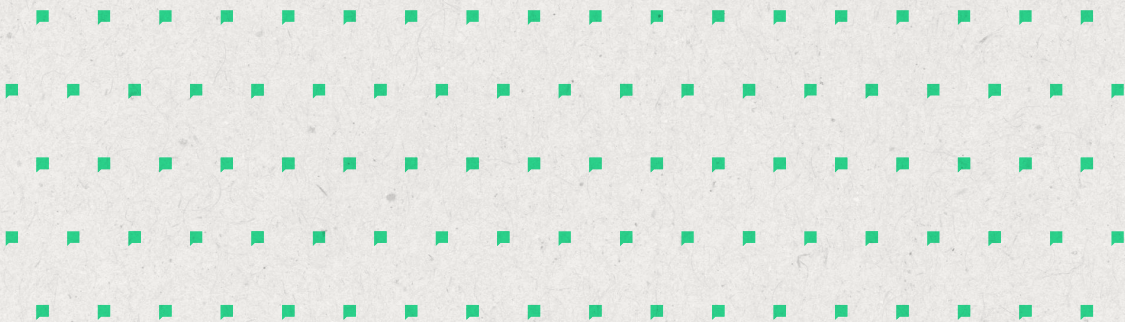
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Your action plan

Eco-calendar

Name	October	November	December
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