



EXPO 2024
ŁÓDŹ POLSKA

ECO TIPS AND TRICKS

19 WAYS IN WHICH
YOU CAN LIVE MORE
ECOLOGICALLY



Ecological living is no longer a trend, but a necessity. Contrary to appearances, ecological choices do to have to be difficult or costly. All it takes are more conscious choices.

Here are **19 simple tips** to care for the environment.

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PART 1
THIS OR THAT?



PLASTIC BAGS VS ECO BAGS

Plastic bags.

Disposable bags are readily available and inexpensive. However, they are used for only about 12 minutes and only one in 200 bags can be recycled.

Eco bags.

The more time you use such a bag, the greater the benefit to the environment - and you can do it for many years! Choose those that are made of recycled materials.



DISPOSABLE CUPS VS REUSABLE CUPS

Disposable cups.

Usually, they are made of plastic or a combination of plastic and cardboard. One cup serves us only for several minutes. The production of 8 cups releases 1 kg of CO₂ to the atmosphere. Annually, their production consumes more than 20 billion trees.

Reusable cups.

A single cup can serve for many years. It costs around 10-30 zł, but you can receive a discount in many cafes – it really pays off!



BOTTLED WATER VS TAP WATER

Water in a plastic bottle.

Its composition and characteristics are no better than tap water – a higher price does not indicate a better quality! Producing one bottle is associated with the release of 0.5 kg CO₂ and its decay takes up to 500 years! In addition, only 1 in 5 bottles can be recycled.

Tap water.

A source of valuable minerals, for example, calcium and magnesium. It is safe for health, inexpensive and tasty. Tap water in Łódź has a reputation of one of the best in Poland. As much as 90% comes from deep wells, which is why it is so clean.



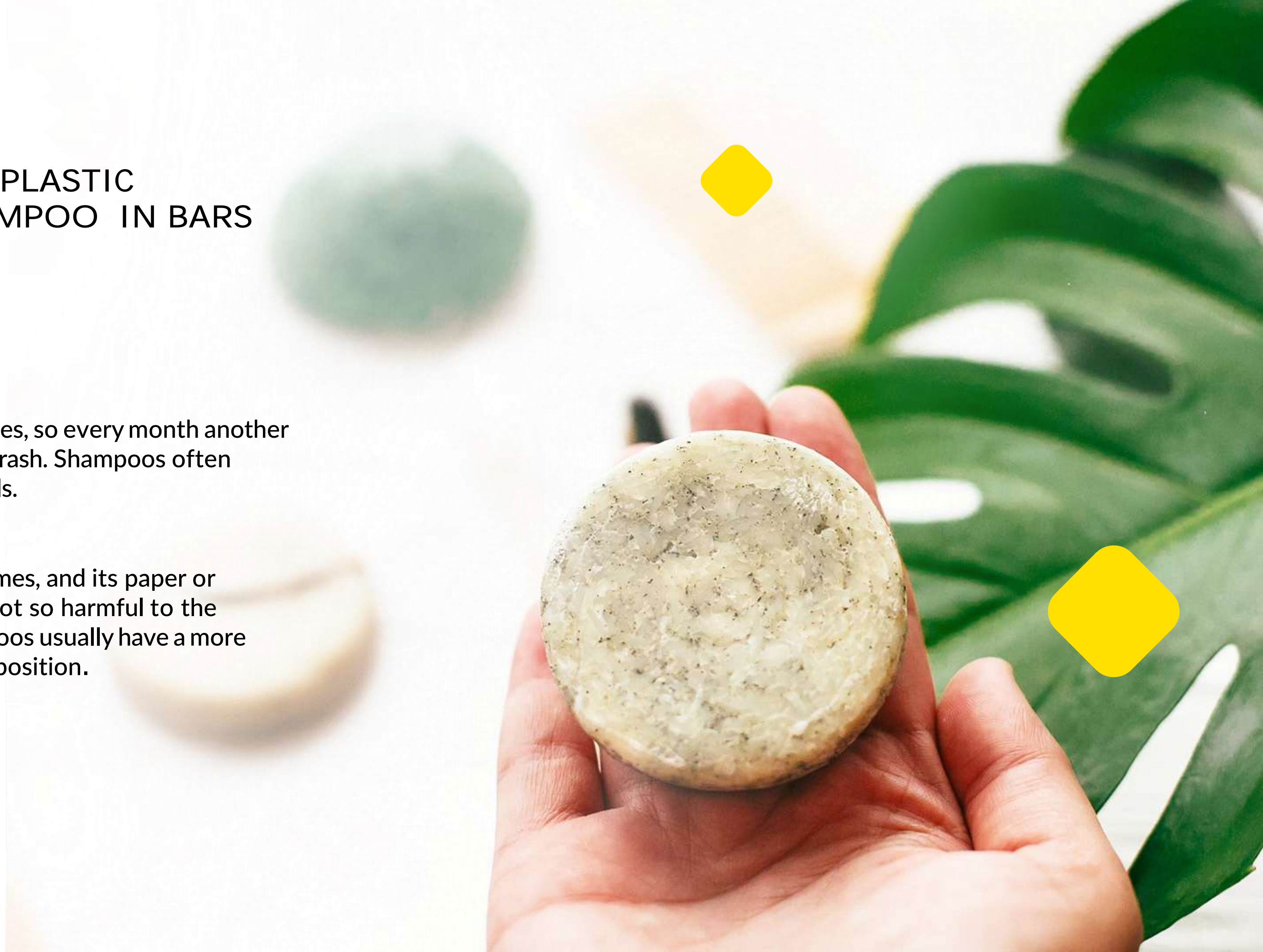
SHAMPOO IN A PLASTIC BOTTLE VS SHAMPOO IN BARS

Shampoo in a plastic bottle.

Sufficient for 25 - 35 times, so every month another plastic bottle goes into trash. Shampoos often contain harmful chemicals.

Bar shampoo.

Sufficient for 80-100 times, and its paper or cardboard packaging is not so harmful to the environment. Bar shampoos usually have a more friendly and natural composition.



PLASTIC STRAWS VS. METAL OR BAMBOO STRAWS

Plastic straws.

One plastic straw decomposes for approx. 200 years, releasing microplastic, or microscopic fragments of plastic that enter the air, water and soil.

Metal/bamboo straws.

Metal straws are nice and durable, and can be washed in a dishwasher. Bamboo straws are inexpensive and light and can be composted after use.

In addition, you can always give up on using straws.



CAR VS. PUBLIC TRANSPORT

Car.

It is a comfortable but not very environmentally friendly solution (except electric cars). Car exhaust fumes many substances that are hazardous to the environment and people. In addition, use of a car is relatively expensive.

Public transport.

A cheaper and more environmentally friendly solution. Means of public transport emit fumes, but a bus or a tram can take dozens of people at once, thus replacing the same number of cars.





PART 2

DO IT YOURSELF!



ECOLOGICAL GLASS AND MIRROR CLEANER

Plain water with lemon is an excellent cleaner for windows and mirrors! A mixture of 2 litres of water and the juice of one lemon will cope with dirt and stains. Add a little olive oil or fragrance oil, and you get furniture cleaner.



SODA + SALT TO CLEAN THE OVEN

Soda and salt are a duo that will quickly cope with even the greasiest oven and burns. Mix the two ingredients and add water to get a great cleaning paste. Apply it on dirt. Wait 30 minutes and scrub the oven.



FRAGRANCE FOR HOME – STICKS + OIL

Did you know that you can prepare your own ecological fragrance in a simple and inexpensive way? Use a glass vessel with a tapered end and pour into it 1/4 cup of oil (e.g. almond) and about 30 drops of your favourite essential oil. Mix it and insert wooden sticks inside. You got it! Enjoy the wonderful smell for days.



GLASS VESSEL
WITH A TAPERED
END



WOODEN
STICKS



30 DROPS
OF ESSENTIAL
OIL



1/4 CUP
OF ALMOND
OIL



MAKE YOUR OWN COSMETICS - SCRUB WITH COFFEE, COCONUT BODY OIL

Natural products can act as cosmetics.

You can use coffee grounds as a body scrub. Mix it with sugar and a little oil.

Coconut oil works well as a body butter.

A mixture of apple cider vinegar and eggs (two spoons per one egg) is a good homemade hair conditioner.



ECOLOGICAL BAGS FOR FRUITS AND VEGETABLES

Reusable bags for fruits and vegetables are more and more popular! They are environmentally friendly and pretty. You can easily make them yourself. Take a piece of curtain or any other breathable material and a string. If you don't have a swing machine, a needle and thread will do the trick!



GROW YOUR OWN PLANTS

Don't throw away avocado, lemon, mango, mandarin, plum, peach or lychee seeds. Plant them, and soon you will have your own plants! Use coffee grounds as fertilizer to provide plants with important nutrients such as nitrogen, potassium and magnesium.



PART 3
CHOOSE
CONSCIOUSLY!



USE A LID TO BOIL WATER

When cooking, remember to cover the pot. When using a lid, you shorten the cooking time by 6-30%. This also reduces the need to use a kitchen hood, which consumes large amounts of energy.



USE WOODEN STATIONERY INSTEAD OF PLASTIC

If your children are of school age or you use stationery frequently, try to be more ecological. Wooden or bamboo rulers, notebooks with unbleached paper or classic wooden pencils are more environmentally friendly.



PACK YOUR MEALS ECOLOGICALLY

Aluminium and food foil are not a necessity. You can use ecological alternatives: lunchboxes and reusable bags (e.g. made of fabric). Bees wraps are becoming more and more popular. These are cotton bags with beeswax – the food stays fresh for longer and no harmful substances penetrate it.



◆ LUNCHBOX



◆ REUSABLE BAGS



◆ BEES WRAPS



CHOOSE ENERGY-SAVING BULBS

The most environmentally friendly equivalent to traditional bulbs are LEDs. And there is a good reason for this. A traditional bulb with a power of 800 lumen consumes 60W of energy. Behind them, there are halogens – with the same power, they consume 43W. Energy-saving light bulbs – 14W. LED bulbs beat all previous options – with the power of 800 lumen, they consume 10W of energy.



TRADITIONAL
BULB

60W



HALOGEN

43W



ENERGY-SAVING
LIGHT BULBS

14W



LED

10W

800
LUMENS



PIÑATEX AND TENCELL AS ECOLOGICAL MATERIALS

Traditional cotton and leather can be replaced by organic counterparts. Tencel and Piñatex are plant-based and environmentally friendly. Tencel (made from cellulose fibre trees) perfectly mimics breathable cotton and viscose. Piñatex, or “leather” made of pineapple leaf fibres, is a great material to make shoes or handbags.

TENCEL/LYOCELL

made from cellulose
fibre trees

PIÑATEX

made of pineapple
leaf fibres



RENT INSTEAD OF BUYING

One of the main principles of zero waste is reduction. Instead of buying items that will serve you for a short time... rent them! In Poland, there is a lot of rental locations: from construction tools, to bikes, children accessories (strollers, beds), as well as elegant dresses and jewellery.

A woman with long dark hair and round glasses is shown from the chest up, wearing a white t-shirt. She has her hand to her chin in a thoughtful pose, looking upwards and to the right. The background is white with various colorful icons of clothing items like dresses, shirts, pants, and shoes scattered around her. A large green speech bubble is positioned above her head, containing the text 'DO YOU REALLY NEED THIS?'.

DO YOU REALLY NEED THIS?



**EAT SEASONALLY
IT'S HEALTHY
AND REDUCES CARBON
FOOTPRINT**

Do you pay attention to seasons and local nature of the products you buy? Instead of grapefruit or bananas, choose strawberries (in the spring), apples (late summer or autumn), and replace Brazil or pecan nuts with walnuts. In the winter, eat root vegetables, and in the summer, early vegetables.





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