

Join the **Little Changes Home Challenge**

November 7 marks Little Changes Day.

BEDROOM

- Avoid 'fast fashion' and instead explore second-hand shops to donate your clothes and find new treasures for a zero-waste wardrobe
- Choose bedding to match your comfortable sleep temperature over using A/C or heaters
- Switch lightbulbs to energy-efficient LED lighting
- Ditch single-use air fresheners in favour of plants, which remove toxins from the air

How many #LittleChanges can you make at home? Tag us on social and follow [@MapleLeafFoods](#) for more tips!

BATHROOM

- Reduce waste by opting for package-free bars of soap over plastic bottles of shower gel
- Choose showers over baths
- Opt for cooler temperature water to reduce energy usage and save on cost
- Limit extractor fan use to a maximum of 15 minutes or open a door or window to clear moisture

LAUNDRY ROOM

- Wash on a cold setting to reduce energy and prolong the life of clothing
- Choose reusable dryer balls or create a DIY dryer sheet made from an old cotton T-shirt with drops of your favourite essential oil
- Hang clothes rather than using the dryer – a retractable washing line can save space
- Choose mesh laundry bags over plastic baskets – they degrade more rapidly and can be repurposed around the home

LIVING ROOM

- Turn off lights or screens when not in use – unplugging is even better!
- Start a book or boardgame group to share pre-loved entertainment and reduce landfill
- Print double-sided or let your kids colour on the back side of used paper
- Use a lap blanket when reading or watching TV during colder months

KITCHEN

- Reduce food waste by buying imperfect fruit and veggies
- Look for the Carbon Zero logo on protein offerings from Maple Leaf Foods
- Upcook leftovers to make new, tasty dishes
- Start a kitchen compost bin for food scraps

