



# Ethical Superhero Checklist



## Food hero

- ☐ I'm buying from Zero Waste shops
- ☐ I'm eating more organic food
- ☐ I'm eating a more plant-based diet
- ☐ I'm eating less ultra-processed food

## Cleaning hero

- ☐ I'm using natural cleaning products
- ☐ I'm reducing plastics in my cleaning cupboard
- ☐ I'm using more natural/durable cloths and sponges

## Energy hero

- ☐ I'm taking steps to reduce the amount of energy I need for heating (and/or cooling) my home
- ☐ I'm using 100% green electricity
- ☐ I'm only buying energy-efficient appliances
- ☐ I've decluttered my cloud
- ☐ I'm exploring low-carbon options for heating/cooling my home

## Things hero

- ☐ I'm building sustainability into all my purchases ~ I think about what it's made from, where it's come from, whether it's repairable and whether I can get it second-hand
- ☐ I only buy/use what I need for my health and happiness ~ 'quality over quantity'
- ☐ I have the courage to give gifts to others which align with my ethics

## Body hero

- ☐ I'm using natural body products
- ☐ I'm reducing plastics in my bathroom
- ☐ I'm buying long-lasting beauty tools
- ☐ I'm using sustainable menstrual products

## Water hero

- ☐ I usually shower, viewing baths as a 'treat'
- ☐ I'm exploring how to reduce water use in my toilet system

## Transport hero

- ☐ I'm using active transport wherever possible (walking, cycling, wheeling, scooting)
- ☐ I opt for public transport instead of driving
- ☐ I've committed to stop or hugely cut down on flying
- ☐ I need to use a car, but it's electric / I've joined a car club

## Finance hero

- ☐ I've switched to ethical financial providers for my banking, savings, pension and investments

## Ideas hero

- ☐ I'm exploring what positive actions I can take to create the kind of world I want to see.

My ideas/actions are...

- ☐
- ☐
- ☐