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There are plenty of things you can do as an individual, and a household, that can reduce the damage done to our environment.

The most effective changes you can make to your lifestyle begin, as all the best things do, at

home, and the best part is these changes require nothing more than small alterations to your normal routine. The best way to start is to cut down on your energy uses. There are a variety of ways to do this, but start by always ensuring that appliances that are not in used are switched off at the plug – stand-by is not your friend. The same goes for lighting – if you're not in the room, switch the light off.

You can also save water and energy by only boiling as much water as you need. A good way to do this is to fill whatever mug you're going to use with cold water, put it in the kettle, half fill the mug again and add this, and boil. You need slightly more than a full cup as boiling produces steam and causes evaporation. On the same water-saving vein, having a bath is far more eco-friendly than using a shower.

Other small changes that will drastically reduce your energy consumption include relying less on heating – if you're just a bit chilly, put a jumper on rather than reaching for the dial. And for whatever heating you do use, if you foil back your radiators, you will get more heat into the room for the same energy use.

Outside of the home there are still plenty of options. Check and see if your bank or telecoms provider offers paperless billing. This usually means your bill is sent in full to an email account and this is turn really helps the environment. It is also worth investing in some sturdy, long-term canvas bags to use while shopping for groceries – the carrier bag is one of the worst eco-enemies in use today. Complete eradicate it from your weekly shop and your carbon footprint will go into freefall.

The last, and perhaps most obvious, green friendly tip is the three Rs: recycle, recycle, recycle. Separate all your waste products in their appropriate places, so instead of just putting it all in one bin, split it into categories like food waste, garden waste and plastic and then send it to be recycled.

When it comes to being eco friendly, small changes to one person's habits can make a huge difference to the earth.