Student Money and Accommodation Advice

# Cost-cutting and Sustainability

We’re all aware that we need to live more sustainably if we want to maintain a healthy planet for ourselves and our children. Sustainable living can also be a great way of cutting our expenses. Here are some suggestions for how you can live a cheaper, more sustainable life.

## Food Choices

Purchasing what you need – by purchasing items loose, you can cut down on food waste while saving money as more often than not the cost of loose fruit and veg per/kg is cheaper than that of their plastic-covered counterparts.

Bulking out meals with hidden vegetables is a great cheap way to make meals go that bit further and increase nutritional content – add a can of lentils to your Bolognese or chickpeas to your curry.

Use the freezer – batch cooking is a tried and tested means of reducing the cost per serve of meals, supports meal prepping and by freezing portions you’ve created your own quick and easy ‘ready meals’ straight from your freezer. [Love Food Hate Waste](https://www.lovefoodhatewaste.com/) website has an abundance of useful tips.

## Food waste apps

For listings of leftover food that would otherwise be thrown away and platforms for

neighbours to share unwanted food and other items, check out [Too Good To Go](https://www.toogoodtogo.com/), [Olio](https://olioapp.com/en/), and [Karma](https://save.karma.life/).

## Library of things

[Library of things](https://www.libraryofthings.co.uk/) is a social enterprise that helps people save money and reduce waste by affordably renting out useful items like drills, sound systems and sewing machines from local spaces – and by helping neighbours share practical skills.

## Refurbished desktop PCs, laptops and tablets

Refurbished IT equipment can be both more affordable and better for the planet, given that up to 83% of a device’s total carbon footprint is generated during manufacturing. Check out [Stone Refurb](https://www.stonerefurb.co.uk/) and [getonline@home](https://www.getonlineathome.org/).

## Repair cafés

[Repair cafés](https://www.repaircafe.org/en/) are free meeting places where you’ll find tools and materials to help you make any repairs you need, as well as expert volunteers with repair skills in all kinds of fields.

## Reusable items

Reusable items can save money, for example: bamboo make-up remover pads instead of disposable wipes; washable cloths instead of disposable ones for housework; reusable water bottles and coffee cups; lunch boxes instead of disposable wraps.

## Second-hand shopping

Charity shops, swap shops, car boot sales and thrift stores can be good places to pick up cheap, eco-friendly products. Check out Kentish Town Road, Camden Market, Brick Lane, and Spitalfields Market.

## Utilities

Check your boiler settings. It may be that your flow temperature is set fairly high (above 65 degrees Celsius) and by lowering the flow temperature of your boiler you could save on average around 10% on your heating bills. See the [Energy Saving Trust](https://energysavingtrust.org.uk/) for useful tips and guidance on minimum temperatures.

Consider where you’re using energy. Do all your rooms need to be heated and lit up at the same time? Eating, watching TV, or even just reading in the same room as your friends or family is a great way to optimise your home energy usage.

Although it may not be everyone’s preferred choice, investing in thick and warm clothing could mean you are able to reduce the length of time or degree to which your heating is switched on. By purchasing a second-hand jumper and blankets you can also save money on the upfront cost of these items and live sustainability.

## How to contact us

Visit our [home page](https://student.londonmet.ac.uk/life-at-london-met/student-services/student-money-and-accommodation/) for up-to-date appointment and drop-in times.

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