

SPRING (INTO) GREEN HOME WORKING!

SPRING WATCHING

Put a 'spring' in your step this Spring, and take part in our **Springwatch Challenge**! Use your 'commute' time, and/or take breaks to go outdoors and enjoy nature.

Share the beauty by taking photos of Spring in your local area or garden; tag us on @DoPGreenTeamUCL or email dopgreenteam@ucl.ac.uk

Can't see Spring from your work-from-home station? Why not move your desk or workspace near or closer to a window?

According to the [UK Green Building Council](#), being able to see outside may reduce feelings of frustration and help wellbeing.



SPRING CLEANING



How about doing some **Spring Cleaning**? Join us in aiming to reduce waste and re-use things rather than throwing them away.

Try making your own [reduced chemical cleaning materials](#). Or find new ways to [avoid food waste](#).

A top DoP Green Pledge (20/60) was to reduce energy waste by switching off devices and lights, and maybe even turning down the thermostat by a degree or two.

Our Green Pledge survey also found that many of us (48/60) are already reusing and recycling unwanted household items. For more ideas, go to [Reuse Network](#)

SPRING GROWING



Add some colour to your home and join us in **Spring Growing!**

If you have a garden or small outdoor space, a balcony or even a windowsill, try growing herbs, vegetables or spring flowers. Find out how to [grow lettuce and salad leaves](#), or [grow vegetables in containers](#). For more generic tips and advice, go to [Garden Organic](#).

Feeling crafty? Why not try a biodiversity improvement project! Check out these great ideas from the [Cambridge Green Challenge](#).

Let us know if you're starting a project and share your successes (or failures, if you're brave enough!).

Reach us at dopgreenteam@ucl.ac.uk or @DoPGreenTeamUCL

SPRING EATING

Why not use the time you gain from cancelled commutes to explore **Spring Eating**? Check out our [Green Team recipe pages](#) for some Spring recipe suggestions or go to our [Green Team recipe folder](#) to see how to use scraps. For more ideas, visit [Saveur](#), or try [BBC Good Food](#) for Easter recipes.

The most popular new DoP Green Pledge this year (29/60) was to cut down on products and cooking ingredients containing unsustainable palm oil. Try using the [Giki app](#) for this and more!

The second most popular new Green Pledge (26/60) was for people to start watering their plants using water from cooking vegetables, and also from dehumidifiers – great for combining Spring Eating and Spring Growing, whether veggies, herbs, or other plants.

The third of our top 3 new Green Pledges (21/60) was to shop from more independent suppliers, so, if you don't already, why not sign up for seasonal, sustainable fruit & veg boxes? Find out more from [Oddbox](#), [Abel&Cole](#) or [Riverford](#).

