



Le Colibry Loves the Planet

A guide to adopting an eco-friendlier lifestyle for a brighter future

What would you change?

Would you try to find more joy in the simple things in life? Do something to serve others? Change the way you consume? Walk more, swim more, stop being afraid, live... differently. The future is in our hands, but what are we supposed to do with it?

I believe in enjoying life and treating yourself so that you can look and feel your best. And I also believe in enjoying nature and treating the planet right. Le Colibry is always on the lookout for gems that prove that **ethics and aesthetics go hand in hand**, that **quality and sustainability are perfect complements**. As a green alternative to big-box stores, we're doing our part to "heal" the world. From small eco-friendly habits to **more conscious shopping**, let Le Colibry introduce you to a healthier lifestyle for you and the environment.

Very often we don't know where to start...To inspire you, I put together the little guide below : some simple eco-habits to adopt for a better future.

At Le Colibry, we strongly believe that **small steps can make an enormous impact**.

Enjoy your reading, and I hope to see you at [Le Colibry](#) soon... *Stéphanie Ravillon*

Reduce your energy consumption

Save energy

♥ Small tips to make a big impact

Use appliances in eco mode – the cycles are longer, but less energy is needed to heat the water – or **run quick wash cycles**. These use up to 50% less water and energy.

Wash your laundry on cold (30°C), it saves energy and is gentler on your clothes, and only wash on hot (60°) for loads that need to be sanitized (dishtowels, sheets, bath towels, etc.)

Turn down the heat: just 1°C (or ~2°F) cooler = 7% savings

The recommended indoor temperature in the winter is about 19°C (66°F).

Turn off the heat in the winter

Bonus points: you'll wake up feeling invigorated.

Cover your pots and pans when you cook, the water will come to a boil faster for energy savings of up to 30%.

Collect rainwater for watering your plants

Set your refrigerator temperature to 4°C (39°F)

Surround yourself with air-purifying plants, a great way to get in touch with nature.

Recycle

♥ Good to know

Not all paper is recyclable (like photo paper, tracing paper, and receipt paper)

If it's smaller than your fist, it probably can't be recycled. So it's best not to shred papers or crush bottles.

Reduce your digital carbon footprint

Digital activity is contributing more and more to global warming every year. The information and communication technology sector contributes between 3-4% of all greenhouse gas emissions. If we don't do anything to stop it, digital pollution could reach the same level as road traffic pollution by 2025 (*according to the WWF, 2020*).

♥ Smart ways to leave a smaller digital carbon footprint

Turn off your electronic devices in the evening and leave them off overnight (computers, tablets, and smartphones eat up a lot of energy). You can even turn off your modem and router at night (when left on 24/7 it can consume as much energy as a refrigerator).

Send fewer emails and fewer attachments

Cut down on your data storage

- delete shows you don't watch or music you never listen to
- sort through and transfer your photos and videos to an external hard drive
- empty your inbox often

These tasks will seem monumental at first, so work on them in 30-minute bursts. Once you've adopted a new "green attitude," routine maintenance won't take nearly as long.

Go green with your screens

Plant trees while you surf the web with **Ecosia**, an easy-to-use search engine app and browser extension. **Bonus points:** Ecosia runs on 100% renewable energy, doesn't sell your data to advertisers, and doesn't use 3rd party tracking. **Learn more:** [ecosia.org](https://www.ecosia.org)

Swap movies and TV for a good book

Rediscover the joys of writing by hand, on recycled paper, in hand-printed and bound notebooks, or in refillable journals. Just because something is handmade or made from recycled materials doesn't mean it can't be fun and colorful! I found a few high-quality journals that are particularly pretty.

Slow Design notebooks: [For sale in the Le Colibry Online Concept Store](#)



Eat well

Eat seasonally and locally

Why it matters: It takes about 24x more energy (which = more CO2 in the atmosphere) to grow a strawberry in a greenhouse and import it by plane in February than to buy a locally grown strawberry in May.

- ♥ How to make your life easier and navigate green eating: use a seasonal produce calendar. (there's a link to one I like at the end of this guide)

Buy local, direct from farms in your area or shops that sell locally produced goods, or sign up for a community supported agriculture box.

A few ideas:

- France has lots of CSA programs (called AMAPs, in French)
- the city of Geneva put out a list of locally owned and sourced restaurants ville-geneve.ch

Order meal kits that are delivered with a recipe and the exact right amount of every ingredient Like: quitoque.fr, beyondfood.ch

Go organic

When you eat organic, you're protecting the land, water sources, and your own health.

Buy in bulk (i.e. unpackaged) and be sure you always have a reusable shopping bag on hand

Learn to cook simple and quick recipes

Cooking with fewer processed foods reduces the amount of additives and preservatives you ingest, the amount of packaging that is produced and thrown away, and transportation and refrigeration energy costs. There is no shortage of ways to learn...

Cooking doesn't have to be complicated: [check out Le Colibry's favorite easy and delicious recipes](#)

Find chefs and foodies you like and follow them on Instagram, where they're likely to share recipes.

Start a vegetable garden, or grow herbs on your balcony or windowsill

Find a good catch with the help of the Marine Stewardship Council (**MSC**). Look for the MSC label to help stop overfishing. Mullet, whiting, and mackerel are all good choices. The [WWF guides](#) have more information about where different types of fish are caught and recommendations for sustainable seafood.

→ If you really can't live without salmon, opt for organic farmed fish from Scotland or Ireland.

Eat less meat and other foods with a high water footprint

Why it matters: 20,000 liters of water and about that same amount of energy, plus a liter of oil, go into producing just 1 kilogram of beef.

Good to know: some fruits, vegetables, and other plants also take a lot of water to produce. Nuts, coffee, and cacao, to name a few.

Fight food waste with the click of a button

How to: the [Too Good to Go](#) app partners with restaurants and grocery stores to offer discounts on food that would otherwise be thrown away. Just download the app, choose your favorite local eatery, reserve your meal or grocery box, and go pick it up.

Be an eco-conscious consumer

Choose green cleaning products, glass food storage containers, refillable products, etc.

Use less plastic

♥ How to: get a water bottle and start taking it everywhere with you

No longer limited to campers, children, and athletes, water bottles are becoming a must-have – and very fashionable – accessory. So handy, so eco-friendly. Honestly, everyone should have one. After trying several different models, I've settled on the CLIMA Bottle by 24Bottles, since it doubles as a thermos for year-round use. It keeps drinks hot up to 12 hours. It's modern, super lightweight, and made of aluminum-free stainless steel. Unlike plastic bottles, it doesn't retain odors and is very easy to wash. The 24Bottles URBAN Bottle is a perfect summer or travel alternative.

Clima Bottle thermoses and Urban water bottles: [For sale in the Le Colibry Online Concept Store](#)



Build an eco-fashionable wardrobe

♥ 6 ways to get started

Sell or donate clothes you don't wear

How to: do a twice-yearly fashion detox

For advice, Le Colibry recommends reading: [Home Detox, or the Magic of Tidying Up: The Marie Kondo Method](#), which includes a wardrobe tidying and organization tips.

Rent rather than buy for special occasions (or to switch up your everyday wardrobe)

Rent dresses and accessories for up to 4 days with the clothing rental websites that are popping up all over. They even deliver to your door and take care of dry cleaning. Change up your wardrobe without having to worry about where to put it all! With some services, you can even add your own pieces to their rental collection.

Try: La Garde Robe in Geneva lagarderobe.ch, or Panoply in Paris panoplycity.com

Buy secondhand

From websites where you can buy and sell gently used fashion, like: [Vestiaire Collective](#), Vide Dressing, Closet Genève.

Join the Slow Fashion movement

These days, sustainable and responsible clothing can also be fashionable. And there are lots of ways to wear it. Ralph Lauren's Earth Polo – made from 12 plastic bottles and dyed without any water, Slow Fashion labels, handmade items, Veja ecological sneakers, Adidas by Stella McCartney, Etam's Ekyog line, and more. There's something for every style and budget.

♥ One-stop shop for socially responsible fashion: merci-merci.com

Opt for raw (or at the very least sustainable) denim: jeans might be the most popular item of clothing on the planet, but they're also one of the worst for it. Lots of brands are getting on board. Try: sustainable denim by 7 For All Mankind.

Keep an eye out for auction deals

There are some real gems in the accessories, jewelry, and leather goods catalogues from Sotheby's, Christie's, and Geneva's Piguët auction house. Piguët.com
You can participate in most sales online.

Green is beautiful: 3 eco-friendly upgrades to your beauty routine

Look for cosmetics in glass bottles or jars, or containers that are otherwise reusable or recyclable

Stop buying aerosol sprays and use bamboo and organic cotton Q-tips (you can get them anywhere, even in supermarkets)

Ban your bathtub: we can't stress this enough – a 4- to 5-minute shower uses between 30 and 80 liters of water, while just one bath can use up to 200!

And...

Gift experiences: a coupon for a professional massage, tickets to a show or concert, a museum membership, a dinner date... or lovely, eco-friendly goods.

♥ **Eco-chic gift ideas** [available in the Le Colibry Online Concept Store](#)

Vegetable wax candles made with scents from Grasse, mani-pedi kits for au natural nails, or hand-dyed and printed linen cushions with a special message all make great gifts that are as ethical as they are beautiful, and as durable as they are sustainable. The expertise that goes into the goods in the Le Colibry store means that you don't have to compromise on quality to protect the environment.



Choose timber from companies that are certified by the Forest Stewardship Council. Look for the FSC label to make sure that your wood flooring, furniture, etc. comes from forests that are managed responsibly and sustainably: www.fsc.org

Make socially responsible investments or grow your capital with sustainable finance

Find other ways to get around

Walk, run, or bike

We all have busy schedules, but carving out a half an hour a day for some type of physical activity isn't impossible. The WHO recommends getting in 10,000 steps per day (the equivalent of about an hour of walking).

- ♥ How to: getting an app that counts your steps can motivate you to reach your daily goal. I like *Pedometer* because it is super easy to use.

For longer trips, take the train

Good to know: compare carbon footprints for different modes of transport before your next trip. Taking the train from Paris to Nice produces 30x less CO2 than driving and 20x less than flying.

If you have to fly, do it in a way that limits your impact on the environment

- ♥ **5 ways to reduce your carbon footprint when you fly**

Download your tickets on your phone rather than printing them

Fly economy class

Pack a reusable water bottle (which you now know all about) and fill it up after you go through security instead of buying bottles of water

Bring your own blanket and headphones instead of using those provided by the airline

Offset your trip by supporting websites like ecotree.fr and myclimate.org, which work on climate protection projects.

If you need some inspiration

Recommended reading and browsing

101 ways to go zero waste – Kathryn Kellog

Zero waste Home – Bea Johnson

Two practical guides to a more responsible and healthier lifestyle. Whether you want to start small or join a bigger movement, you'll find tips about how to be more eco-friendly at the supermarket, at home (from the garden to the kitchen and everywhere in between), at the office, at school, and even on vacation.

wwf.org : The World Wildlife Fund (WWF) was one of the first conservation organizations in the world, and is now one of the biggest, working in over 100 countries with the support of nearly 6 million members.

Greenpeace.org : This international environmental NGO has projects on all 7 continents, including initiatives to slow climate change and fight single-use plastic.

As a thank you gift for visiting my site, I'd be delighted to give you 10% off your first Le Colibry purchase with the promo code [FIRST10](#).

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