**References for the guide**

* 60% of university students want to learn about sustainability (<https://www.sos-uk.org/post/two-thirds-of-students-want-to-learn-more-about-sustainability>)
* 42% of university students (<https://www.unitegroup.com/articles/survey-students-call-for-strong-action-on-climate-change#:~:text=Around%2042%25%20said%20that%20they,7%25%20in%20full%20time%20activism>.)
* £5.25 worth of food every week (<https://www.zerowastescotland.org.uk/resources/food-waste-student-perspective>)
* Making a shopping list and a meal plan before going food shopping can save you an average of £200 a year. (<https://www.themoneypages.com/latest-news/special-offers-making-shoppers-spend-an-extra-1300-a-year/#:~:text=Those%20who%20always%20make%20a,on%20groceries%20over%20the%20year>. )
* A plant-based diet could make your food shop a third cheaper. (<https://www.ox.ac.uk/news/2021-11-11-sustainable-eating-cheaper-and-healthier-oxford-study>)
* 74% of Bath students said that beef and lamb should be replaced on campus (Climate action survey)
* On average, second-hand clothes are 30% cheaper than buying brand new. (<https://www.panaprium.com/blogs/i/price-used-clothes#:~:text=Expert%20clothing%20resellers%20advise%20pricing,of%20new%20similar%20items%20cost>. )
* Students at Bath spend an average of £42 a month (<https://www.savethestudent.org/money/student-budgeting/what-do-students-spend-their-money-on.html>)
* the items don't get worn more than 3 times. (<https://www.refinery29.com/en-gb/instagram-outfits-wear-once> )
* You could save £141 per year by simply using tea towels and wash cloths (<https://www.zerowasteweek.co.uk/reduce-waste-save-money/>)
* If you get coffee every day, then in two weeks you'd have enough money saved for a 'free' coffee. 20p/day saving for 2 weeks = £2.80
* Using soap bars could save you around £50 a year. (<https://www.thisismoney.co.uk/money/news/article-6952181/Save-planet-cash-20-little-changes-2-500-extra-year.html> )
* pads every month, you could be spending more than £80 a year (<https://www.zerowasteweek.co.uk/reduce-waste-save-money/>)
* If you heat your home at 19°C, instead of 20°C, you could save £75 a year. (<https://iheat.co.uk/boiler-help/lowering-your-heating-bill#:~:text=Learn%20to%20control%20your%20central%20heating,-Learning%20how%20to&text=By%20reducing%20your%20room%20temperature,year%20in%20an%20average%20home>.)
* A 4-minute shower (that's 2 songs long) could save you as much as £128 a year. (<https://www.idealhome.co.uk/bathroom/four-minute-shower-to-save-energy>)
* Switching off devices at the switch could save you as much as £25 a year per item. (<https://www.thisismoney.co.uk/money/bills/article-10778447/From-shorter-showers-turning-lights-money-energy-cutting-tips-really-save.html> )
* On average, University of Bath students spend £55 a month on transport. (<https://www.savethestudent.org/money/student-budgeting/what-do-students-spend-their-money-on.html>)
* 13 types of cancer, lessen the risk of heart disease and reduce your risk of dementia by 50%. (<https://www.kumc.edu/about/news/news-archive/jama-study-ten-thousand-steps.html#:~:text=Walking%20around%2010%2C000%20steps%20a,of%20dementia%20by%2050%20percent>. )
* Barclays, HSBC, Santander, Lloyds and more, invest billions (<https://makemymoneymatter.co.uk/hiddenrelationship/#:~:text=In%20the%20last%2012%20months,up%20with%20fossil%20fuel%20expansion.&text=This%20opens%20in%20a%20new%20window>. )
* Mining Bitcoin uses as much electricity as powering Sweden every year. (<https://www.businessinsider.com/bitcoin-uses-as-much-energy-as-sweden-and-is-on-course-to-use-even-more-2021-3?r=US&IR=T>)