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re-brussel](https://muntpunt.be/re-brussel)

# Re

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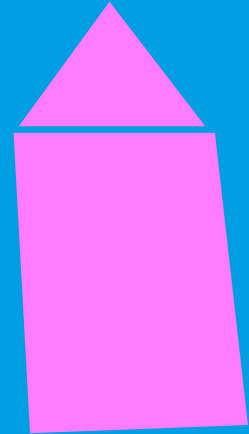
-duce

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Handy tips for  
a sustainable life  
in Brussels

# Re-Brussel

# Make a difference in your home



## GREEN ENERGY

— Who is providing green energy? What are the differences between the various providers? Use **Greencheck by Brugel** to check the green component of your electricity supply in Brussels. Greencheck takes the source of the energy into account, but not the source of the investments.

[brugel.brussels](http://brugel.brussels)

— Greenpeace's '**mijn groene stroom**' helps you make the right conscious choice. The tool takes the source of the energy and the investments into account.

[mijngroenestroom.be](http://mijngroenestroom.be)

### COLOFON

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# GREEN BONUSES & RENOVATING

— The **City of Brussels** (postcodes 1000, 1020, 1120 and 1130) offers 9 bonuses to residents who manage their refuse better or make their neighbourhood greener. You receive a bonus for installing a compost bin or a green roof, for allowing rainwater to infiltrate the soil, for washable nappies, a fridge, a solar water heater, a rainwater butt, a rainwater tank and making the ground permeable.

[brussels.be/green-bonuses](https://brussels.be/green-bonuses)

— Is your home in a **sustainable neighbourhood**? You may receive a higher bonus for renovation or energy via Duurzame Wijkcontracten (Sustainable Neighbourhood Contracts). Check your neighbourhood at

[wijken.brussels](https://wijken.brussels)

— **Leefmilieu Brussel** offers financial support for energy, renovation, acoustic insulation, soil and mobility in Brussels. Find out at

[leefmilieu.brussels](https://leefmilieu.brussels)

— **Network Wonen** provides free advice and mediation on renovations, for homeowners and tenants.

[netwerkwonen.be](https://netwerkwonen.be)

— Would you like to build or renovate in a more sustainable and energy-efficient way? **Ecobouwers**, a project from Bond Beter Leefmilieu, has compiled all the information for you. Get inspired and check out the useful tools at

[ecobouwers.be](https://ecobouwers.be)

# REFUSE & RECYCLING

— Do you have questions about the **collection and processing of (household) waste and recycling parks**? Call for free on 0800 981 81 or check the Net Brussel website at

[arp-gan.be](https://arp-gan.be)

— **Old electrical appliances and used batteries** do not belong in the household bin, on the street or in nature: they belong at a **Recupel and Bebat** collection point, where they can be recycled and the materials given a new life. Find a collection point near you:

[recycleerhier.be](https://recycleerhier.be)

— **Yuman** collects everyday items (clothing, plastic caps, toothbrushes etc.) and gives them a second life via local partners and their shops in Etterbeek and Saint-Gilles.

Find collection points at

[yumanvillage.be/ou-recycler](https://yumanvillage.be/ou-recycler)

— Reduce waste, create free compost for your plants and get to know your neighbours by composting collectively. How do you get started? The regional **Compost** information point is ready to answer your questions for free.

[compostday.brussels](https://compostday.brussels)



# Tips

Pay your bills digitally! If you don't know how, come to the App-o-theek (Tuesday, 14:00 - 16:00 & Wednesday, 10:00 - 12:00) in Muntpunt

Check the size of your ecological footprint at [footprint.worldagroforestrycentre.org/](https://footprint.worldagroforestrycentre.org/)

Replace your shower head with a low flow shower head. You can save up to 150 euros a year!

Do you live in Etterbeek? Adopt a chicken! They will eat your household waste, create good compost and give you eggs in return. [goodfood.brussels](https://goodfood.brussels)

Find all the Zero Wasteresses in Brussels at [leefmilieu.brussel](https://leefmilieu.brussel)

Do your laundry in eco-mode! Despite the longer programme you save 30% on electricity.

Cook passively and save 8 minutes of gas consumption. Boil water with a little salt and put your pasta, lentils, vegetables or rice in the water. Cook on the hob for 2 minutes then turn it off. Always leave the lid on the pan (don't stir) as it keeps the heat in. Follow the usual cooking time.

# Make a difference

# when travelling



## BY BIKE

— Cycling in Brussels? **Brussel Mobiliteit** helps you on your way

[bike.brussels](http://bike.brussels)

— **SUGG** is a compact bike for all ages from 9 to 99, designed and assembled in Brussels.

[sugg.be](http://sugg.be)

— Are you looking for a bicycle repairer to suit you? Use **fietsenmakers** to search by area or brand.

[fietsenmakers.be](http://fietsenmakers.be)

— Flexible cycling? At **Swapfiets** you can hire a bike or electric bike by the month. Your bike is repaired for free in the case of breakdowns.

[swapfiets.be](http://swapfiets.be)

— Do you want to fix your own bike but lack the tools or knowledge? **Find a volunteer** to help at

[velokanik.be](http://velokanik.be)



## BY CAR

— **Mpact** compiles a range of services for sharing vehicles. From carpooling to your workplace to hiring a cargo bike.

[mpact.be](http://mpact.be)

— With **Getaround** you can rent a car from a private individual for 5 euros an hour or 30 euros a day.

[be.getaround.com](http://be.getaround.com)



## BY TRAIN

— Have you not yet decided on a destination? Check out the **Start to train** map. It shows all the stations that you can get to from Brussels within 6 hours and 30 minutes.

[cultuurzaam.be/instrument/start-to-train](http://cultuurzaam.be/instrument/start-to-train)

— Plan your train journey anywhere in the world using **The Man in Seat 61**. You'll find tips and routes for a feasible train holiday.

[seat61.com](http://seat61.com)

# Tips

Cycling to work? Ask your employer to take part in Bike to Work. As well as bike-friendly routes you can get discounts on sustainable services and shops.  
[biketowork.be](http://biketowork.be)

Calculate the eco-score of your new or secondhand car.  
[ecoscore.be](http://ecoscore.be)

Travel by bike and hire a trek bike via  
[bike-packer.be](http://bike-packer.be)

Calculate the CO2 emission of your route and compensate by donating towards the planting of a tree!  
[treecological.be](http://treecological.be)

# Make a difference

on your plate

## VEGETABLE GARDEN IN THE CITY



— **Vooruit met de Wijk** helps Brussels residents to realise sustainable collective projects. For example, a communal vegetable garden, chicken coop or bread oven.

[vooruitmetdewijk.brussels](http://vooruitmetdewijk.brussels)

— Like to **garden and meet new people**? Start community gardening at

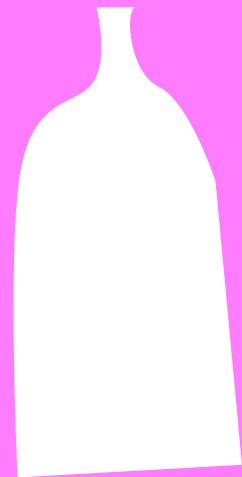
[velt.nu/samentuinen](http://velt.nu/samentuinen)

— Visit the **Zadenbib in your Brussels library**. You'll find free seeds for vegetables, herbs and flowers. In return, you bring the harvested seeds back to the library.

[brusselsebibliotheken.bibliotheek.be/zaden-bibliotheek](http://brusselsebibliotheken.bibliotheek.be/zaden-bibliotheek)

— Do you have **plant cuttings**? Or are you looking for new plants? Check out the Facebook group:

[Planten Ruilen Brussel](#)



## FIGHTING FOOD WASTE TOGETHER

—  
Leftovers from your last meal? Offer them to local people using the **OLIO** app.

—  
The **Froenten** app tells you which fruit and vegetables are seasonal-ly available in your region. There are also storage tips and inspiring cooking ideas!

—  
On the **Rekub** app, traders offer their food surpluses to consumers in the neighbourhood.

## Tips

Drink tap water! Calculate how much money, plastic and CO2 you save at [kraanwater.be](http://kraanwater.be).

It's also healthier than bottled water. 1 in 4 bottled water brands contain excessively high levels of fluorine, sulphate or sodium. Tap water is tested daily for chlorine, calcium, pesticides and heavy metals. Read more at [gezondleven.be](http://gezondleven.be)

—  
The European Union has introduced the eco-score, a food label on which A is an eco-friendly choice while E represents a choice to avoid. The score takes the production method, origin, packaging and endangered species into account.

## HEALTHY AND SUSTAINABLE EATING

—  
Find all the **bio-points** in Flanders and Brussels (markets, stores, farms) via

[biomijnnatuur.be/biopunten](http://biomijnnatuur.be/biopunten)

—  
Eat fresh every day and get your vegetables from a **pick-your-own farm** in your area.

[csa-netwerk.be/index.asp](http://csa-netwerk.be/index.asp)

—  
**Shorten the food chain** by setting up your own short-chain neighbourhood network.

[linked.farm](http://linked.farm)

—  
Dining out **vegan or vegetarian**? ProVeg collected nearly a 1000 vegetarian recipes, both for beginners in the kitchen and true master chefs.

[proveg.com/be/recepten](http://proveg.com/be/recepten)

—  
**Good Food** offers recipes using local seasonal products, urban gardening ideas and how to throw away less food. Find out if your Brussels merchant has been awarded the Good Food label.

[goodfood.brussels](http://goodfood.brussels)

—  
**Abattoir** in Anderlecht is home to a number of companies and shops working in the circular economy and urban farming.

[abattoir.be](http://abattoir.be)

# Make a difference...



## ... in your wardrobe

—  
**COSH!** is an online search engine that screens clothing brands for sustainability. Shoppers can filter according to brand, budget, occasion or location.

[cosh.eco/nl](http://cosh.eco/nl)

—  
Is there a hole in your favourite dress or jeans? These Brussels workshops can **repair your clothing** in a budget-friendly way:

- **Les cadavres Exquis** (Saint-Gilles) Online store, sewing workshop also offering swing lessons.

[lescadvresexquis.be](http://lescadvresexquis.be)

- **Maria Assumpta Lyceum** (Laeken) Make an appointment through the school and leave the rest to the students of the fashion department!

[secundair.mariaassumptalyceum.be](http://secundair.mariaassumptalyceum.be)

- **De Ateliers** (Molenbeek) Alterations and tailoring in the Welvaartkapoen.

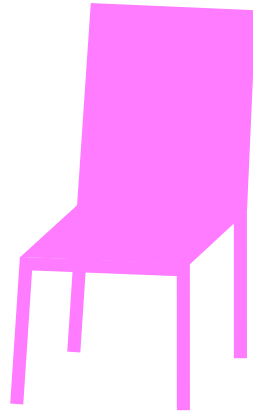
[dewelvaartkapoen.be](http://dewelvaartkapoen.be)

# Tips

Organise a clothes swap. Tidy up your own wardrobe and make room for new items from your friends and neighbours.

Don't know how to get started? These tips will help:

- Offer only undamaged clothes
- Wash the clothing in advance
- Decide in advance how many items each participant contributes
- 5 to 15 participants is ideal
- Share fairly, raffle popular items



# ... with stuff

Buy **secondhand and local**. Find a list of all the flea markets, food markets, bike markets and sustainable markets in Brussels at

[brussel.be/markten-openlucht](http://brussel.be/markten-openlucht)

The **Zero Waste Tour** through Brussels takes you to zero-waste stores, restaurants and initiatives.

[brussel.be/zero-afval-tours](http://brussel.be/zero-afval-tours)

**Gezinsbond** organises second-hand fairs with children's items. From baby clothes to toys and maternity wear.

[gezinsbond.be/tweedehandsbeurzen](http://gezinsbond.be/tweedehandsbeurzen)

**20 Dutch-language libraries in Brussels** lend not only books but also toys and board games.

[brusselsebibliotheken.bibliotheek.be](http://brusselsebibliotheken.bibliotheek.be)

You can get your broken items mended at **Repair Cafés**. clothing, electrical devices, furniture, bikes, computers and more. Tools and knowledge provided! Find one near you at

[repairtogether.be](http://repairtogether.be)

# ... in your leisure time

Head for the countryside by bus with **Groene Halte walks**. Get off at stop A, follow the marked walking route and return home via stop B.

[groenehalte.be](http://groenehalte.be)

Discover **secret green gems** in your Brussels neighbourhood via

[gardens.brussels](http://gardens.brussels)

Out for adventure in Brussels? **Canal It Up!** Jump in the kayak and fish refuse out of the canal.

[canalitup.org](http://canalitup.org)

You don't have to go far to discover wonders of the world! With **Dicht-blijjeReizen** you can explore the world in an ecological way.

[bondbeterleefmilieu.be/dichtblijjeizen](http://bondbeterleefmilieu.be/dichtblijjeizen)



# Tips

Clear up the street litter in your city with colleagues, friends or family using the **WePlog** app.

Enrich our biodiversity and plant a native tree via [buumplanters.be](http://buumplanters.be)

Learn all about the city's climate with your family (10+) and visit the interactive exhibition **Belexpo**. [belexpo.brussels](http://belexpo.brussels)

Young children can learn about animals and nature at the ecological children's farms **Ferme Nos Pilijs** (Neder-Over-Heembeek) and **Neerhof** (Dilbeek). [fermenospilifs.be](http://fermenospilifs.be) [neerhof-vzw.be](http://neerhof-vzw.be)

Camp in Brussels at **Camping 58**. Nature, the city and a view of the Atomium! [camping58.be](http://camping58.be)

# Make a difference... ... online

— For 2,5 euros a month you can become a member and joint owner of **Nubo**, a Brussels cooperative for e-mail and cloud storage that respects your privacy.

[nubo.coop](http://nubo.coop)

— Use the **Ecosia** search engine and plant a tree with every search query.

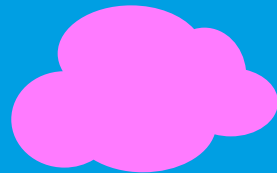
[ecosia.org](http://ecosia.org)

— With a **Neibo** phone contract you automatically become a cooperative member. A share of the profits goes to sustainable, local and ethical projects.

[neibo.be](http://neibo.be)

— Replace your mobile with a **Fairphone**. An ethically-manufactured smartphone with minimal climate impact. Hand in your old phone for a gift voucher.

[fairphone.com](http://fairphone.com)



## ... with your bank account

— The money in your bank account isn't just sitting passively in a safe. Banks use the money to finance projects. Choose a bank that invests ethically and sustainably! Check your bank at

[bankwijzer.be](http://bankwijzer.be)

— Do you want to move your money into a sustainable bank?

[moveyourmoney.be](http://moveyourmoney.be)





The climate is changing.  
This presents a huge challenge for  
the whole world. A challenge in which  
everyone has a part to play.  
What can you do?  
How can you take action?

Together we are working towards  
a sustainable city. By consuming less,  
reusing and recycling more.

This guide puts together some helpful  
tips for a sustainable life in Brussels.

**“To love a place is not enough.  
We must find ways to heal it.”**

Robin Wall Kimmerer,  
Braiding Sweetgrass



Translation to Dutch | Traduction en français  
**[muntpunt.be/re-brussel](http://muntpunt.be/re-brussel)**

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