



FASHION AND TEXTILES



TRY TO USE MORE SECOND HAND CLOTHES



IF YOU ARE IN NEED OF EVENING WEAR OR SOME OTHER SPECIAL PIECE OF CLOTHING, TRY TO USE CLOTHING RENTALS INSTEAD OF BUYING



TRY TO FIX YOURS CLOTHES AND SHOES INSTEAD OF THROWING THEM AWAY



SELL OR GIVE AWAY CLOTHES YOU DO NOT USE ANY MORE



DON'T THROW OUT CLOTHES THAT ARE NO LONGER USEABLE, GIVE THEM TO SPECIAL POINTS AND STORES WHERE THEY CAN BE USED AGAIN



CHOOSE MATERIALS THAT WILL LAST A LONG TIME – SOMETIMES THE MOST DURABLE AND ECOLOGICAL ITEMS ARE MADE OF SYNTHETIC MATERIALS E.G. POLYESTER RECYCLED FROM PET PACKAGES. SOME OTHER RECOMMENDED MATERIALS ARE WOOL, LINEN, HEMP FIBER, TENCEL



USE LESS COTTON AND MOST TYPES OF SYNTHETIC MATERIALS, EG. ACRYLIC



PLAN YOUR CLOTHES' PURCHASES SO THEY WILL LAST FOR YEARS. IF YOU WILL NOT WEAR ONE PIECE OF CLOTHING AT LEAST 30 TIMES, DON'T BUY IT



BE CAREFUL ABOUT PROMOTIONS AND SHORT TERM FASHION WHICH CAN LEAD TO BUYING UNNECESSARY CLOTHES



DON'T WASH YOUR CLOTHES AFTER EVERY USE IF IT IS NOT NECESSARY



DON'T BE AFRAID OF ONLINE SHOPPING BUT BE WISE ABOUT IT – DO NOT ORDER TOO MANY ITEMS BECAUSE OF CHEAP OR FREE RETURN POLICY



DO NOT BUY FURS AND LIMIT YOUR USAGE OF NATURAL LEATHER



PLASTICS



REPLACE SHORT-TERM PRODUCTS WITH AESTHETIC, REPAIRABLE, MODULAR, HIGH QUALITY PRODUCTS THAT YOU WILL WANT TO USE FOR A LONG TIME



IF POSSIBLE, REPAIR ALL PRODUCTS YOU OWN INSTEAD OF THROWING THEM AWAY



DO NOT LITTER



SELL, GIVE AWAY OR EXCHANGE UNNEEDED OR RARELY USED ITEMS



BUY RECYCLED PLASTIC PRODUCTS



USE BIODEGRADABLE AND BIO-BASED PLASTICS IN AN APPROPRIATE MANNER OR DON'T USE THEM AT ALL



DO NOT USE OXO-DEGRADABLE PLASTIC



USE DURABLE PACKAGING MADE OF LIMITED SET OF MATERIALS AND NATURAL COLOURS



CHOOSE COSMETICS AND CLEANING PRODUCTS IN CONTAINERS THAT CAN BE REFILLED.



IN CAFES, ASK FOR A TAKE-OUT COFFEE IN YOUR CUP



USE REUSABLE PLASTIC BAGS



IN RESTAURANTS WITH TAKE-OUT MEALS, ASK THEM TO PUT FOOD IN YOUR CONTAINER



DRINK TAP WATER AND USE REUSABLE BOTTLES



AVOID ITEMS IN SMALL PACKAGES



QUIT SMOKING, IF THIS IS NOT POSSIBLE, PROPERLY DISPOSE OF THE DISCARDED CIGARETTE AND ITS PLASTIC FILTER



USE OF BUILDINGS AND HOUSING



TRY TO NATURALLY COOL ROOMS DURING HOT DAYS:

- ✓ USE CURTAINS INSTEAD OF AIR CONDITIONING
- ✓ CLOSE WINDOWS DURING THE DAY, ESPECIALLY THOSE IN THE SOUTH SIDE OF BUILDING
- ✓ OPEN WINDOWS IN THE MORNING, EVENING AND NIGHT
- ✓ OPEN WINDOWS AT OPPOSITE SIDE OF HOUSE/FLAT
- ✓ OPEN DOORS TO EVERY ROOM



TRY TO USE HEATING RESPONSIBLY:

- ✓ USE WARMER CLOTHING INSTEAD OF INCREASING TEMPERATURE IF YOU CAN
- ✓ AVOID DRAFTS
- ✓ VENTILATE YOUR ROOM BRIEFLY BUT INTENSIVELY
- ✓ LOWER HEATING POWER BEFORE YOU OPEN A WINDOWS
- ✓ CLOSE THE DOORS TO THE ROOMS IN WHICH YOU LIKE TO KEEP TEMPERATURE DIFFERENT THAN IN THE REST OF YOUR HOME



TRY TO DRY CLOTHES NATURALLY, LIMIT THE USE OF TUMBLE-DRYERS



TURN OFF LIGHT, AIR CONDITIONING, TV AND OTHER DEVICES WHEN YOU LEAVE YOUR HOME OR YOU DON'T CURRENTLY USE THEM



WASH CLOTHES IN LARGE BATCHES



TRY TO CHOOSE SHOWER INSTEAD OF BATH



USE DAYLIGHT AS LONG AS POSSIBLE



USE ENERGY-SAVING LIGHTING



FOOD AND BIOECONOMY



DO NOT THROW AWAY PRODUCTS BEYOND THE "BEST BEFORE" DATE, THEY ARE PROBABLY STILL SAFE FOR CONSUMPTION



RATIONALLY JUDGE BY YOURSELF WHETHER THE PRODUCT IS SUITABLE FOR CONSUMPTION AFTER THE "SHOULD BE CONSUMED BEFORE" DATE



PLAN GROCERY SHOPPING AND DO NOT BUY PERISHABLE PRODUCTS TO BUILD STOCKPILES



TRY TO PREPARE MEALS YOURSELF



TRY NOT TO THROW AWAY LEFTOVER MEALS – YOU CAN USE THEM THE NEXT DAY



TRY TO USE THE PRODUCTS COMPLETELY, E.G. DO NOT PEEL THE APPLE IF IT IS NOT NECESSARY



ALWAYS TAKE LEFTOVER FOOD WITH YOU IN RESTAURANTS



USE SMALL PORTIONS AND SECOND HELPINGS IN BUFFETS



AVOID HEAVILY PROCESSED PRODUCTS



LIMIT MEAT CONSUMPTION IF IT IS POSSIBLE



TRY TO LIMIT TAKE-OUT MEALS, DELIVERY, AND SELF-CATERING KITS



CHOOSE SELLERS WHO USE MINIMAL PACKAGING AND ALLOW THEM TO BUY FOOD IN BULK



BUY PRODUCTS IN READY-MADE PACKAGING ONLY IF YOU KNOW THAT THEY WILL PREVENT FOOD WASTE



AVOID PROMOTIONS THAT CAN CAUSE WASTE, E.G. MULTIPACKS



USE FRESH AND SEASONAL FOOD



REMEMBER TO SEGREGATE WASTE, INCLUDING COMPOSTABLE WASTE, AND TRY COMPOSTING YOURSELF IF POSSIBLE