

Checklist for eco-friendly consumption

- ✓ **As little as possible:**
Question your purchase decisions: Do I really need this?
- ✓ **Healthy for both the climate and you:**
Choose fresh, regional, seasonal and plant-based foods
- ✓ **A second lease of life:**
Buy things second hand and repair anything broken
- ✓ **Be yourself:**
Unique style instead of short-lived fashion and gadget trends
- ✓ **New technology, not fossil relics:**
Use green energy and save where possible
- ✓ **Nature, not chemistry:**
Use eco-friendly cleaning agents and avoid microplastics
- ✓ **Get out into the fresh air:**
Go on foot or take the bike
- ✓ **Lead by example:**
Be a role model, encourage others and make the world a better place

