

Green Consumerism..



Introduction

As consumers we all need to buy basic items such as food, water and clothing. We also purchase other items such as toys, computers, and cars. We depend on the Earth's natural resources, and people's ingenuity to provide us with these important materials.

The Earth's resources however are limited and if we do not consume items on a sustainable basis, there may not be enough resources left for future generations.

The most important step in leading a sustainable lifestyle is to practice the 4 R's in every aspect of our daily lives - that is

Rethink our habits,

Reduce our consumption,

Reuse and Recycle resources and materials as much as possible.



A few simple guidelines to help lead more sustainable lifestyles include:

At home and at the office:

Rethink the way you do things

- Plant trees and maintain green space for wildlife and relaxation

Reduce the amount of water you use:

- Turn off the tap while brushing teeth and shaving
- Collect rain water to water the plants and wash outdoor areas

Reduce the amount of electricity:

- Turn off unnecessary lights
- Replace old equipment with energy saving light bulbs and appliances

Reduce your use of petrol

- Carpool, use public transportation, walk to nearby shops.

Dispose of harmful products properly

- Do not pour paints and chemicals down the sink or into drains

Recycle

- Start a compost heap
- Recycle your old paper, bottles and cans. Share magazines with friends.
- Give your wearable old clothes to the less fortunate, others can be used as rags.

When Shopping:

Rethink about the items you will buy

- Before you buy something, think about what will happen to the items when it's time to throw them away.
- Support companies with good environmental track records

Reduce unnecessary packaging

- Avoid products with excessive packaging, such as single pack drinks
- Buy items in recycled material or material that are easy to recycle at your home
- Do not use a plastic bag when buying one or two items only

Reduce destruction of forests and wildlife

- Do not buy food or medicine made from wild animals such as rhino horns or turtle eggs.
- Do not buy products made from endangered species such as corals or tigers.

Reuse containers

- Bring your own container to take away food.

