

A for
avoid unnecessary new purchases

B for
begin to think environmentally friendly

C for
consider the seasons when buying
fruits and vegetables

D for
don't waste water

E for
eat less meat

F for
flea markets

G for
grow your own food

H for
Help: Donate for people who aren't
as lucky as you are

I for
invest in a long-lasting coffee mug

J for
join an environmental organization

K for
know the issues leading to climate change

L for
local instead of international

M for
minimize your plastic usage

N for
never leave the house without a carry bag

O for
often go by bike

P for
plant a tree

Q for
quality rather than quantity

R for
reduce your paper usage – buy a kindle

S for
separate your waste

T for
turn off the lights

U for
Up-cycling – mending is better than ending

V for
very good: public transport

W for
walk more – use your feet

X for
XXL packages instead of many small ones
if you are planning for long term usage

Y for
YES! to sustainable consumption

Z for
zero emission is our goal