

The Nine Most Impactful Sustainable Behaviors

Address Climate Crisis

EAT MORE PLANTS



Moderate meat consumption and consume products that supports regenerative agriculture.

BE ENERGY SMART



Switch to renewable energy sources and conserve energy at home. When possible, ride public transportation and purchase products manufactured with renewable energy.

THINK DURABLE



Buy less and buy long lasting products. Reduce single-use items and purchase durable, reusable products instead of disposable ones.

Preserve Resources for Life

REDUCE WATER & FOOD WASTE



Plan meals ahead, prepare smarter portions, use what you have in the fridge and compost.

GO CIRCULAR



Choose products made with recycled content and recycle, rent, share and buy used over new products whenever possible.

CHOOSE NATURE-FRIENDLY



Buy products with clean ingredients, and products that protect habitats and biodiversity.

Foster Resilient Societies

SUPPORT WOMEN & GIRLS



Support causes and products that educate girls, aid better family planning and support women-owned business.

EXPAND EQUITY & OPPORTUNITY



Buy fair trade as well as brands supporting inclusive and equitable products, policies and causes.

SHOW UP



Vote at the ballot box and with your wallet, make your voice heard and volunteer in your community.

Examples: The Nine Most Impactful Behaviors

Address Climate Crisis

EAT MORE PLANTS



- Find the best milk alternatives
- Make one vegetarian meal
- Try a top-rated vegan recipe

BE ENERGY SMART



- Set your washing machine to cold
- Insulate your home
- Install energy-efficient light bulbs

THINK DURABLE



- Get yourself a reusable starter pack
- Repair something in your home rather than replace
- Switch to refillables for home and personal care products

Preserve Resources for Life

REDUCE WATER & FOOD WASTE



- Run the dishwasher on eco-mode
- Separate food waste for composting
- Choose showers over baths

GO CIRCULAR



- Rent or purchase second-hand
- Recycle packaging whenever possible
- Begin composting your food waste

CHOOSE NATURE-FRIENDLY



- Choose organic produce
- Grow your own herbs and vegetables
- Look for natural ingredients in your home and personal care products

Foster Resilient Societies

SUPPORT WOMEN & GIRLS



- Support women-owned businesses
- Celebrate the success of women
- Advocate for more women in senior leadership positions

EXPAND EQUITY & OPPORTUNITY



- Choose a Fair Trade coffee or tea
- Support small, local businesses
- Advocate for equal pay, safe working conditions, and child labor protections

SHOW UP



- Register to vote
- Join the next climate demonstration
- Support community businesses that are owned by people of color