

# 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