



PERSONAL SUSTAINABILITY GUIDE

Do you want to live more sustainable but are not sure how? I've created a little guide with some ways to reduce your impact on our earth. Pick what suits YOU!

INTERNET BROWSING

Use Ecosia instead of Google and you'll be planting trees without any effort at all!

CLOTHING

Buy second hand (in thrift stores or for example on Vinted) or find a sustainable brand. Check how sustainable the brand you like is at Good On You. Try swapping clothes with friends, going to or organising a clothing swap or join a clothing loop (clothingloop.org!) in your neighbourhood. There are even clothing swap stores (KrijgdeKleertjes). Choose long lasting materials and look for organic cotton.

VOTING

Vote for a party or join an organisation that focusses on sustainability. But remember: you also 'vote with your dollar'.

GIFTS

Buy a gift second hand, give a gift voucher for a sustainable store or organisation or make a donation to a good cause as a present. Feel free to ask your friend what they want so you are getting something that they will actually cherish and use.



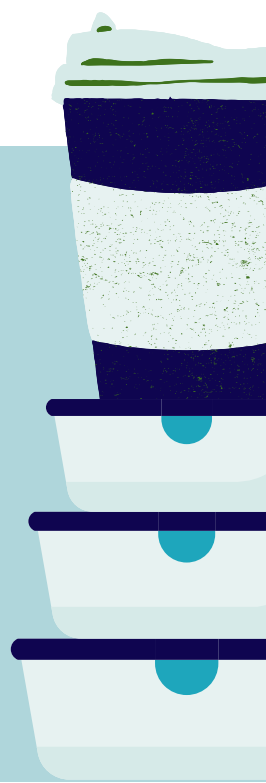
TRANSPORTATION

Avoid flying, especially short flights. Try to use public transportation for longer journeys and cycling or walking for shorter distances. If you do want to drive somewhere, try to carpool (for example via BlaBlaCar or Facebook groups), use a shared car (such as GreenWheels and SnappCar) or park your car at a station and take public transportation to your final destination.



FOOD AND DRINKS

Less meat, more vegetarian or vegan: the more plant-based your diet, the more sustainable. Remember: every little bit helps. Try to waste as little food as possible and maybe save some food that will get thrown out otherwise with TooGoodToGo. Try eating local and seasonal. See if you can get fruit and vegetables from a local farm. You can reduce plastic by picking the options in the supermarket with less plastic, buying at your local market or by ordering at the Dutch online supermarket called PieterPot. Bring your own lunch box, water bottle and coffee mug, there are loads of different ones available so pick what fits your style.



HOUSEHOLD AND HYGIENE

Soap bars are a good alternative for liquid shampoo, conditioner, body wash, body lotion, handsoap, etc. You can also lessen the amount of (plastic) packaging by buying from a brand that offers refills, such as the BodyShop and AlbertHeijn (laundry detergent) or buying concentrated versions which you dilute yourself (cleaning supplies, for example at Action).

Think about switching to toothpaste tablets, using laundry detergent in tissue form, using silicone 'lids' for food leftovers and getting reusable baking paper.

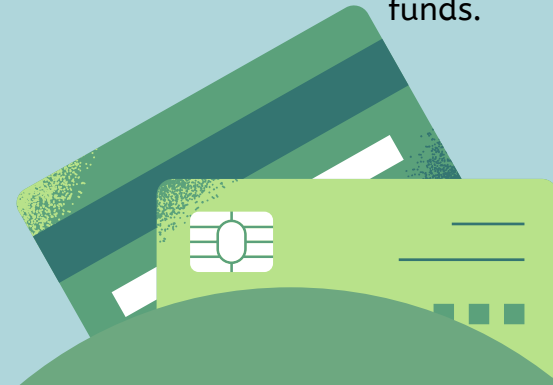
For people who menstruate: try a menstrual cup and/or menstruation underwear.

Try using a wooden toothbrush and dish brush. Avoid using the dryer. Limit shower time. Separate trash. Lower the thermostat and turn off the lights.



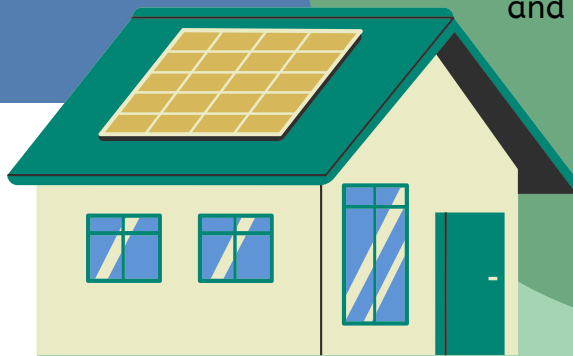
BANKING

Switch to a bank that invests in sustainable causes such as the ASN bank. EerlijkeGeldwijzer (Dutch only) compares banks but also health insurance companies and retirement funds.



WHEN YOU HAVE YOUR OWN PLACE

Try buying your furniture second hand or ask friends and family if they have furniture that you could adopt. Think about getting solar panels, an electric or induction cooktop and if you're thinking about buying a car consider going electric.



TIP

For most things you can buy or do you can find a sustainable alternative, you just have to look for it.

Try platforms like (Facebook) Marketplace and Nextdoor. Lots of people have stuff lying around that they don't use, maybe you can give those things a new home.

DID YOU KNOW?

The production of plastic creates greenhouse gasses, since it is made from fossil fuels (a limited resource).

Plastic doesn't degrade naturally and ends up in landfills, the ocean or other places where it pollutes the environment. The chemicals in plastic are harmful for the environment and animals, including us.



Download this flyer on www.dubuf.info/vera



Not sponsored by any of the brands mentioned! If you have any questions or recommendations, contact vera.du.buf@gmail.com