

NOVEMBER SUSTAINABILITY CHALLENGE

Being a Conscious Consumer

The next 3 weeks we'll focus on how we can be a conscious consumer through our *mind, body, and community*. First, we start with our mind.

CONSIDER THIS

- When you go shopping, be prepared by **bringing your own bags**. Keep a few several places so you always have them with you.
- Let **businesses or city officials know what you'd like to see**. For example, if your favorite restaurant serves everything in styrofoam, ask them to make a change. Or if a place in your city doesn't offer recycling, contact your city to request bins. Your voice matters!
- Shop **local and secondhand** when possible. Remember, it doesn't have to be all or none. Choose something that is doable for you and make a commitment!
- **Think quality**. Look for items that will hold up over time. This can actually save you money in the long run.
- **Combine orders** when shopping online, and combine trips when you're out.
- **Collect clean, dry film plastic (like plastic bags), and recycle** them at Target or some grocery stores. Film plastic is a huge litter problem. It also clogs the equipment at the recycling facility, so it takes special consideration.

CRADLE TO CRADLE

Rather than simply purchasing a product and throwing it away or recycling it, think beyond its time in your hands. Questions to ask:

- **What kind of material is this made from? Is it sustainable?** For example, most plastics are made from oil. Are there other alternatives you can use?
- **Where was this sourced from?** Is it possible to find it locally or use a similar product with less impact?
- **Does this product align with what I value?**
- **Does this product adversely affect the health of the community where it came from?**

WATCH A FILM

Stories are moving and help us see things in new ways. There are numerous films on a range of issues. Here are some suggestions:

- [Kiss the Ground](#) (2020)
- [Eating Animals](#) (2017)
- [Before the Flood](#) (2016)
- [The True Cost](#) (2015)
- [The Cove](#) (2009)

Let us know your recommendations!

HSC SUSTAINABILITY

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