

Change Choices Good, Better, Best

Green shopping



Stepping Up to Sustainability

Stepping Up to Sustainability – how can we live more sustainably and make positive lifestyle choices?

In 2011, WESSA launched the 'Stepping Up to Sustainability' concept. With the support of various partners, USAID and other funders, eleven 'Sustainability Commons' have been established across South Africa.

Each of these 'Sustainability Commons' will practice sustainable living by:

- reducing, sorting and managing waste better,
- installing renewable technologies,
- conserving and teaching about water management, as well as,
- providing experiential courses on biodiversity.

The goal is simple - to put into practice the lifestyle choices we all need to make! These innovative concepts are set to expand as we all 'step up to sustainability' and seek to change our environmental footprints into environmental handprints of practice for a more sustainable future!



Shopping

*Everything we buy affects the
environment ...*

Everything we buy affects the environment, but some choices are better than others.

We can conserve resources, save energy and prevent waste by buying products that:

- are energy efficient
- are used or re-usable
- are made with recycled content or are recyclable
- have no packaging or reduced packaging.

Green shopping mean shopping with the environment in mind – that is, buying products that help conserve natural resources, prevent waste and save energy. Green shopping also means not buying things we do not need.

Did you know?

Laptop computers are more efficient than desktops. Front-loading washing machines use significantly less water than top-loaders.

Did you know?

Every plastic bag saved is worth 62.5kg of carbon!

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Good Change Choices

Green shopping



Buy rechargeable batteries and power tools. Although they may be more expensive when you initially buy them, they definitely last much longer. Recharging your batteries is also the best waste management option.



Take reusable bags to the shops. Each plastic bag is another squirt of crude oil out of the earth.



Buy local. This will help to reduce the carbon footprint of excess transportation.



Buy fresh, loose fruit and vegetables.



Choose eco-friendly biodegradable cleaning products. They have fewer negative impacts on the soil and water systems.



Grass-fed and free range meat products. Sustainable livestock production is critical to the future of grasslands biodiversity and the South African livestock industry. Insist that your meat come from farmers who have good practices in terms of managing the land, use of pesticides and how they deal with predators.

Did you know?

To reduce littering, supermarkets charge for plastic packets. As a result, fewer packets are being asked for meaning less waste and litter in the future.

Did you know?

A third of household's total environmental impact is related to food and drink consumption.

Better Change Choices

Green shopping



If you have babies consider buying washable, reusable nappies: Like plastic bags, nappies take a long time to disintegrate back into the earth. Some say it takes about 300 years! The average baby goes through around 5 000 disposable nappies before it is old enough to go without this! Green shopping starts with baby's needs.



Consider your fuel consumption when shopping. Many consumers think nothing to drive their cars down the road and buy a loaf of bread and then return home. This is a waste! If you want to shop economically, both for the planet and your pocket consider doing a weekly shopping run instead opposed to daily bits and pieces.



Fishy business. Only buy seafood from SASSI's green list. Download the SASSI pocket guide from www.wwf.org.za/sassi or make use of the Sassi FishMS (sms your fish query to 079 499 8795) to find out which seafood is the responsible choice! You can also visit or www.wwfsassi/mobi on your mobile phone.

Did you know?

A substantial amount of household energy consumption and greenhouse pollution can be attributed to white goods (fridges, freezers, washing machines, televisions and clothes dryers).

Best Change Choices



Green shopping



Buy energy-efficient appliances. If you're buying a washing machine, refrigerator, dishwasher or oven, buy the most eco-friendly and energy-efficient model you can afford. They might be a little more expensive but they pay for themselves through lower energy bills. The same is true for office equipment like computers, copiers and printers.



Celebrate "Buy Nothing Day". This is a special day to unshop, unspend and unwind. Relax and do nothing for the economy and for yourself - at least for a single day. Buy Nothing Day is celebrated on the last Saturday in November.



WESSA Share-Net

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For **environmental resources** to support better lifestyle choices, contact WESSA Share-Net, 033-330 3931 ext 124 or 144; e-mail us at sharenet@wessa.co.za or visit our website www.wessa.org.za

Main funding agent of the WESSA 'Stepping Up to Sustainability' project.

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