Consuming Green

Purpose of Activity: To inform residents on how to be greener consumers.

Materials Needed:
- Butcher Paper
- Pages of the information found

Topics to Consider in your Research:
- Source: http://www.whatyoucando.co.uk/lifestyle_sustainable
- Why should I be a green consumer? If everyone consumed the way we do in the US we would need 3 planet earths! Our contribution to climate change doesn’t just come from our travel, our electricity use and our heating. In fact almost everything we do in our lives involves products or services that have consumed energy to be made or transported, thus emitting carbon dioxide and causing climate change. We can have a huge positive impact by aiming to live and consume in a more sustainable way. That’s more we won’t just make a difference by our own lifestyles, but also from the influence we have on others.
- Don’t buy things you don’t really need or want! Most of us have far more “stuff” than we ever need. Every time you buy a product you’re responsible for the emissions due to its manufacture, packaging, and transport. So only buy stuff you really need or will actually use.
- Buy local food to avoid unnecessary “food miles”! When you buy food from overseas, you’re responsible for the food miles incurred by shipping that product to the US. Why not reduce your impact on climate change by buying local produce instead? It tastes better too!
- Buy organic or grow your own! Conventional intensive farming methods use 25-50% more energy than organic farming per unit of product. Buying organic or growing your own significantly reduces your impact on climate change.
- Make an effort to recycle! We live in a throw-away culture, but if packaging, plastic, and other items can be recycled that reduces the energy needed for manufacturers to get the materials to make new items. It saves things ending up in landfills too.
- Re-use rather than throwing away! Every time you throw something away it gets buried in the ground and energy needs to be used to make another one. Save energy by keeping and re-using packages and bags more than once.
- Give unwanted items to charity! If you don’t want something and it can’t be recycled, don’t simply throw it away. If you give it to a charity shop someone else can use it. That saves on unnecessary new products being made and energy wasted. There is even a charity drive at the end of the semester right in your hall!
- Use refill packs! A great way to reduce the packaging for the products you use is to buy refill packs for items like soap. They use less packaging and therefore have lower carbon emissions from manufacturing.
• Buy less packaged food! The more packaging your food has the higher the energy that was required to make it. Try to buy produce and good with less packaging and send a signal to manufacturers that we don’t need that kind of waste.

• Drink tap water instead of bottled water! Tap water is clean, fresh, and free, so why buy expensive bottled water? Energy is consumed for each bottle created, filled, and transported, leading to unnecessary carbon emissions and yet more plastic landfill sites.