

WHERE DOES IT GO WHEN I'M DONE WITH IT?

- Does it naturally recycle?
- Go through a costly recycling process?
- What damage does it do when you are done with it?
Release toxins? Batteries? Bleach?
Micro-fibres from clothes/plastics?
- Does it go to landfill?
Destroy habitat? Release more chemicals during decomposition? Pollute waterways?
- How long does the product take to decompose?
- Have you considered the **WHOLE LIFE CYCLE** of the product you are buying?

THE 6 'R's OF SUSTAINABLE LIVING



Refuse: plastic bags, coffee pods, disposable razors, hand and nappy



Reduce: wipes, disposable chopsticks, packaged food, make up, jeans, phones...



Re-Use: jars, tins, bags, cartons, bottles, boxes, clothes...



Repair: clothes, toys, tools, appliances, equipment.



Re-Purpose: milk cartons, towels, sheets, clothes, packaging.



Recycle: check our resource list!

MORE INFORMATION:

Purchasing power –

7 tips for sustainable shopping:

[medium.com/climate-conscious/sustainable/shopping/b39097192633](https://medium.com/climate-conscious/sustainable-shopping/b39097192633)

www.storyofstuff.org

Erin Rhoads of 'Waste Not' fame's website

www.therogueginger.com

zerowasteaustralia.org

Bulk food/packaging free outlet in Alexandria

www.goodness.com.au

www.zerowasteliving.com.au

Repair and re-use centre

bower.org.au

www.energy.gov.au/households/reducing-waste

www.ted.com/talks/william_mcdonough_cradle_to_cradle_design?language=en#t-668547

www.epa.nsw.gov.au/your-environment/recycling-and-reuse/household-recycling-overview/community-recycling-centres



SUSTAINABLE SHOPPING





SUSTAINABLE SHOPPERS ASK THESE QUESTIONS BEFORE THEY BUY

- Do I really need it? Or how can I consume less
- Can I re-use, re-purpose or repair what I already have?
- Can I make something myself? DIY?
- Can I find a recycled version of the same thing?
- Can I bring my own (container/bottle)?
- Can I make my own? Clothes? Bags? Food?
- Can I buy it second hand? Salvos? Vinnies? From a neighbour? Kerbside shopping?
- Can I buy it locally?
My neighbourhood? My city?
My state? My country?
- Protect the planet with our wallets.
- If we don't buy it, they won't bother making it.

SUSTAINABLE SHOPPERS THEN ASK...

- Where did it come from?
Unethical labour practices?
- Was it made from renewable resources?
- How much water was consumed in its production?
- How much energy?
Made from fossil fuels or renewable energy?
- What damage did it do to
 - » Land
 - » Water
 - » Air
 - » Plants
 - » Animals
 - » Humans?
- How far did it travel to get here?
- What did it take to pack and deliver this product to your store or your door?
- Does the packaging cost more than the product?

WHAT ARE THE COSTS OF USING IT?

- Does it create pollution? CO2, methane, sulphur, micro fibres, noise pollution?
- Does it release toxins?
Paints, bleach, pesticides, chemical body and cleaning products?
- How much water does it use
(Your water bill will give you info about how and when you use water)
- How much energy does it use?
(Energy rating.gov.au – helps calculate your energy bill and helps compare products.)
- What damage does it do to
 - » Land – Pesticides in soil?
 - » Water – chemicals we send down the drain, damaging waterways?
 - » Air – cigarettes? Cars? Jet skis?
 - » All living things – pesticides, herbicides, fungicides?