

OVERCONSUMPTION

Our choices impact the climate

Dive into the connection between overconsumption and climate change



TOGETHER WE CAN MAKE A DIFFERENCE

VISIT OUR
WEBSITE AND
FIND OUT WHAT
ACTIONS YOU
AND YOUR
FRIENDS CAN
TAKE TO
PROMOTE
SUSTAINABILITY
AT YOUR LEVEL



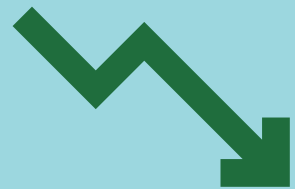


EMBRACE THE 5 Rs

REFUSE



REDUCE



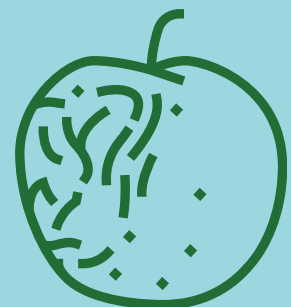
REUSE



RECYCLE



ROT



HOW TO COMPOST IN 5 EASY STEPS

STEP 1

Get a container of 40-60l, with a lid and holes 5 to 10 cm apart in all directions

STEP 2

At the bottom of the container, put twigs that will serve for better air circulation

STEP 3

Then put cardboard and dry leaves (Carbon-rich "brown" material).

STEP 4

Add soil that acts as a natural activator because it contains microorganisms that will stimulate and maintain the decomposition process

STEP 5

Add organic waste (nitrogen-rich "green" material) and mix it with carbon material in proportion

brown:green=2:1

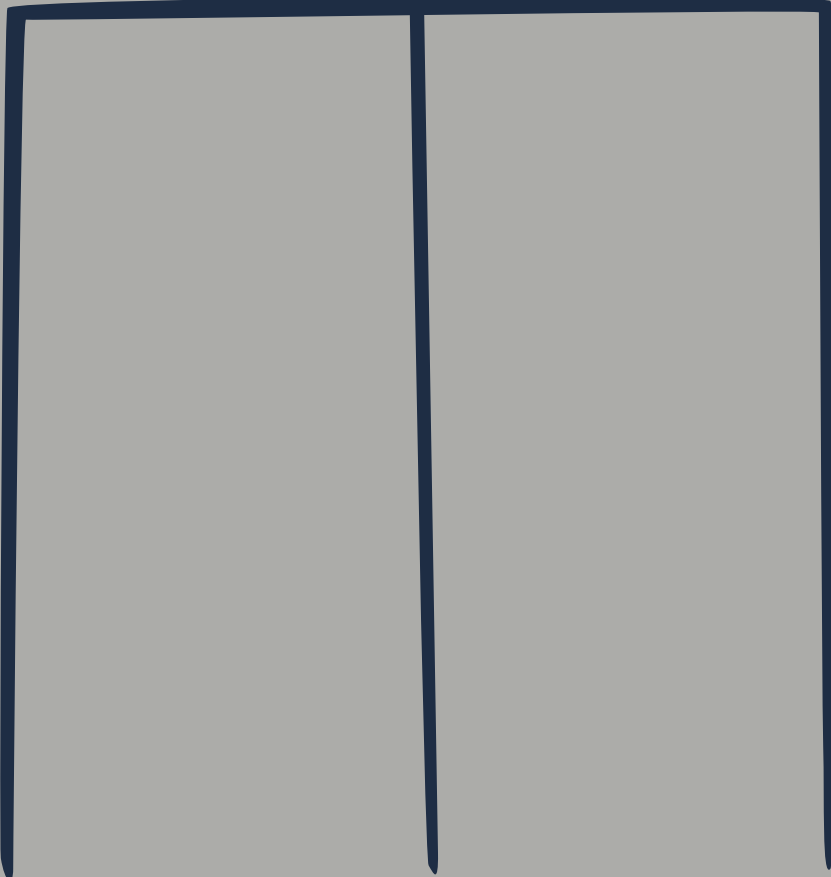
Every 2-4 days, mix the contents





“Take the stairs, skip the lift!”

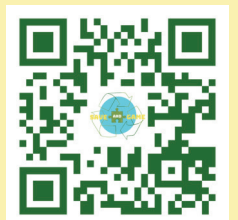
FIND OUT ABOUT MORE SIMPLE ACTIONS YOU AND YOUR FRIENDS CAN TAKE TO LIVE MORE SUSTAINABLY



FORGET STANDBY MODE



**TO SAVE ENERGY
TURN OFF THE RED LIGHTS**





DISCOVER YOUR ECOLOGICAL FOOTPRINT

Take the Test
and play our
games,
and learn how
you can reduce
your carbon
footprint!





CHOOSE REUSABLE
REFUSE SINGLE-USE
MAKE THE SWITCH





HOW TO FIGHT ECO-ANXIETY

**OPEN THE DIALOGUE
AND TALK TO AN
ADULT ABOUT HOW
YOU FEEL**



**TAKE SOME TIME TO
RECONNECT WITH
THE ENVIRONNEMENT**

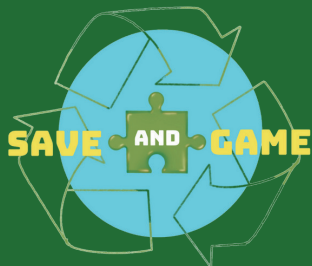
**PARTICIPATE IN
CONCRETE ACTION
(BUT NOT MORE THAN
1 PROJECT AT A TIME)**



Meat consumption is on the rise!



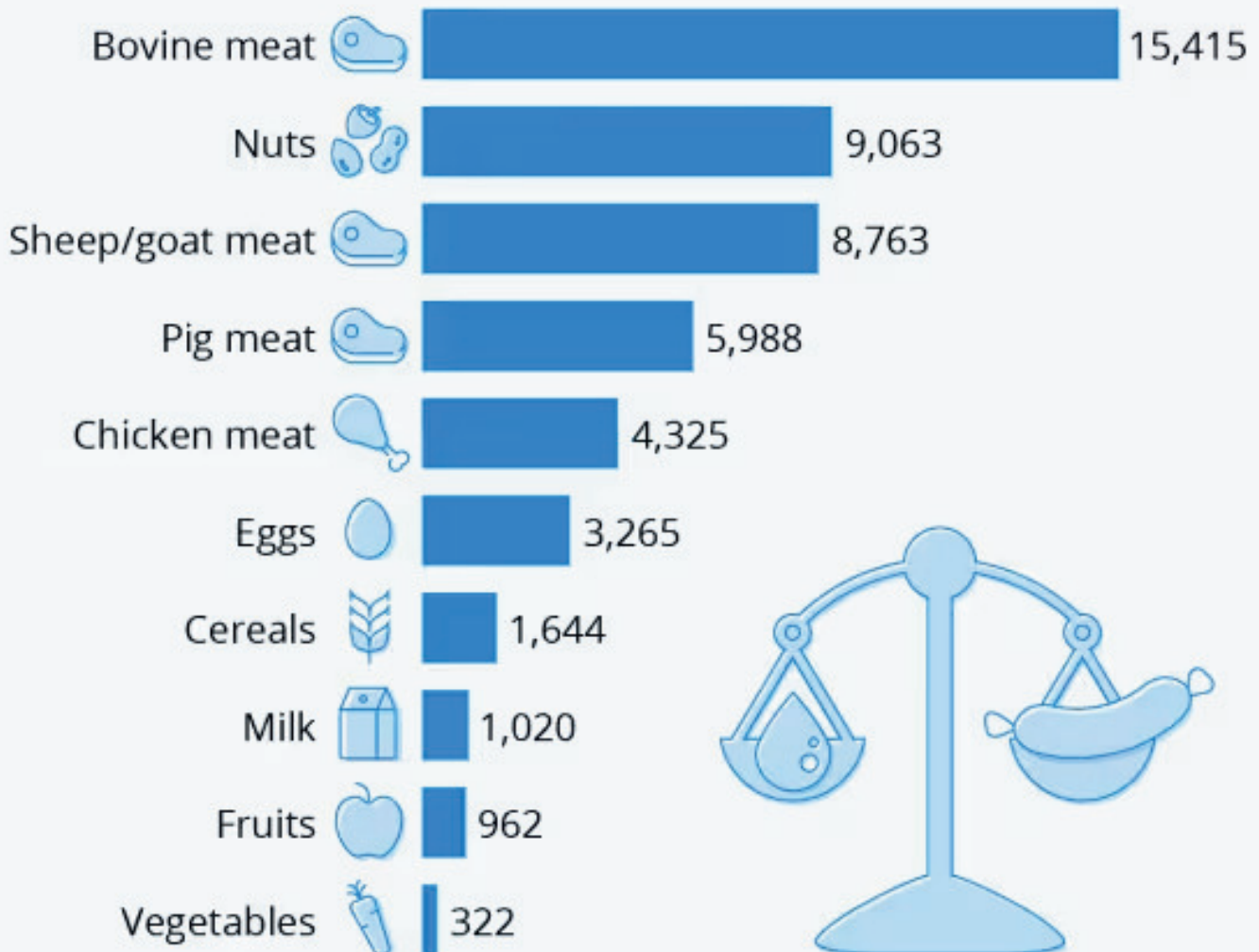
Did you know that we could mitigate climate change and pollution by eating less meat?



It is not so unavoidable to eat meat!

How thirsty is our food?

Liters of water required to produce one kilogram of the following food products*



* Global averages

Source: Water Footprint Network



statista



Being aware
helps us choose!

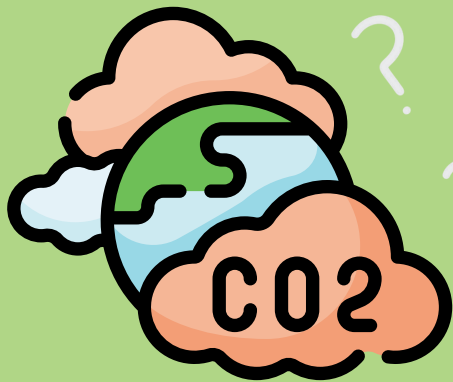


To produce 100 g of meat:

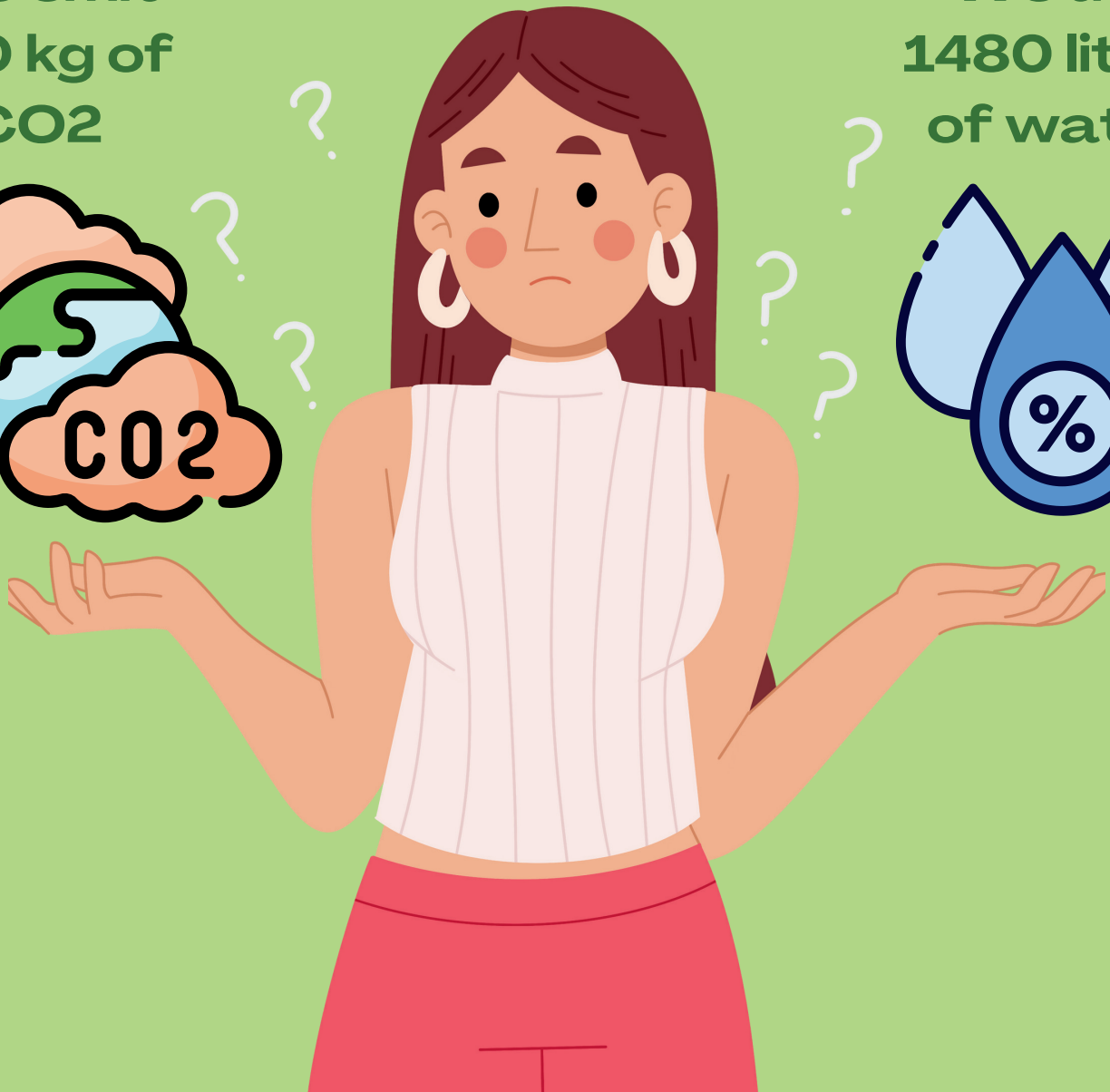
Data from Fridays for Future



We emit
160 kg of
CO₂



We use
1480 litres
of water



Being aware
helps us choose!

