What to post?

Cards to inspire are a great start.
Add your own photos and videos.
Tag your friends!

Did you know?
Global food waste and loss generate 8% of all greenhouse gas emissions.

If everybody cuts meat and dairy from their diet, there could be a 49% reduction in greenhouse gas emissions from food production and a 76% reduction in land used for food production.

EVIDENCE

SINGLE ACTION

MENU OF ACTIONS

Click to access all visual assets on FOOD!
Protein swaps - swap animal protein for plant based protein and share some creative recipes! #ProteinSwaps

Use all your food - share how you compost or make stock from food scraps, seek out 'ugly' fruit and veg, design your meals to use the ENTIRE product! #UseAllYourFood

Link to video, here!

Grow your own - find out where your food comes from, share home/ community gardens and seasonal recipes! #GrowYourOwn

Click here to access our official Instagram! #AnatomyofAction
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Did you know?
E-waste increased by 8% from 2014 to 2016 and was expected to rise by 17 percent by 2021.

Global clothing production has doubled in the past 15 years and 84% of all textile waste is sent to landfills.”

Click to access all visual assets on STUFF!
Ask yourself what you need and buy that will last longer, be used multiple times, and are intended to be in use for as long as possible before being remanufactured or recycled? #BeyondBuying

Buy better clothes, stay away from fast fashion that mass produces at the cost of environmental and human justice #FashionSlowdown

Video, here!

Refuse everyday products which cannot be reused #DitchDisposables

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Did you know?
The risk for cardiovascular diseases is reduced by 16% for people who walk 3 hours per week.

Climate change drives biodiversity loss and private cars are responsible for ~12% GHG emissions and responsible for 73% GHG emissions in the transportation sector alone.

Click to access all visual assets on MOVE!
Why not keep or take up walking and cycling to work and advocate for your government and local businesses to provide more sustainable and safer public transport #KeepActive

Continue or opt for public and shared transport instead of driving, and advocate for more options. #ShareYourRide

Swap to options like electric vehicles, cleaner fuels, and shorter distances to reduce your transport footprint #GoCleaner

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Did you know?
In 2019, the world’s 50 biggest banks provided $2.6tn in loans and other credit to sectors with a high impact on biodiversity, such as forestry and agriculture.

A UNESCO study found that climate and biodiversity loss are the most crucial concerns for peaceful societies this decade and that investment in green solutions is one of the top solutions.

Click to access all visual assets on MONEY!
Swap your financial institutions or services to more sustainable options #Divestment

Use your principles to guide investing and consider socially and environmentally responsible options #EthicalInvesting

Enhance your comfort, save energy and money by adapting your home and your habits to be more efficient #EnergyPositiveHomes

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Did you know?
Tourism alone accounts for about 8% of global greenhouse gases.

Studies show that exposure to nature increases children and youth’s emotional affinity toward nature, ecological beliefs, and willingness to engage in pro-environmental behaviors.

EVIDENCE

SINGLE ACTION

MENU OF ACTIONS

Click to access all visual assets on FUN!
Staying local can reduce your carbon footprint, help local economies, and can be more cost effective. Share what’s local and fun in your area! #EnjoyYourJourney

How do you embrace a life of constant learning, adventure, and curiosity, and keep an open mind? #StayCurious

Do you spend more time and resources on the experiences that add value to your life? #ChooseExperiences

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