

RETHINKING OUR CONSUMER HABITS

Embracing the Sustainability Rs

1

Respect

Acknowledging the consequences of our consumer habits allows us to place greater value on how our choices can contribute to a thriving global ecosystem.

2

Rethink

Society tells us to consume more to satisfy our needs and desires. Rethinking the life that we want is an important step in changing our consumer habits.

3

Refuse/Reduce

This step is all about decreasing the number of things we own and refusing certain items altogether, ultimately reducing the emissions linked to the manufacturing, transport, and disposal of our personal objects.

4

Reuse/Repair/Repurpose

Finding a new purpose for an object and repairing an object before buying a new one is both kinder to the planet and cost-effective. Aim to use objects for as long as you can before disposing of them.

5

Recycle

The way we dispose of an object is an essential part of its life cycle. By ensuring that the materials are being recycled responsibly, we are minimizing the environmental footprint of our consumption.

