



**A DIGITAL
GREEN GUIDE
FOR SUSTAINABLE
LIVING**



PLANT TREES



AND PROTECT GREEN SPACES

WHY IT MATTERS

- ♥ TREES CLEAN THE AIR
- ♥ THEY HELP FIGHT CLIMATE CHANGE
- ♥ THEY PROVIDE HOMES FOR ANIMALS
- ♥ GREEN SPACES IMPROVE OUR WELL-BEING

TREES GIVE US CLEAN AIR, SHADE, FOOD AND A BETTER FUTURE. ♥



A GREENER PLANET IS A HAPPIER PLANET! ♥

WHAT CAN YOU DO?

- ★ PLANT A TREE
- ★ TAKE CARE OF PARKS AND GARDENS
- ★ DON'T LITTER
- ★ RESPECT NATURE
- ★ ENCOURAGE OTHERS!



PLANT TODAY, FOR A BETTER TOMORROW.

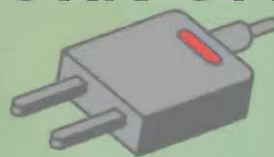
LOVE NATURE, PROTECT LIFE ♥



REDUCE ENERGY CONSUMPTION



TURN OFF UNUSED DEVICES



USE HOUSEHOLD APPLIANCES IN ECONOMY MODES



SWITCH TO LED BULBS

TURN OFF STANDBY MODE IN DEVICES



WHY?

Lower energy consumption means less coal burned, cleaner air without smog and real protection of our planet's climate.

DON'T WASTE

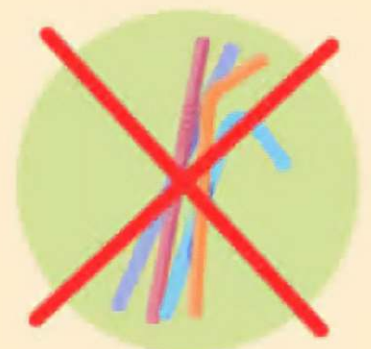
USE REUSABLE PRODUCTS

Instead of buying a plastic bag everytime you go shopping you can buy yourself a comfortable, reusable bag that could also suit your style!



Instead of using plastic cup you can bring your own reusable cup, it will save both your money and enviroment.

You don't really have to use straw while drinking. It's unnecessary and has harmful impact on the enviroment and marine ecosystem.



Conserve Water




MARCH 22
World Water Day

how to conserve water

- fix your leaking
- short your shower
- optimize outdoor watering

small effort big results

why is it so important

- Hydration: It keeps the body hydrated and maintains the correct fluid balance.
 - Nutrient Transport: It helps carry oxygen and essential nutrients to the cells.
 - Detoxification: It flushes out waste products and toxins from the body.
 - Temperature Regulation: It regulates body temperature, especially during physical activity.
 - Joint Protection: It acts as a natural lubricant for the joints and tissues.
- 



BUY FROM SUSTAINABLE COMPANIES



Buying from sustainable companies helps protect the environment and supports workers' rights.



ECO-FRIENDLY

PACKAGING

Sustainable companies use recyclable or biodegradable packaging. Less waste means less pollution.

FAIR LABOUR PRACTICES

Workers deserve safe conditions, fair wages and respect. No exploitation.



WHAT YOU CAN DO

- Choose sustainable brands
- Avoid overconsumption
 - Reuse and recycle
- Support fair trade products

ETHICAL SOURCING

Products are made with respect for people and the environment. Materials are obtained responsibly.



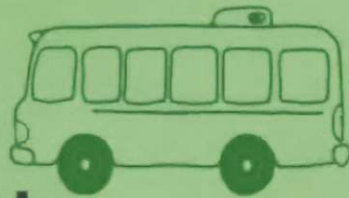
FAIR TRADE

Fair trade helps producers receive fair payment for their work and supports local communities.

SMALL CHOICES, BIG IMPACT

**Tips for sustainable
future: use public
transport, walk or
cycle**

one bus can
replace several
cars on the road



walk short
distances instead
of using a car

ride a bike to school
or work to reduce
greenhouse gas
emissions



SMALL CHANGES = BIG RESULTS



01.

support your local farmer - more economical and healthier



02.

use leftovers creatively - makes better use of resources



05.

buy only what you need - helps reduce unnecessary waste



04.

storing food properly - keeps food fresh longer and prevents food waste

03.

reducing food waste - reduces greenhouse gas emissions



FOOD CONSUMERISM

Less waste,
better future.

