



OUR GREEN VADEMECUM

Simple habits for a better future



REDUCE PLASTIC USE

- Bring your own bag
 - Avoid single use plastic
 - Use reusable bottles
- Follow the 3Rs:
Reuse items, Reduce unnecessary, Recycle materials

At home

- Use low-energy light bulbs
- Opt for durable, refillable or rechargeable products
- Reuse and repair as much as possible
- Turn off lights when not needed
 - Unplug electronics

At school

- Use rechargeable stationery
 - Fight paper waste
- Separate waste correctly



Shopping

- Choose products with eco-labels
 - Choose products with less packaging and avoid single-use products
- Buy only what you really need and avoid waste



Encourage the others to care!

Spread awareness, share information and be a good example yourself!

