

STEPS TOWARDS A SMALLER FOOTPRINT LIFESTYLE			
I start to have a meat-free day once week and try some <u>new vegetarian recipes</u> .	<u>I switch to super energy efficient LED lightbulbs.</u>	<u>I ride social – I prefer public transport to using my solo car.</u>	I have at least one candlelit, no-cook dinner a week (salads, raw meals, no-bake cakes)
I switch off/unplug machines in standby mode (TV, PC, laptop etc.) and mobile phone chargers not in use.	I do not use the microwave, sandwich maker and coffee-maker once a week (note for coffee lovers: make a big portion of coffee and keep it in a thermos)	I prefer buying locally grown / seasonal/ organic food.	I learn more about small footprint lifestyle and I complete a <u>DIY household energy audit</u> about my household.
<u>I take on food waste.</u>	I take on one or two car-free days; I take a walk/bicycle on shorter trips and use public transport when travelling farther.	<u>I reach out to my city leaders and/or join a local action</u> (community garden, green club, energynighbourhood, etc.)	I have a gadget-free weekend once a month, setting aside consumer electronics, including mobile phones.
I take a shower for three minutes only. Extra pledge: I reuse bath water (e.g. for mopping)	I do not use TV/computer/tablet/mobile phone 2-3 times a week after school/work. Instead, I read, play outdoors or boardgames, etc.	I monitor my energy consumption by regularly reading meters.	I check out and undertake an energy efficiency investment, e.g. DIY insulation for doors and windows, solar collectors, solar cells, insulation etc.
<u>I check out our national footprint</u> and sign up for the Green-go short film contest to inform others as well.	If in need of inspiration I read about successful <u>community projects.</u>	<u>I calculate my own Earth Overshoot Day</u> and become a Footprint Champion.	I find new pledges and tips for living a smaller footprint lifestyle.