

## STEPS TOWARDS A SMALLER FOOTPRINT LIFESTYLE

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