

# Get involved!

## Instructions for everyday life in a changing climate

Climate changes can be tackled by changing your daily habits and making simple decisions.

We challenge you to eco-upgrade yourself!

Preserve the earth's precious natural resources

✓ Choose **at least 5** of the actions below and stick to them!

**Energy efficient is best.**

**Don't waste water.**

**Keep soils and water clean.**

**Buy organic.**

**Diversify your diet.**

**Use solar panels or other green energy systems.**

**Keep fish populations afloat.**

Waste less

**Recycle paper, plastic, glass and aluminium.**

**Love your leftovers.**

**Pick ugly fruit and vegetables.**

**Make plant food.**

**Limit your plastic.**

**Don't make labels fool you.**

**Store food wisely.**

**Buy only what you need.**

Other ways to be climate smart

**Keep up to date on climate change.**

**Shop local. Shop 0 km.**

**Be an Eco-traveler.** (Avoid air travel if you can.)

**Be rubbish-savvy.**

**Protect forests and save paper.**

**Bike, walk or use public transport.**

**Promote eco babies.** (Use cloth diapers and environmentally responsible brands.)

**Be an advocate!** (Make yourself heard!)

**Make cities greener.**

**Be a conscientious consumer.**

**Pass it on.** (What clothes, toys or books you can pass on to others?)

Tell us about your actions by using **#WFD2016** on social networks!

Source:



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