

# 52 GREEN TIPS

for 52 Green Weeks



*#together4betterenvironment*



**ENVIRONMENTAL**  
INFORMATION AND EDUCATION  
CENTRE

The environment affects each of us. The quality of the air or water directly impacts our health. Climate change due to high CO<sub>2</sub> emissions is impacting farming, causing natural disasters, and forcing us to change our ways of life.

The EU is responding to this challenge by making environment one of its key priorities at home and globally. But to have an impact we all need to act together on our own level.

Therefore, for this World Environment Day we are proposing 52 tips that you can follow be greener, cleaner, smarter, healthier, more cost-efficient and eco-friendly:

- AT HOME
- IN OFFICE
- WHILE SHOPPING
- AT HOLIDAY AND LEISURE *and many more...*

**TOGETHER FOR BETTER ENVIRONMENT  
EACH INPUT MATTERS  
ATTITUDE CREATES THE FUTURE!**



# SHOP SMART AND ENVIRONMENTALLY FRIENDLY





## WEEK 1

### *Use reusable shopping bag*

Carry a reusable bag - even single use bio-degradable and paper bags still mean extra use of natural resources.



## WEEK 2

### *Buy wisely*

Plan ahead, make lists to avoid impulsive buying and purchase only what you can consume. If possible, freeze the products that are starting to go bad to use them later.

**30-40%** of the food supply is wasted annually and a significant share of greenhouse emissions is caused by these losses.



## WEEK 3

### *Go for organic food*

Besides consuming less energy and emitting less greenhouse gases, every hectare of organic agriculture absorbs 1.5 tonne of CO<sub>2</sub>. According to FAO (Food and Agriculture Organization), “working with natural processes increases cost-effectiveness and resilience of agro-ecosystems to climatic stress”.



## WEEK 4

### *Buy local products*

Short distance between producers and consumers requires less transportation, less packaging and chemical treatment - all of this is good for the environment.



## WEEK 5

### *Buy fresh food*

Not only do fresh foods require lower energy consumption, the more a food product is processed, aromatised, coloured or irradiated the less healthy it is for you!



## WEEK 6

*Opt for loose-leaf tea*

Tea bags are made with plastic!



## WEEK 7

### *Choose seasonal foods which cost less, also for the environment*

Seasonal fruit and vegetables grow in natural atmospheric conditions, they need less chemical treatments, waste less energy, taste better, are rich in nutrients and have less impact on the environment.



## WEEK 8

### *Choose the right packaging*

Wrappers and packaging material have a significant environmental impact and contain chemicals that can potentially affect foods.

When packaging is necessary, especially in the time of COVID-19, choose products in a reusable or recyclable one (for example, paper packaging).

If reasonable, avoid packaging altogether: this will help caring about the environment and reduce your costs - around **16%** of the amount paid for the product is the cost of packaging, which eventually goes to landfills.





## WEEK 9

### *Adopt plant-based diets*

To help reduce the devastating effects of climate change, the United Nations recommends to reduce meat consumption and adopt plant-based diets.



# SHOP FOR ENVIRONMENTALLY FRIENDLY ITEMS



## WEEK 10

### *Use non-polluting household products*

Chemicals such as detergents, preservatives, or foaming agents are the ones that cause the most harm to nature. Switch to products that contain sustainably grown or raised ingredients that do not deplete the ecosystem, nor harm it when expelled back out.



## WEEK 11

*Look for beauty products with clean ingredients*

that are better for both your health and the health of the planet



## WEEK 12

### *Use mineral sun cream*

Most sun creams contain chemical UV filters, when they end up in the sea, lakes and rivers, they can disrupt the hormonal balance of animals and humans.

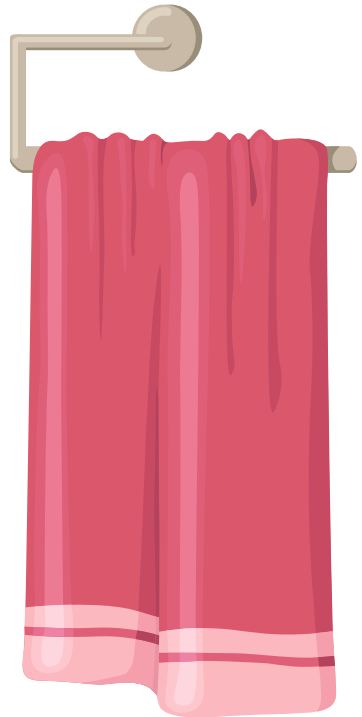
Check the label to see!



WEEK 13

*Replace paper towels and napkins*

with fabric ones



## WEEK 14

*Don't use single-use plastic*

(cups, plates, cotton buds, etc.)



# MAKE YOUR OFFICE GREENER



52 Tips for 52 Green Weeks



## WEEK 15

### *Print wisely*

Use double-sided printing, adjust your margins and use a smaller font size. These changes will reduce the amount of paper that is used during printing.



## WEEK 16

### *Use recycled paper*

Recycling 1 ton of paper saves more than 2,500 litres of oil, 26,500 litres of water and 17 trees.



## WEEK 17

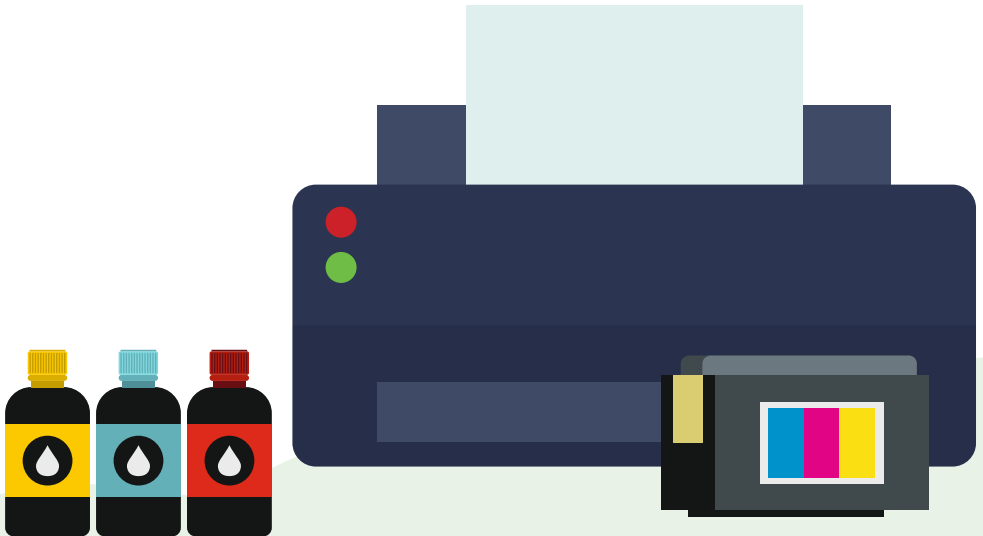
*Store your documents in specific folders on your computer external drive or cloud, instead of printing and filing them.*



## WEEK 18

### *Recharge your printer cartridges instead of buying new ones*

Printer cartridges contribute metal and plastic to landfills.  
By reusing them you reduce your environmental footprint.



## WEEK 19

*Add small pot plants*

to your workspace



## WEEK 20

*Use glass water bottle and cups*

at your office



## WEEK 21

*Reuse the boxes from printer paper where possible,*  
for example for filing



## WEEK 22

*Use your phone, tablet or computer for note-taking*





**SAVE ENERGY!**

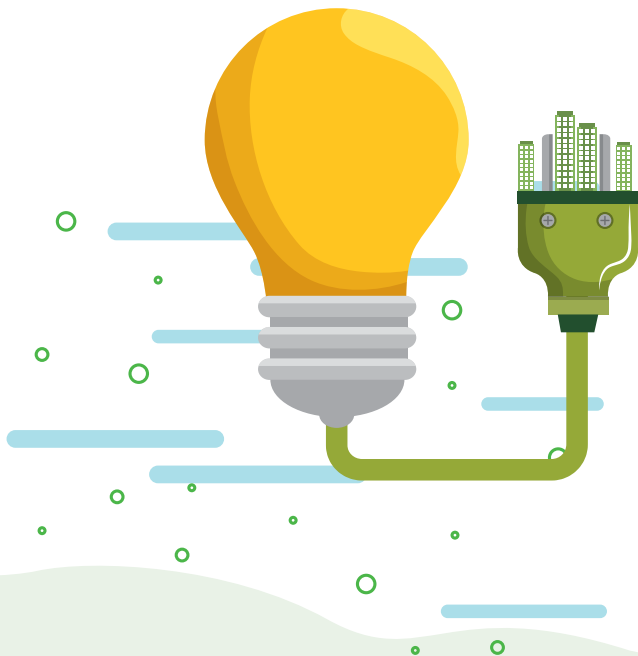


**52 Tips for 52 Green Weeks**

## WEEK 23

### *Use energy-saving light bulbs*

they use less energy and last longer, two wins in one!



## WEEK 24

### *Buy energy-efficient technology and appliances*

check the labels!



## WEEK 25

*Turn off devices and electronics when not in use, especially at night or when you are away for longer periods, including Wi-Fi box*

typical electric appliance uses **9-16%** of power in standby mode.



## WEEK 26

*Open windows to let in fresh air instead of using the air conditioner, whenever possible*



## WEEK 27

*Open up your curtains and use as much natural light as possible before switching on your light bulbs*



# MAKE YOUR HOME MORE ENVIRONMENTALLY FRIENDLY



52 Tips for 52 Green Weeks

## WEEK 28

*Try to reduce your consumption and reuse what you buy as much as possible*

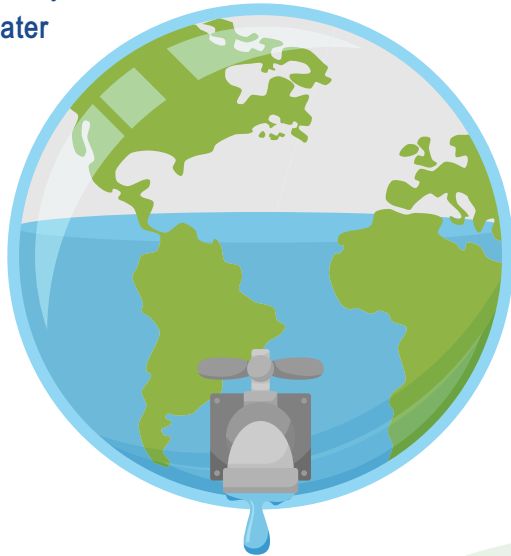




## WEEK 29

### *Don't leave taps running*

Turn off the faucet as you are brushing your teeth, don't turn your shower on until you're ready to get in, limit your water usage as you wash dishes.



## WEEK 30

### *Use rechargeable batteries*

When taken to landfills, most batteries can release harmful metals such as mercury, lead and cadmium into the environment.

Rechargeable batteries can be recharged and reused numerous times, they contribute less waste to landfills.



WEEK 31

*Store food and other products in containers rather than foil and plastic wrap*



## WEEK 32

*Pay all your bills online*



## WEEK 33

*Don't take receipt from ATM,  
unless you really need it*



## WEEK 34

*If you have a garden, compost organics*

Making compost for the garden is an easy way to add nutrients to the soil while also reducing the household waste.



## WEEK 35

### *Don't use chemicals in the garden*

As they will eventually end up in the water systems and can upset the balance of lifecycles.



## WEEK 36

### *Wash warm or cold*

Instead of using hot water in your washing machine, use cold or warm water. It saves a lot of energy, besides your clothes will last you longer.





## WEEK 37

*Use the dishwasher or washing machine only when there are fully load*

This will help reduce water and energy use.



# **SPEND YOUR FREE TIME WHILE CARING ABOUT THE ENVIRONMENT**



**52 Tips for 52 Green Weeks**

## WEEK 38

*Read magazines, newspapers and other publications online instead of buying print editions*



## WEEK 39

### *Reuse paper instead of throwing it away where possible*

For example, unwanted paper or magazines can be used by kids for scrapbooking and other artistic endeavors.



## WEEK 40

### *Stop Using Single - Use Plastic Straws*

There are over 8.3 billion tonnes of plastic in the world, and the vast majority do not enter the recycling process.

Straws can take up to **200** years to decompose.



## WEEK 41

### *Use an e-book*

it will help use less natural resources, e-readers will also take up less room in your house and your books will always be saved and easily accessible from your device.



## WEEK 42

*Walk or ride a bicycle or an e-scooter where possible*



## WEEK 43

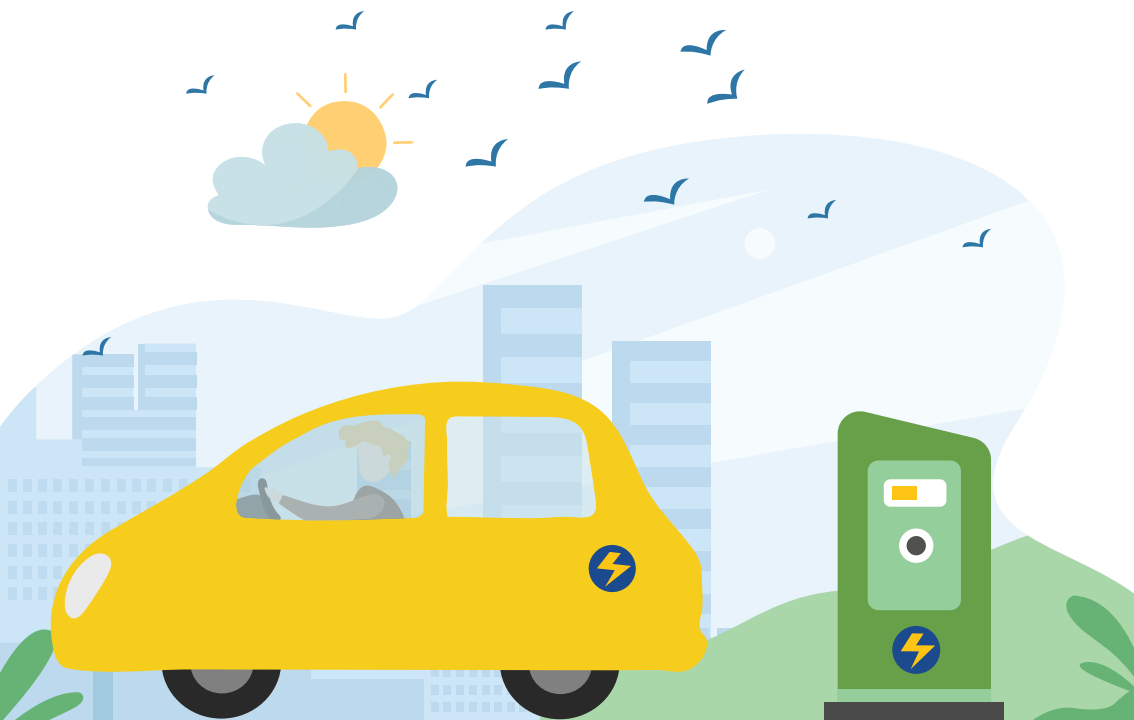
*Use public transport if a bike or walking does not work for you*





## WEEK 44

*If you need a car, rent (or buy) a hybrid or electric car*



## WEEK 45

*Carry your own reusable water bottle or coffee cup when going out*

Clean and refill it at home, and avoid contributing to the waste caused by plastic water bottles.



*#together4betterenvironment*

# KNOW HOW TO CARE ABOUT NATURE



52 Tips for 52 Green Weeks

## WEEK 46

### *Don't litter*

Approximate amount of time needed for waste to decompose in the environment:

Cigarette Butt: 5 - 10 Years

Aluminum Can: 200 - 500 Years

Plastic Bottle: 450 Years

Plastic Bag: 200 - 1000 Years



## WEEK 47

### *Plant a tree*

Green spaces, such as parks and urban forests, can have a number of health benefits: for example, trees and other vegetation in urban environments can help reduce the health problems caused by air pollution.



## WEEK 48

### *Care about biodiversity*

Biodiversity is the variety of life on Earth. This web of living things including plants and animals is the heart of nature, cleaning the water we drink, pollinating our crops, purifying the air we breathe, regulating the climate, keeping our soils fertile, providing us with medicine.



# MAKE YOUR WARDROBE MORE ENVIRONMENTALLY FRIENDLY



52 Tips for 52 Green Weeks

## WEEK 49

### *Donate/sell/recycle old clothes and other times*

revise your wardrobe, household items, books, etc. Sort them and donate or sell them so they can be reused. The less we consume, the less everyone needs to produce.





## WEEK 50

### *Avoid chemical dry-cleaning*

some dry cleaning chemicals may contain hazardous substances. Check whether your dry cleaner uses a green approach or avoid buying clothes that require dry cleaning to minimize the environmental impact.



## WEEK 51

*Check labels on the clothes before buying*

and support fashion brands that are ethical and environmentally conscious.



## **AND THE LAST TIP**



## WEEK 52

### *Share the Knowledge!*



Often, when people are damaging the environment, it is because they don't have the facts, or haven't considered a particular course of action. Share this list with your friends – if each of them takes on board just one point, the effect could be immense.