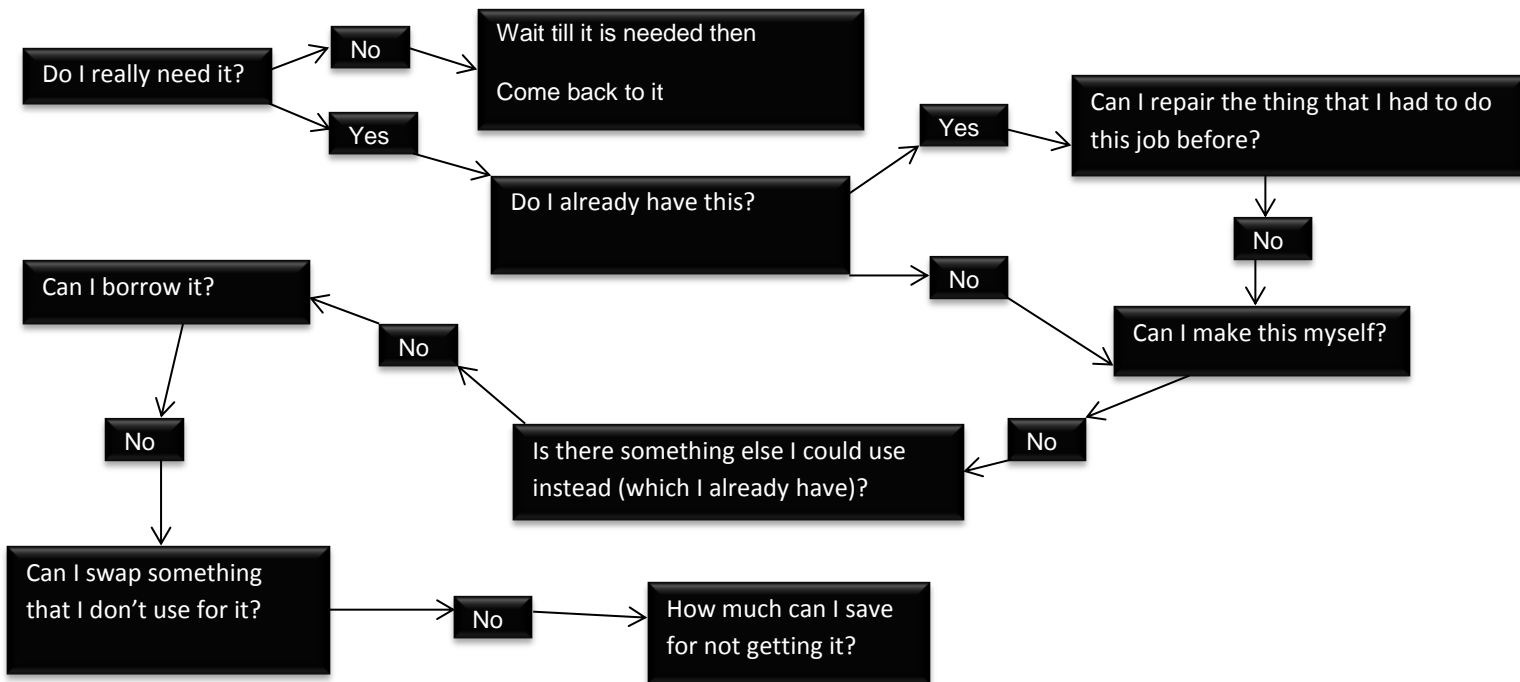


## Reducing Consumer Consumption

Everything we buy has CO2 emissions hidden in it: where the materials were created or grown, transported, put together, packaged. How the item was then transported, sold and reached their final destination. In most cases these stages would involve a plentiful supply of fossil fuels for machinery, heating, lighting, transport, plastic, paint, dyes etc. The CO2 emissions just keep stacking up! In comparison a second hand item has none of the emissions associated with its manufacture, global transport or packaging; a huge reduction in carbon emissions.

So here's the challenge: every time you think you need to go and buy something STOP and go through the questions below and see if you can reduce your consumer consumption, reduce your CO2 and financial outgoings.

Things to think about to reduce your co2 emissions and the money that you spend:



If I really must have this:

- Can I buy it second-hand?
- Can I buy something recycled or refurbished?
- Can I buy something that is made locally?
- Can I buy something locally and that also has a AAA rating?
- Can I buy something locally and that was made in this country?
- Can I buy something that has the least amount of packaging possible?
- Can I buy something that is ship freighted not air freighted?
- Can I buy the best quality that I can afford so that it will last longer?