



# ROADMAP TO SUSTAINABLE ACTIONS



*Project — 2025-1-IS01-KA220-ADU-000354120*  
*Project title — Roadmap to sustainable living*



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# Project partners



## Háskólafélag Suðurlands, Iceland

The University Centre of South Iceland (Háskólafélag Suðurlands), based in Selfoss, Iceland, takes the initiative to increase the quality of life in the South by bringing education, research and innovation closer to the region, in collaboration with the community.



## Inštitut Središče zagovorništva, Slovenia

Advocacy Hub (Inštitut Središče zagovorništva), based in Ljubljana, Slovenia, operates nationwide with a focus on internationalization. Its primary mission is to research, innovate, and educate in the field of human rights, promoting their responsible practice toward fellow citizens and the environment.



**Džedajski Pokret**

## Džedajski pokret, Serbia

Jedi Movement (Džedajski pokret) is a Serbian NGO that fosters collaborative communities that prioritize sustainable development, environmental conservation, and improved quality of life. We promote creative expression, healthy lifestyles, and actions that shape cities and villages to meet the needs of their residents responsibly.

This publication is the result of joint research and collection efforts by the project partners.

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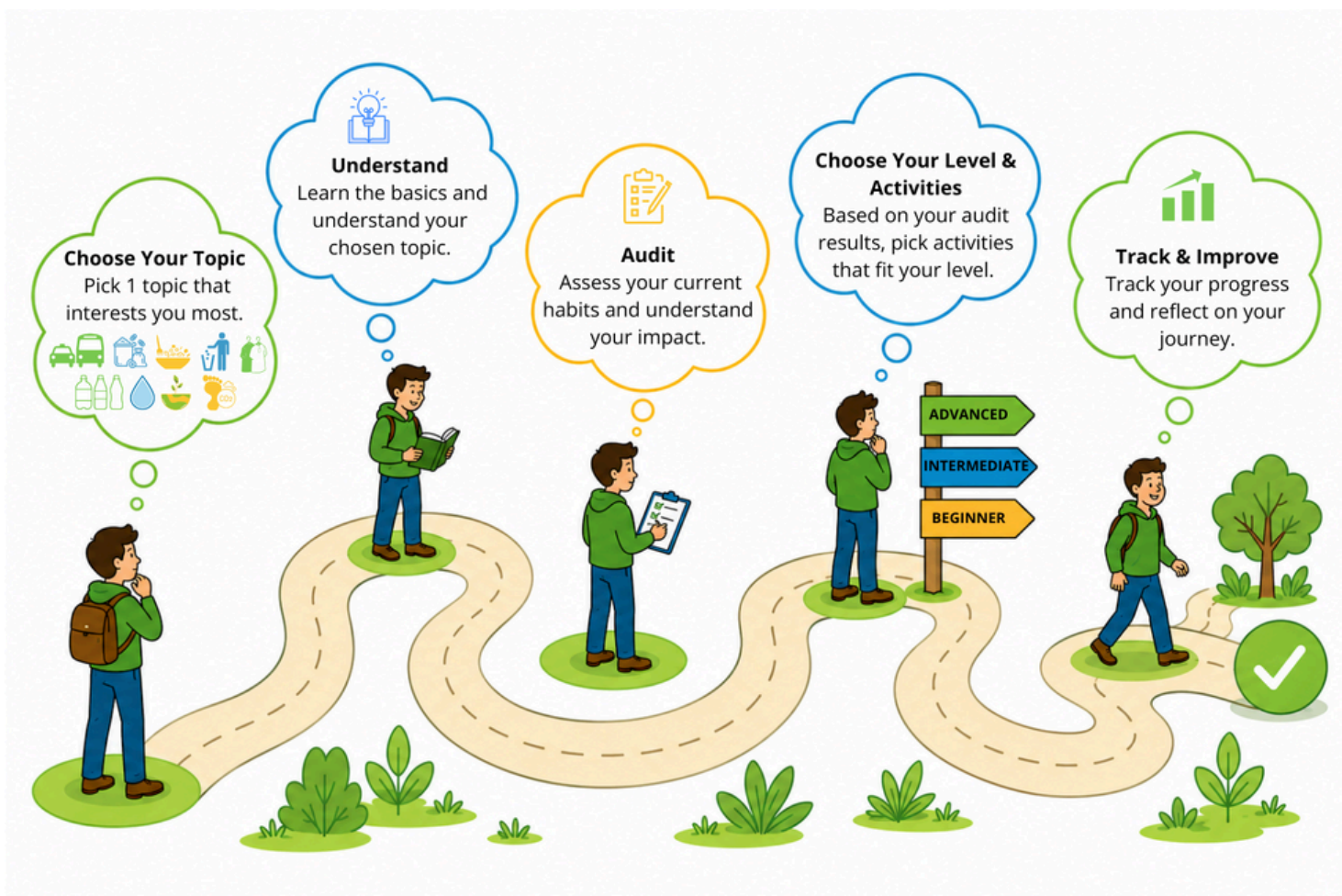
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# BEFORE YOU START: How to use this Roadmap

You do not need to read the entire roadmap from beginning to end. The roadmap is organised into **nine thematic areas**, and you can choose to explore only the topics that are most relevant or interesting to you. We recommend starting with the **“Understand”** section to explore the basics of sustainability, then completing the self-assessment audit to better understand your current habits and needs. After that, you can select activities based on your level—**Beginner, Intermediate, or Advanced**—and progress at your own pace. The roadmap is designed to be flexible, practical, and easy to navigate, allowing you to **create your own sustainability journey according to your interests, lifestyle, and goals**.



# INTRODUCTION



**The Roadmap to Sustainable Living (RSL)** is an Erasmus+ adult education project designed to support you in taking practical, everyday steps toward a more sustainable lifestyle. Funded by the European Union under the Erasmus+ programme (project number: 2025-1-IS01-KA220-ADU-000354120), the project runs from 1 September 2025 to 28 February 2027.

It is coordinated by **Háskólafélag Suðurlands ehf. (Iceland)**, in partnership with **Inštitut Središče zagovorništva (Slovenia)** and **Jedi Movement (Serbia)**. The project primarily targets adults with fewer opportunities, as well as organisations and educators working with these groups.

**The Roadmap document**, as a key project output, translates complex sustainability concepts into clear, achievable steps using an inclusive, user-centred approach, supporting small but meaningful actions that contribute to long-term behavioural change, community resilience, and environmental sustainability.

The Roadmap focuses on key **everyday sustainability topics**, including transport, waste management, food consumption, purchase and food waste, clothing and fast fashion, plastic pollution, water usage, import of goods vs country-grown goods and carbon footprint.

This roadmap is designed to be practical. **You do not need to read the entire document. Start with one topic that fits your life right now** (for example clothing and fast fashion or waste management), try a few actions, and build from there.

## Why this Roadmap?

Sustainable living often seems complicated, abstract, or difficult to start. You may want to make positive changes but feel unsure about **where to start, what actions matter most, or how to fit sustainability into your daily routine**. This roadmap was created to help you understand **what you can do today** to make your life and your community more sustainable.

The purpose of this roadmap is to:

- understand sustainability in a clear and accessible way,
- apply practical actions in your everyday life,
- recognise how your daily choices affect the environment,
- follow step-by-step guidance that makes change easier,
- learn from good practices shared by partners in Serbia, Slovenia, and Iceland,
- build long-lasting habits rather than short-term experiments.

The roadmap is built around everyday topics—transport, waste, food, water, plastics, clothing, local goods—and shows how these areas are connected. You do not need previous knowledge. **Even small steps can lead to meaningful improvements for your home, workplace, and community.**

**Sustainability is not about perfection.** It is about **choosing better options where possible** and understanding that individual actions, when repeated over time, create positive impact.

*Whether your goal is to save money, reduce waste, live healthier, or protect the environment, this roadmap is here to support your journey in a friendly and practical way.*

## Who is this Roadmap for?

This roadmap is created for all adults, regardless of their previous knowledge, lifestyle, background and status. It can be used in many different settings:



→ **Individuals**

If you want to better understand sustainability and introduce positive changes into your daily routines, whether at home, on your way to work, while shopping, or during leisure time, this Roadmap is for you.



→ **Families and households**

If you want to introduce simple, healthy, and low-impact habits that both children and adults can practice together, this Roadmap offers accessible ideas for everyday life.



→ **Schools and adult education centres**

If you are a teacher, trainer, or educator, you can use this Roadmap as a clear and practical resource for workshops, lessons, or community-based learning activities.



→ **Organisations and workplaces**

If your team wants to reduce waste, energy use, commuting impact, or promote sustainability within workplace culture, this Roadmap provides practical guidance.



→ **Local communities and associations**

If you are involved in municipal initiatives, environmental groups, community gardens, neighbourhood associations, or local activities, you can use this Roadmap to support collective action.

Because the Roadmap is easy to navigate, you can focus only on the topics that match your needs and interests. You are encouraged to **start small**, learn at your own pace, build healthier habits, and contribute to a **more sustainable future**.

# METHODOLOGY AND TOOLS



The roadmap follows a **participatory, step-by-step and learning-oriented approach**. It combines **self-reflection, practical actions and real-life examples** to support long-term behaviour change. It is designed to be **easy to use, motivating and accessible** for adults with different backgrounds, time limits and learning styles. You do not need prior knowledge, special tools or a lot of time to get started.

The goal is simple: **to help you take small, realistic actions that improve everyday life, for the environment, health, finances and time**. Every topic in the roadmap follows the **same clear structure**, so users always know where they are and what to do next. The focus is on **everyday life**, not on theory.

Each topic includes the following parts:

- **Understand** – helps you see the topic in everyday life and why it matters.
- **Audit** – a short self-assessment to reflect on your current habits.
- **Act** – practical actions at three levels (Beginner, Intermediate, Advanced).
- **Best practices** – short real-life examples.
- **SDG connections** – a brief link to relevant Sustainable Development Goals.
- **Track & Improve** – simple tools to follow progress over time.
- **Reflection questions** – short questions to support learning and discussion.
- **Motivational quote** – one encouraging message to close the topic.

This standard format helps you focus on **action and learning by doing**, and makes it easy to move between topics without feeling lost or overwhelmed.

## UNDERSTAND

This section helps you quickly understand the topic and feel motivated to start. It focuses on why the topic matters in your everyday life, even if sustainability is not your main interest.

Each topic's Understand section includes:

→ A short **introduction** explaining what the topic is and where it appears in your daily life

→ **Did you know?** – a few simple facts to create a quick aha moment and make the topic real.

→ **Why should you care?** – practical, human reasons such as saving money, time, effort and improving comfort or health.

→ **What's the wider impact?** – a short explanation of how one habit often affects more than one area, for example:

- saving food also saves money and reduces waste,
- choosing reusables reduces plastic and waste,
- walking improves health and lowers emissions.

→ **Connections to other topics** – a reminder that habits are linked, helping you make smarter choices across the roadmap.

**The purpose is not perfection, but progress.** Small steps, repeated over time, really do add up.

## AUDIT

The Audit is a short self-check that helps you understand your starting point. There are no right or wrong answers. This is not a test, it's simply a way to pause and see where you are today. Think of it like checking a map before starting a journey.

How it works?

→ You will see **one table with up to 8 simple statements** related to the topic.

→ For each statement, choose how often it fits you:

**Never / Rarely / Sometimes / Often / Always** (0–4 points).

→ Answer honestly, based on your everyday life, not on what you think you should do.

→ Your total score helps you choose where to start in the ACT section.

Your result – where are you now?

### Start

You are just beginning. This topic is new for you, and there is lots of room to improve.

→ Start with **Beginner actions**.

### On track

You already have some good habits, but they are not consistent yet.

→ Focus on **Intermediate actions** and strengthen routines.

### Going strong

You already have strong habits in this area.

→ Try **Advanced actions** to fine-tune and possibly inspire others.

## ACT

ACT is where change happens. This section turns the topic into simple actions **you can actually try**. You don't need to do everything — choose a few steps that feel realistic, test them for 1–2 weeks, and build from there.

The roadmap uses three levels so no one is left behind:

### Beginner level

The easiest steps with quick wins. Focus on simple, low-effort actions that help you get started and build confidence.

### Intermediate level

Habits and routines that make change more consistent. This level helps you plan better and reduce effort over time.

### Advanced level

Lifestyle and community actions with bigger impact. For people who want to fine-tune habits and inspire others.

*You can always start lower and move up later. Progress is the goal.*

## SDGs CONNECTIONS

This is a very short reminder that your small actions also support global goals. If you want a deeper explanation, you can read the **Sustainability principles** section.

What you'll see in each level:

- **What can I do?**

A short checklist of practical actions. Pick 2–3 to start.

- **Challenge + Useful tools**

A small challenge adds motivation, while simple tools (templates, reminders, checklists) help you keep the habit.

## BEST PRACTICES

The best practices present **proven real-life solutions**, showing **you that sustainable actions are already possible in everyday life**. They offer inspiration and ideas that **you can adapt to your own context**, with detailed descriptions provided in the **Collection of best practices**.



## TRACK & IMPROVE

Track & Improve helps you keep going after the first motivation fades. It supports long-term change by making progress visible and helping you learn what works for you.

### Tracking tool

Each topic has **one tracking tool** (one table/log). The purpose is to make it easy to answer: *“Did I do it this week?”* and *“What pattern do I see?”*

### Reflection questions

Each topic has **3-5 short reflection questions**. The purpose is to help you notice:

- what worked well,
- what was difficult,
- what you want to try next.

Under every question there is a line for **My notes**, so learners can write a few words for themselves or use it in group discussion.

### Motivational quote

Each topic ends with **one short quote**. Its purpose is to leave you with a positive final message and encouragement to continue, even if progress is slow.



# SUSTAINABILITY PRINCIPLES

Sustainability means living in a way that **meets our needs without harming the ability of future generations to meet theirs**. It is based on three connected pillars:

- **Environmental sustainability** – protecting nature, conserving resources, and ensuring clean air and water
- **Social sustainability** – supporting health, equality, education and strong communities
- **Economic sustainability** – ensuring fair jobs, innovation and responsible production

## Why does sustainability matter in your everyday life?

Because everything you do affects all three pillars. When you reduce waste:

- you protect nature (**environment**)
- you reduce local waste collection costs (**economic**)
- you keep your communities cleaner (**social**)

Sustainability is not about perfection — it's about **small, balanced choices** that support both today and tomorrow.

### Try it yourself!

Calculate your ecological footprint using the

[🔗 Footprint Calculator](#)





Source: (2)

The **17 Sustainable Development Goals (SDGs)** are part of the **UN's 2030 Agenda for Sustainable Development**, a global plan adopted in 2015. The Agenda sets out a vision for a world that is safer, healthier, fairer, and more environmentally stable — by 2030. All 17 goals are interconnected, which means that progress in one area supports progress in others (1). You do not need to know all 17 SDGs by heart, just remember that your small daily choices contribute to **bigger global change**.

Important EU policies linked to the SDGs:

- **European Green Deal** - Live and work in a way that does not harm the climate (3).
- **European Climate Law** – The EU commits to climate neutrality by 2050 (4).
- **EU Biodiversity Strategy for 2030** – Protect nature so nature can protect us (5).
- **Farm to Fork Strategy** – Healthy food, from field to plate (6).
- **Zero Pollution Action Plan** – Reduce pollution to protect human health and ecosystems (7).

### Take an action!

Play the educational board game [🔗 Global Goals at Stake](#) to learn about the SDGs. Track global progress on the Sustainable Development Goals using the [🔗 SDG Tracker](#). Discover or register actions that support the SDGs on the [🔗 SDG Actions Platform](#).



## REDUCE REUSE RECYCLE



### What is the 3R model?

3R model invites us to a simple yet effective approach to reducing our negative impact on the environment.

### Reduce

Minimizing the amount of resources and energy we use in order to prevent waste before it is created.



### Reuse

Extending the life of products by using them again, repairing them, or finding new purposes for them instead of throwing them away.



### Recycle

Processing used materials so they can be turned into new products, saving resources and reducing the need for raw materials.



By applying the 3R model, we can significantly cut down waste, use resources more wisely, and create a cleaner, more sustainable environment for our community.

## Circular economy

The circular economy is a system where resources are kept in use for as long as possible, maximizing value and minimizing waste. It replaces the linear “take → make → waste” model with a smarter cycle that mimics nature, where nothing is wasted. The circular economy is based on three principles (8):

- Eliminate waste and pollution
- Circulate products and materials at their highest value
- Regenerate nature

### Watch to learn fast!

Watch the

[🔗 animated video essay by the Ellen MacArthur Foundation](#)

explaining the Circular Economy and how society can re-think progress

Making sustainability tangible in everyday life requires practical guidance. The 3R and expanded 9R frameworks provide clear principles that guide us toward reducing the environmental impact of our decisions.

The 3R framework is simple: **Reduce → Reuse → Recycle**. It helps reduce waste and environmental impact by prioritizing reducing consumption, reusing products, and recycling materials.

## Why does circular economy matter in everyday life?

- **Our current consumption model is unsustainable.** There is only one planet Earth, yet if current consumption trends continue, humanity could be using resources equivalent to nearly three Earths by 2050 (9).
- **Europeans generate 5 tonnes of total waste per person every year** (10).
- Around **12% materials used in the EU economy come from recycled sources** (11).
- **It is estimated that up to 80% of environmental impacts of products** are determined at the design phase (12).

This means that most products are built to break, be replaced fast, or are hard to repair, while repairing, reusing, and sharing helps reduce pressure on natural resources.



## 9R MODEL

AVOID WASTE IN THE FIRST PLACE

### REFUSE: AVOID WHAT YOU DON'T NEED

AVOID BUYING CHEAP ITEMS THAT WILL BREAK AFTER A MONTH.

### RETHINK: CHOOSE MORE SUSTAINABLE OPTIONS

USE A REUSABLE BOTTLE OR CLOTH BAG INSTEAD OF DISPOSABLE ONES.

### REDUCE: MINIMIZE CONSUMPTION

BUY FEWER BUT HIGHER-QUALITY CLOTHES.

### REUSE: EXTEND THE LIFE OF PRODUCTS.

USE GLASS JARS AS STORAGE CONTAINERS.

### REPAIR: FIX THINGS INSTEAD OF REPLACING THEM

REPAIR A BICYCLE INSTEAD OF BUYING NEW ONE.

### REFURBISH: RESTORE OLD ITEMS TO GOOD CONDITION

BUY CERTIFIED REFURBISHED LAPTOPS OR PHONES.

### REMANUFACTURE: REBUILD USING RECOVERED PARTS

SUPPORT BRANDS WITH TAKE-BACK OR REMANUFACTURING PROGRAMS.

### REPURPOSE: GIVE ITEMS A NEW FUNCTION

USE WOOD PALLETS TO MAKE FURNITURE.

### RECYCLE: PROCESS MATERIALS INTO NEW PRODUCTS

SORT PAPER, PLASTIC, METAL, AND GLASS PROPERLY.

The 9R model is a hierarchy of actions that helps us reduce waste, save resources, and lower our environmental footprint. The 9R model is very important because it shifts your mindset from “cleaning up after consumption” to “avoiding waste in the first place.”

### Sharing economy

The sharing economy is about using things together, instead of buying items you rarely use (examples: car-sharing, bike-sharing systems, tool libraries, clothing swaps, book-exchange shelves, community gardens, community fridges, etc.).

### Mindset shift

Sustainability starts with noticing your habits — small smarter choices beat “cleanup after waste.”

# TOPIC 1: TRANSPORT

## UNDERSTAND

Transport is a part of everyday life: going to work, shopping, visiting friends, taking children to school. But transport is also one of the biggest contributors to CO<sub>2</sub> emissions. Sustainable transport is not only about being eco-friendly, it directly improves your health, finances, and everyday comfort. This guide will not ask you to stop driving. Instead, it will help you understand why your transport habits matter, and how small, realistic changes make a meaningful difference.

### Did you know?



- The transport sector accounts for **around 25% of greenhouse gas emissions in Europe**, mostly from **private cars (13) (14)**.
- For distances **under 1 km, walking often takes the same time as driving**.
- For distances **3–5 km, cycling can be faster than a car in most European cities**.
- Using **public transport once or twice a week leads to a notable reduction in emissions**.
- Changing transport habits may seem like a “big step,” but it is mainly about **choosing better options when possible**.

### Why should you care?







You don't need to be an environmental expert to care about transport. It affects:

- > **Your health:** Fewer cars → cleaner air → fewer respiratory problems → healthier communities.
- > **Your budget:** Fuel, car maintenance, parking, repairs, tolls — these costs add up. Walking, cycling, and public transport often save money immediately.
- > **Your time:** Cycling 3–5 km can be faster than driving in many European cities. Walking under 1 km takes roughly the same time as driving when you include parking.
- > **Your stress levels:** No traffic jams, no searching for parking, fewer unexpected car expenses.
- > **Your environmental impact:** Replacing even one car trip per week reduces CO<sub>2</sub>, noise, congestion, and fuel use.

### What's the wider impact?



-  **Waste management** → Fewer shopping trips → less packaging → fewer trash bags → fewer impulse buys.
-  **Purchase and food waste** → Planning shopping trips reduces last-minute drives, saves fuel, and lowers food waste.
-  **Carbon footprint** → Transport is often the largest source of personal CO<sub>2</sub> emissions.
-  **Import of goods vs. country-grown goods** → Choosing local products reduces emissions linked to long-distance supply chains.

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**How sustainable are my everyday transport habits?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I walk when the destination is close (under 1 km).	0	1	2	3	4
I choose public transport instead of driving when possible.	0	1	2	3	4
I use a bicycle for short or medium distances (1–5 km).	0	1	2	3	4
I combine errands into one planned trip instead of multiple trips.	0	1	2	3	4
I check public transport routes before deciding to use the car.	0	1	2	3	4
I carpool with neighbours, colleagues, friends, or family.	0	1	2	3	4
I choose local goods to reduce extra transport	0	1	2	3	4
I actively try to reduce my fuel consumption or number of car trips.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

Great job! Your habits already lower emissions and support your health. Take the next step and motivate others with advanced actions.

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You use greener options sometimes—now build routines. Plan trips better and add one public transport or bike day weekly. Try intermediate actions.

**0-10 points → START → BEGINNER LEVEL**

You rely on cars even for short trips. Small changes can cut emissions, costs, and stress. Start with beginner actions.

*This step-by-step guide will help you improve your mobility habits in simple, practical, and achievable ways. Transport habits don't need to change overnight. Every avoided car trip saves money, reduces stress, improves health, and lowers your environmental impact.*

What can I do?

Check	Task
<input type="checkbox"/>	Walk any trip under 1 km (often faster than parking a car).
<input type="checkbox"/>	Try public transport once a week on an easy day.
<input type="checkbox"/>	Use the "Two-in-One Trip Rule": combine errands into one route.
<input type="checkbox"/>	Explore nearby shops and services within walking distance.
<input type="checkbox"/>	Check your city's public transport map or live arrivals before leaving.

## BEGINNER LEVEL

The aim is to make simple, low-effort transport swaps that immediately cut emissions and costs.

## Challenge



Replace 1 car trip this week with a short bike ride or walk.

## Useful tools

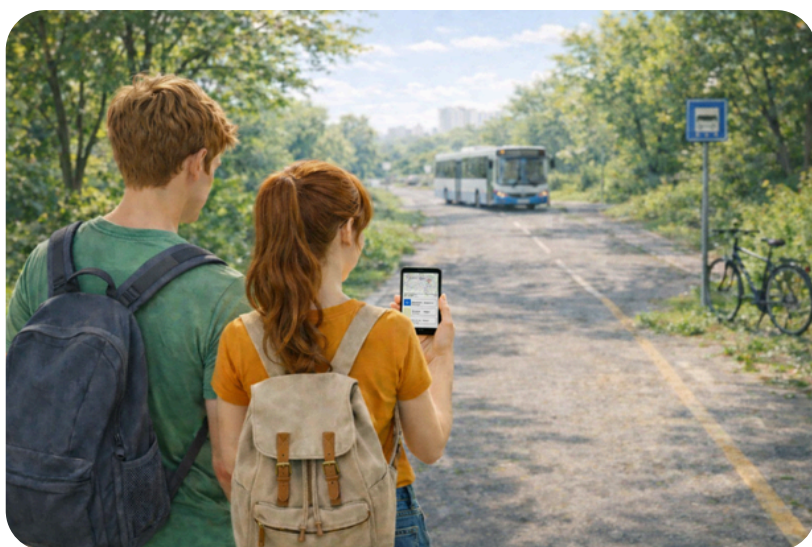
See public transport routes and times and check walking or cycling routes:

**Moovit**

**Citymapper**

**Google Maps**

**Strava**



What can I do?

Check	Task
<input type="checkbox"/>	Replace 2–3 car trips per week with walking or cycling.
<input type="checkbox"/>	Use route-planning apps to find faster, cleaner options.
<input type="checkbox"/>	Combine all weekly errands into one planned route.
<input type="checkbox"/>	Join a car-sharing group.
<input type="checkbox"/>	Keep a Mobility Diary for one week — identify unnecessary driving.

**INTERMEDIATE LEVEL**

The aim is to turn occasional green transport choices into consistent habits that reduce car use and save more.

**Challenge**



Join a group walking or cycling activity.

**SDGs connections**



- Improve health through cleaner air and physical activity.
- Support green jobs and sustainable economic growth.
- Make cities less crowded and more livable.
- Use energy more efficiently in transport.
- Reduce emissions by walking, cycling, and using public transport.

**Useful tools**

Plan cycling and walking routes

**Komoot**

Share car rides with others

**BlaBlaCar**

Compare different travel options

**Rome2Rio**

What can I do?

Check	Task
<input type="checkbox"/>	Use public transport or cycle 3–4 days per week.
<input type="checkbox"/>	Organise a Mobility Week Challenge with friends, family, or colleagues to reduce car use by choosing walking, cycling, public transport, or shared mobility options.
<input type="checkbox"/>	Try planning holidays reachable by train or bus instead of flying.
<input type="checkbox"/>	Explore e-bikes or cargo bikes for family trips or shopping.
<input type="checkbox"/>	Share your experiences on social media or community groups.

**ADVANCED LEVEL**

The aim is to make low-carbon transport a daily lifestyle and inspire others to join the change.

**Challenge**



**“Car Swap Week”**

A one-week challenge where participants consciously replace at least one daily car trip with walking, cycling, or public transport.



**“Mali proizvođači”**



It is a platform in Serbia which connects urban consumers directly with small, local farmers. By promoting short food supply chains (“farm → consumer”), the platform reduces transport distances, packaging, and emissions linked to long and complex food distribution systems. Consumers gain access to fresh, seasonal, locally produced food through nearby pick-up points or direct farm visits, while farmers receive better visibility and more stable income. This model supports climate-friendly consumption, strengthens local food systems, and encourages people to look for similar direct-from-producer initiatives, farmers’ markets, or community-supported agriculture options in their own surroundings.

*Read more in our Collection of best practices.*

*There are simple ways you can continue improving your mobility habits. Tracking your progress helps you see patterns, stay motivated, and understand which actions feel easiest for you. You don't need to be perfect, just consistent.*

# WEEKLY MOBILITY PLANNER



TRACKER	M	T	W	TH	F	S	S
NUMBER OF TRIPS I PLANNED							
NUMBER OF TRIPS I TOOK							
CAR/KM							
WALKING/KM							
CYCLING/KM							
PUBLIC TRANSPORT/KM							
TRIP I COULD REPLACE NEXT TIME							

## Reflection questions



*"The world is changed by your example, not by your opinion."*

**Paulo Coelho**

What stops me from using public transport more often?

My notes: \_\_\_\_\_

What is the biggest barrier to cycling for me?

My notes: \_\_\_\_\_

How much money did I save by walking or cycling?

My notes: \_\_\_\_\_

# TOPIC 2: WASTE MANAGEMENT

## UNDERSTAND

Waste is part of everyday life: packaging from groceries, leftovers from cooking, old clothes, broken electronics, cleaning products, and everything we throw away without thinking twice. But what many people don't realise is that waste does not simply "disappear." Every item ends up somewhere: in a landfill, a recycling centre, or, sadly, in nature.

### Did you know?



Across Europe, the amount of waste we generate is huge:

- **511 kg of municipal waste per person** was generated in the EU in 2023 — that's **more than half a tonne per adult per year**.
- In 2022, the EU generated around **5 tonnes of total waste per inhabitant**, including construction, manufacturing, household, and other sectors (15).
- Although recycling rates have improved over the past decade (from 37% in 2010 to 48% in 2023 for municipal waste), Europe still sends **millions of tonnes** to landfills and incineration — both of which contribute to pollution and greenhouse gas emissions (16).

### Why should you care?



Waste = **wasted resources**. Every item thrown away represents:

- wasted **energy** used to produce it
- wasted **materials** extracted from nature
- wasted **water** used in manufacturing
- wasted **money** spent on something we barely used
- wasted **time and labour** across the supply chain

Waste is not just a "bin problem." It is a **sustainability problem, a pollution problem, a climate problem, and a lifestyle problem**. Good waste management is not only sorting waste, it is about **preventing waste in the first place**.

### What's the wider impact?



- ☞ **Transport** → fewer shopping trips = less packaging waste and fewer plastic bags
- ☞ **Purchase and food waste** → better planning creates less organic waste
- ☞ **Carbon footprint** → waste decomposition (especially food) produces methane
- ☞ **Import of goods vs. country-grown goods** → buying locally produced goods can reduce packaging and shorter transport routes
- ☞ **Plastic pollution** → choosing reusable or refillable options directly reduces plastic waste

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**How do I manage my waste in daily life?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I separate my household waste into at least two categories (e.g., plastic/paper).	0	1	2	3	4
I separate glass waste regularly.	0	1	2	3	4
I avoid single-use items (plastic bags, cups, cutlery).	0	1	2	3	4
I use reusable bags, bottles, and containers.	0	1	2	3	4
I check product packaging and try to choose recyclable or minimal packaging.	0	1	2	3	4
I check recycling instructions (labels/symbols) before disposing of packaging.	0	1	2	3	4
I repair, reuse, or donate items instead of throwing them away.	0	1	2	3	4
I buy in bulk or refill shops when possible (grains, detergents, nuts, etc.).	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

You already use effective waste management practices. Next step: more circular and community-driven solutions. Explore Advanced actions!

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You've started, but there's still room to grow. Build routines and add one new habit weekly. Try some Intermediate actions!

**0-10 points → START → BEGINNER LEVEL**

You generate more mixed waste than necessary. Small changes can lead to fast progress. Start with Beginner actions!

*Waste management may sound complicated, but in reality it is simply a combination of small, everyday habits. This step-by-step guide will help you understand how to reduce waste, recycle correctly, and build healthier routines that save money, time, and resources.*

What can I do?

Check	Task
<input type="checkbox"/>	Separate at least two basic types of waste (paper and plastic or plastic and glass).
<input type="checkbox"/>	Refuse unnecessary packaging (extra bags, plastic cutlery).
<input type="checkbox"/>	Avoid single-use items for one week (cups, plastic bags, straws).
<input type="checkbox"/>	Switch to one reusable household item: e.g. reusable shopping bag, lunch box, metal bottle.
<input type="checkbox"/>	Start a "Waste Observation Week": write down everything you throw away.

**BEGINNER LEVEL**

The aim is to start noticing waste and adopt easy, reusable swaps that reduce mixed waste and everyday costs.

**Challenge**



"Bring your own bag" challenge  
Use a reusable bag instead of taking new disposable ones.



**Iceland's household waste sorting system**



It makes correct waste separation simple and accessible for all residents through clear visual guidance, colour-coded bins, and consistent national rules. By reducing confusion and contamination in recycling streams, the system ensures that food waste, recyclables, and residual waste are properly processed through composting, biogas production, or specialised recycling facilities. This approach increases recycling rates, reduces landfill use, and supports long-term behaviour change, while offering a model that can inspire similar, easy-to-use waste sorting solutions in other communities.

*Read more in our Collection of best practices.*

What can I do?

Check	Task
<input type="checkbox"/>	Start composting (at home, balcony, yard, or in a community garden).
<input type="checkbox"/>	Repair, repurpose or donate one item per month instead of throwing it away.
<input type="checkbox"/>	Check your bin weekly: "What did I throw away that could have been reused or recycled?"
<input type="checkbox"/>	Create a simple home recycling station: plastic, paper, glass, organic.
<input type="checkbox"/>	Try bulk or refill shopping (detergents, grains, spices, nuts...).

**INTERMEDIATE LEVEL**

The aim is to plan smarter, reduce what goes into the bin, and build practical systems like composting, repair, and refill routines.

**Challenge**



"Community Clean-Up Day"  
Gather family or friends to clean up a local park, street, or nature area.



**Iceland's "Together Against Waste" initiative**



It helps households correctly identify, collect, and dispose of electronic waste such as phones, chargers, batteries, and small appliances. Through clear guidance, accessible drop-off points, and a repair-first approach, the initiative prevents hazardous e-waste from entering household bins or landfills. Electronics are safely dismantled and recycled in certified facilities, recovering valuable materials while protecting human health and the environment. This example encourages adults to practice responsible e-waste disposal and to look for similar repair and recycling solutions in their own communities.

*Read more in our Collection of best practices.*

**Useful tools**

Learn how to compost at home

[Garden Organic - composting guide](#)

Fix simple household items

[iFixit - repair guides](#)

What can I do?

Check	Task
<input type="checkbox"/>	Aim for near-zero mixed waste (1 small bag per week).
<input type="checkbox"/>	Participate in or start a neighbourhood recycling initiative.
<input type="checkbox"/>	Choose durable items (metal, wood, glass) over plastic.
<input type="checkbox"/>	Shop in second-hand or reuse centres regularly.
<input type="checkbox"/>	Teach one family member one new waste-reducing habit each month.

**SDGs connections**



- Protect health by reducing pollution.
- Create green jobs in recycling and repair.
- Improve recycling and waste infrastructure.
- Keep cities clean and well organised.
- Reduce waste through reuse and recycling.
- Cut emissions by reducing landfill waste.

**ADVANCED LEVEL**

The aim is to make low-waste living a lifestyle and spread impact by leading reuse and community waste-reduction actions.

**Challenge**



**“Swap Party with Friends”**  
An event where friends exchange clothes, books, toys, equipment they no longer need instead of buying new ones.

**“Zero-Waste Week Challenge”** with friends or workplace  
A one-week group challenge to minimize waste by avoiding single-use products and adopting reusable alternatives together.

**Useful tools**

*Learn more about circular and low-waste living*

[Ellen MacArthur Foundation](#)

*There are simple, practical ways to improve your daily waste habits. Tracking helps you notice what you throw away, understand patterns, and choose easier, more sustainable alternatives.*



## REUSE LOG: TRACK YOUR HABITS!

Item	Problem / Why I Wanted to Throw It	Repair or Reuse Idea	What I Did	Result
Glass jar (from tomato sauce)	Didn't need it anymore / taking up space	Reuse as storage container	Washed it, removed label, used it to store rice	Works perfectly, no need to buy a new container

### Reflection questions



*"The greatest threat to our planet is the belief that someone else will save it."*

**Robert Swan**

What prevents me from separating waste consistently?

My notes: \_\_\_\_\_

Which single-use items do I rely on most often? Why?

My notes: \_\_\_\_\_

How can I involve my family or household in waste reduction?

My notes: \_\_\_\_\_

# TOPIC 3: FOOD CONSUMPTION

## UNDERSTAND

Food is part of everyday life: breakfast on the way to work, lunch at school or in the office, quick snacks, and dinner at home or outside. But what and how we eat is not only a private choice; it affects our **health, budget, and the planet** (17).

Today, a lot of food is grown, transported and then **thrown away**. Food systems (from farm to fork and bin) are estimated to contribute **around one third of all human-made greenhouse gas emissions**. When food is wasted, all the **water, land, energy and work** that went into it are wasted too.

Diets rich in **vegetables, fruits, legumes and nuts, and less highly processed food and sugary drinks**, are linked to a lower risk of heart disease, stroke and early death.

### Did you know?



- **Around one third of all food produced globally is wasted** (about 1.3 billion tonnes every year) (18).
- In the Nordic countries alone, **around 3.5 million tonnes of food are wasted** each year (19).
- Much of the food we throw away is still safe and good to eat.
- In Iceland, a significant share of food waste still ends up in landfills, where it creates methane, a greenhouse gas much stronger than CO<sub>2</sub>.

### Why should you care?







Food waste is a poor use of resources and money, and it causes unnecessary negative impacts on the environment. By reducing food waste, we can use the Earth's valuable resources more wisely and save money (20).

According to the UN Food and Agriculture Organisation (FAO), around one third of all food produced is wasted - **about 1.3 billion tonnes every year**. Food that is wasted could have helped feed people, and it also creates extra waste that communities must handle.

*Small actions count. You don't need to change your life, just a few habits.*

### What's the wider impact?



-  **Waste management** → Better meal planning and smarter food use create less organic waste
-  **Carbon footprint** → Food waste produces methane when it breaks down in landfills
-  **Plastic pollution** → Buying unpackaged food and using reusables reduces plastic packaging
-  **Import of goods vs. country-grown goods** → Choosing local food often means less packaging and shorter transport routes

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**What and how often do I eat certain foods?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I care about my food purchase - I check my storage before purchasing new.	0	1	2	3	4
I make a shopping list and try to follow it.	0	1	2	3	4
I plan 2-3 meals ahead instead of deciding at the last minute.	0	1	2	3	4
I include vegetables or fruit in my main meals.	0	1	2	3	4
I limit highly processed foods and sugary drinks.	0	1	2	3	4
I use leftovers on purpose (for example, a "leftover dinner" once a week).	0	1	2	3	4
I freeze or store food before it goes bad.	0	1	2	3	4
I rarely throw away food that could still be eaten.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

You have strong habits. Fine-tune, aim for low waste, and try community or "inspire others" actions. Explore Advanced actions.

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You already have some good habits. Build consistency and structure, and add 1-2 new routines. Try some Intermediate actions.

**0-10 points → START → BEGINNER LEVEL**

You are just starting. Focus on 2-3 very simple actions first (planning, leftovers, drink swap). Start with Beginner actions.

*This step-by-step guide gives short, practical actions so you can try to waste less food, save money, and use resources better. Many of the ideas below are based on guidance collected in Iceland's Saman gegn sóun food-waste material.*

What can I do?

Check	Task
<input type="checkbox"/>	Check your fridge and cupboards before shopping (use what you already have first).
<input type="checkbox"/>	Make a short shopping list and avoid "buying extra just in case."
<input type="checkbox"/>	Learn date labels ("use by" vs "best before") and use your senses before throwing food away.
<input type="checkbox"/>	Put older food in front so you eat it first ("use first" rule).
<input type="checkbox"/>	Freeze food before it goes bad (bread, fruit, vegetables, cooked meals).

**BEGINNER LEVEL**

The aim is to build awareness and quick habits that reduce food waste with very little effort.

**Challenge**



"Use-First Week"

Each day, use one item that needs to be eaten soon.

**Useful tools**

*phone-notes shopping list + a visible "use first" shelf/box in the fridge*



**Community Sharing Fridge (Iceland)**



Community fridges show how shared responsibility can cut food waste. People bring safe, unused food they cannot finish, and others can take what they need for free. Adults learn that extra food is not rubbish but a resource that can support families, migrants, elderly people and anyone struggling with food prices. It also normalises checking your fridge, planning better, and giving instead of throwing away. Farmers' markets, local vegetable boxes, and pick-your-own farms help people understand where their food comes from. Adults learn to plan meals around seasonal produce, which is often fresher, cheaper and has a lower footprint. This encourages simple home cooking, less ultra-processed food, and better use of what is already available in their area.

*Read more in our Collection of best practices.*

What can I do?

Check	Task
<input type="checkbox"/>	Plan 2-3 meals ahead and shop once with a list.
<input type="checkbox"/>	Do a weekly fridge reset: move older items to the front and decide what to use first.
<input type="checkbox"/>	Turn leftovers into a planned meal (for example, one leftover dinner per week).
<input type="checkbox"/>	Label and date food in the fridge or freezer so nothing is forgotten.
<input type="checkbox"/>	Freeze "almost too late" food (soft fruit, vegetables, bread, cooked meals).

**INTERMEDIATE LEVEL**

The aim is to make food planning and storage more consistent so you waste less and save more money week by week.

**Challenge**



"Leftover plan"  
Schedule one leftover meal weekly (same day each week).

**SDGs connections**



- Less food waste, more sharing.
- Healthier eating habits.
- Plan, use leftovers, waste less.
- Lower emissions from food.



**Useful tools**

*3-day meal plan + freezer labels (date + what it is)*  
*Freezer labels (simple offline tool)*  
*- Use tape or stickers and write: date + what it is*

[Matarsóun | Saman gegn sóun](#)

Install the app

[Too Good To Go](#)

to save surplus food from shops and restaurants

What can I do?

Check	Task
<input type="checkbox"/>	Track food waste for 2 weeks (what was wasted and why).
<input type="checkbox"/>	Set one clear food-waste goal (for example: halve bread waste).
<input type="checkbox"/>	Build "flex meals" that use what you already have (soup, stir-fry, bowls).
<input type="checkbox"/>	Use the freezer intentionally (planned portions, leftovers, chopped veg).
<input type="checkbox"/>	Share or scale the habit (community fridge, workplace use-first shelf, group routines).

**ADVANCED LEVEL**

The aim is to reduce food waste long term by tracking patterns, setting goals, and sharing solutions with others.

**Challenge**



"Half-Waste month"  
Choose one category (bread/fruit/leftovers) and reduce waste by 50%.

[NoWaste](#)

Tip:

**Focus on progress, not perfection.  
One improved habit is success.**



**Useful tools**

*Food waste awareness & guidance  
Saman gegn sóun – Understanding and reducing food waste:*

[Jurtirnar og olían](#)

*Waste log on the fridge + monthly use-first checklist.*

[Matarsóun | Saman gegn sóun](#)

[How I use ChatGPT / AI to reduce my food waste! \(Youtube video\)](#)



# FOOD PLANNING

These are examples to explain the functions to track

## **Make a shopping list**

- Food waste can be reduced by up to 20% simply by shopping with a list.

## **Take a photo of your fridge**

- A quick photo on your phone is an easy way to remember what you already have before going to the store.

## **Talk about shopping at home**

- If more than one person shops for food, communication is important to avoid buying the same items twice.

## **Order meal kits**

- For people with little time to plan, meal kits with planned recipes can be a practical option. They can be picked up or delivered home.

## **Keep a leftover diary**

- This helps you see how much food you throw away and plan better how to use leftovers.

## **Serve food separately**

- When food is served separately, leftovers keep better. Think of each meal like a taco night, where food is placed in small bowls and everyone builds their own plate. This makes it easier to store leftovers and reduce waste.

## **Use community fridges**

- Community fridges are a shared local initiative. Fridges are placed in accessible locations where people can leave food they don't need or take food if needed. Businesses can also donate food to community fridges.

## **Make compost**

- If you live in an area without organic waste collection, home composting is a good option. Composting turns food scraps into nutrient-rich soil that can be used to improve gardens and soil quality.



# FOOD PLANNING

Household food waste happens for many reasons, often linked to how we plan and organise our food.

- 01 Make a shopping list
- 02 Take a photo of your fridge
- 03 Talk about shopping at home
- 04 Order meal kits
- 05 Keep a leftover diary
- 06 Serve food separately
- 07 Use community fridges
- 08 Make compost

MONTH /

MY CHECKLIST

*There are simple, practical ways to improve your daily food habits. Tracking helps you notice what you eat and waste and understand your patterns. The reasons for food waste in households are many. They are linked to how we plan, shop, store and cook food, how we eat, and how we use leftovers. With better planning, food waste can be avoided.*

*It helps to track how we plan and use food, so we can see where small changes make a difference.*

*The food you throw away was once money, work and natural resources. Every meal you use well is a small step towards a healthier you and a healthier planet.*

## Reflection questions



What food did I throw away? Why did it happen?

My notes: \_\_\_\_\_

Which small change was easiest for me (planning, leftovers, drink swap...)?

My notes: \_\_\_\_\_

How much money do I think I saved by using leftovers and planning?

My notes: \_\_\_\_\_

How can I involve my family or friends in smarter, more sustainable eating?

My notes: \_\_\_\_\_

# TOPIC 4: PURCHASE AND FOOD WASTE

## UNDERSTAND

When buying food, two things matter most: nutrition and sustainability. **Simple habits like better planning and more mindful shopping can already lead to more sustainable choices.**

Many of our everyday decisions contribute to food waste, often without us realising it. The goal isn't to overwhelm, but to show why these choices matter and how small changes can make a real difference.

What we buy and how we shop directly affect how much food is wasted. Sustainable food choices are mainly shaped by our interest in health and nutrition, as well as concern for the environment. While health motivations often come first, both influence our habits. By understanding these factors, we can support **smarter purchasing, healthier eating, and less food waste.**

### Why should you care?



You don't have to be an environmental activist to care about smart food purchasing. It's really about things everyone values: saving money, saving time, and not wasting food you already paid for. **Buying only what you need** means fewer trips to the shop, less food expiring in your fridge, and more money in your pocket.

Food waste matters more than it seems. When food is thrown away, all the water, energy, transport, and effort behind it are wasted too. Nearly one-third of all food produced globally is wasted, and in Europe the **average family throws away €250–€600 of uneaten food each year (22) (23).**

Even if climate change isn't your focus, there's a practical reason to care: rotting food produces methane, a gas far more harmful than CO<sub>2</sub>. Reducing waste isn't about being "eco"—it's about making smart choices that benefit your wallet, your time, and the world around you. **Small habits make a real difference.**





### Did you know?



- **Most food waste happens at home**, not in shops or restaurants (21).
- Food that looks "imperfect" is usually just as nutritious as food that looks perfect.
- Food planning, shopping lists and nutritious food habits reduce food waste.

### What's the wider impact?



-  **Transport** → Planning your purchases cuts last-minute trips, saving time, fuel, and money while reducing impulse buys.
-  **Carbon footprint** → CO<sub>2</sub> used to produce and transport it is wasted too.
-  **Import of goods vs. country-grown goods** → Meal planning encourages buying fresher, local food that lasts longer, tastes better, and is less likely to be forgotten and wasted.
-  **Waste management** → Wasting less food means less trash, fewer odors, and lower waste collection—cleaner homes, streets, and planet.

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**How do I plan what to buy, how often I purchase the food and how much food I waste?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I check what food I already have before shopping.	0	1	2	3	4
I make a shopping list.	0	1	2	3	4
I go to the market once a week.	0	1	2	3	4
I walk or use a bike to go to the market.	0	1	2	3	4
I prepare food at home instead of eating out.	0	1	2	3	4
I avoid food delivery.	0	1	2	3	4
I never throw leftovers. I always use what's left for the next meal.	0	1	2	3	4
I understand and use food labels correctly (best before/use by).	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

Your habits are good. You plan your food well and waste little. Keep going and try 1-2 new steps from the Advanced section.

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You sometimes waste food or go shopping too often. Small changes can save you money, time, and food. Check Intermediate actions.

**0-10 points → START → BEGINNER LEVEL**

You waste food often or do not plan purchases. Good news: even one small step can make a big difference. Start with the Beginner level.

*This step-by-step guide with clear action will help you think about how you can improve your habits towards more sustainable and healthy, money-saving purchases and better personal food waste management.*

What can I do?

Check	Task
<input type="checkbox"/>	Check the fridge and cupboards before going to the store and make a shopping list.
<input type="checkbox"/>	Choose seasonal fruits and vegetables available in your country (24) (25).
<input type="checkbox"/>	Understand date labels: Use by = must be eaten before this date vs. Best before = often still safe if it looks and smells fine.
<input type="checkbox"/>	Keep your fridge clean to avoid damaged fruits and vegetables and odor that makes the fridge unappealing
<input type="checkbox"/>	Make sure open jars and sauces don't go to waste, mark them with the opening date and use-by date so you will not forget it in the back of the fridge.
<input type="checkbox"/>	Ask yourself: Why did this go to waste?

**BEGINNER LEVEL**

The aim of this level is to build the habit of reducing food waste a little at first and to build confidence and make the first positive steps.

**Challenge**



Try to purchase only seasonal and local products this week. Analyse the difference, in taste, price (perhaps more pricey but with it you will ensure to buy less and consume all), accessibility, options.



**Community Sharing Fridge (Iceland)**



One of the good examples we want to share with you is the Community sharing fridge. It is a practice implemented in Iceland, Reykjavik, Selfoss and some other communities.

→ How does it work?

*Read more in the Topic 3: Food consumption, or in our Collection of best practices.*

## mediterranean climate

### SPRING

Strawberries, oranges, cherries, apricots, lemons, grapefruits, pears, apples, artichokes, broccoli, asparagus, spinach, peas, broad beans, green onions, green garlic, leeks

### SUMMER

Tomatoes, aubergines, courgettes, cucumbers, peppers, radishes, carrots, chards, leeks, lettuces, apricots, nectarines, peaches, plums, watermelons, melons, figs.

### AUTUMN

Kakis, apples, pears, pomegranates, table grapes, kiwis, endives, cauliflowers, green beans, chards, pumpkins, beetroots, lettuces, cabbages

### WINTER

Raspberries, strawberries, kiwis, lemons, mandarins, oranges, apples, pears, grapefruits, chards, artichokes, celeries, broccoli, cauliflowers, squash, pumpkins, escaroles, spinach, lettuces

Spain, Italy, Greece, Southern France, Eastern Portugal, Malta, Cyprus, Southern Croatia.

## temperate climate

### SPRING

Kiwis, apples, pears, grapefruits, strawberries, carrots, celeries, spinach, lettuces, asparagus, broad beans, leeks, endives

### SUMMER

Apricots, nectarines, peaches, plums, watermelons, melons, cherries, figs, tomatoes, artichokes, aubergines, chards, broccoli, cucumber, courgettes, squash, green beans, lettuces, bell peppers, sweetcorn

### AUTUMN

Raspberries, apples, pears, table grapes, endives, cauliflowers, green beans, chards, beetroots, broccoli, squash, pumpkins, carrots, cabbages

### WINTER

Kakis, mandarins, oranges, apples, pears, grapefruits, kiwis, endives, cauliflowers, green beans, chards, beetroots, broccoli, squash, pumpkins, carrots, leeks

France, Germany, Austria, Hungary, Poland, Czechia, Slovakia, Slovenia, Serbia, Bulgaria, Romania, Luxembourg.

## oceanic climate

### SPRING

Strawberries, apples, pears, beetroots, spinach, leeks, asparagus, carrots, radishes, celeriac, green onions, lettuce

### SUMMER

Gooseberries, cherries, tomatoes, aubergines, cucumbers, courgettes, radishes, asparagus, peas, sweetcorn

### AUTUMN

Apples, pears, beetroots, carrots, pumpkins, kales, broccolis, cauliflowers

### WINTER

Apples, kales, carrots, leeks, cabbages

Netherlands, Belgium, Ireland, Iceland, Denmark, Western France, Southern Finland, Southern Sweden, Latvia, Estonia, Lithuania.

What can I do?

Check	Task
<input type="checkbox"/>	Plan meals for 2–3 days at a time (not a full week—for now).
<input type="checkbox"/>	Buy local products with shorter transport routes and better freshness.
<input type="checkbox"/>	Store food correctly and rotate food at home: place new items at the back, older ones in front.
<input type="checkbox"/>	Prepare one meal this week using only ingredients you already have.
<input type="checkbox"/>	Freeze at least three items this week.
<input type="checkbox"/>	Choose local products when shopping.

**INTERMEDIATE LEVEL**

The aim is to reduce food waste consistently and to start connecting habits to money savings, environment, and community.

**Challenge**



This week organise your food purchase by looking at the storage, and use food (including leftovers) that you already have so everything is eaten before it spoils.

**Zero-waste and bulk-shopping**



There is one good practice that we noticed and want to share with you. Did you know that in some cities and towns, perhaps even villages, you can bulk shop? It means, you bring your own jars and bottles, storage boxes to the shop, weigh them, fill them with goods, weigh again and subtract the weight of your packaging, go home, use, empty, clean and come back to refill when needed. In Slovenia, Ljubljana and other towns we can find shops like this, for instance [Rifuzl](#), [Zelena Japka](#), [Na Kilo](#) - work on this method. If it seems like a practice and habit you can create for yourself, we invite you to visit them and get inspired. With such practice, we are also supporting local producers, purchasing fresh and seasonal food, and supporting small businesses supplying bulk or refill products which strengthens local economies. Can you recognise the wider impact of this cycle? Your little actions really matter.

*Read more in our collection of best practices.*

# MY 3-DAY MEAL PLAN



Week/ Month: \_\_\_\_\_

Day 1

Breakfast:	Snack 1:
Lunch:	Snack 2:
Dinner:	

Day 2

Breakfast:	Snack 1:
Lunch:	Snack 2:
Dinner:	

Day 3

Breakfast:	Snack 1:
Lunch:	Snack 2:
Dinner:	

Grocery List

- \_\_\_\_\_
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Notes

What can I do?

Check	Task
<input type="checkbox"/>	Plan weekly meals (breakfast, lunch, dinner — or start with 5 dinners) - use a simple <b>meal-planning template</b> .
<input type="checkbox"/>	Cook zero-waste meals by using vegetable stems and peels, overripe fruit for desserts, leftover rice for fried rice, leftover meat or fish for wraps or new dishes.
<input type="checkbox"/>	Try at least one leftovers recipe this week (26).
<input type="checkbox"/>	Share a meal with others to reduce waste and build connection.
<input type="checkbox"/>	Grow microgreens, especially in winter (place them on a windowsill or indoors). These are ready to harvest in 7 days, can be grown year-round, 4-8 times more nutritious than mature vegetables.

**ADVANCED LEVEL**

The aim is to minimize food waste completely, influence family, friends, and community. It encourages individuals to link personal habits to broader sustainability goals (SDGs, local impact, climate action).

**Challenge** 

Track what food you throw away for one week, identify the reason, and change your next shopping or meal plan to prevent it.

**SDGs connections**



- Saving money and supporting fair systems.
- More food available for everyone.
- Saving water used for food production.
- Responsible consumption - reducing food waste.
- Reducing pollution and emissions - only used packaging that is needed.
- Less waste and plastic entering rivers/ sea and oceans.

*"If you really want to make a friend, go to someone's house and eat with them... the people who give you their food give you their heart."*  
**Cesar Chavez**

# MY WEEKLY MEAL PLANNER



Week: \_\_\_\_\_

**MONDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**TUESDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**WEDNESDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**THURSDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**FRIDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**SATURDAY**

Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**SUNDAY**

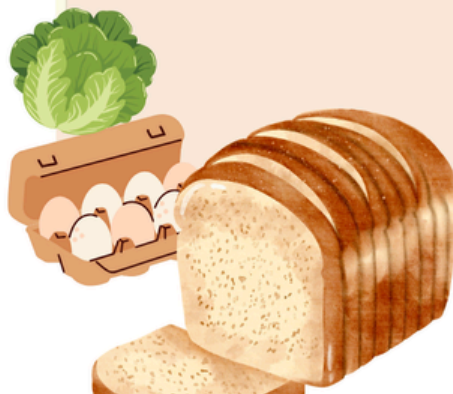
Breakfast | \_\_\_\_\_

Lunch | \_\_\_\_\_

Dinner | \_\_\_\_\_

Snack | \_\_\_\_\_

**GROCERY LIST**



# WHAT TO DO WITH MY LEFTOVERS?



Pack in a containers, glass or BPA-free plastic, or reusable silicone bag. Label with 'date prepared' or, 'eat until the date.'



## REFRIGIRATE / 2 -3 days

- cooked meals
- (pasta, rice, meat dishes)
- dairy (milk, cheese)
- cut fruits and veggies, juices
- opened canned veggies (corn, beetroot)
- homemade sauces, mayo

## FREEZE / 1 - 3 months

- soups, stews
- cooked grains (rice/ pasta)
- meat dishes
- bread, pastry, pancakes



## PANTRY / weeks

- unopened packaged items
- canned goods
- homemade or purchased cookies
- bread, crackers



## Tracking tools

Weekly food tracker (What did I buy?  
What did I use? What did I throw away?)

Leftover log (based on how to store it)  
Meal-prep (prepare your food for 5 days in advance)

*"The solution to food waste is not just to eat everything we buy, but to buy only what we truly need."*

**Selina Juul**

## Reflection questions



Why do I throw food away, and which foods do I waste most often?

My notes: \_\_\_\_\_

How often do I buy more food than I need, and what causes this?

My notes: \_\_\_\_\_

How can I, as a responsible consumer, better plan my purchase and plan my meals?

My notes: \_\_\_\_\_

# TOPIC 5: CLOTHING AND FAST FASHION

## UNDERSTAND

When we talk about buying clothes, two important things always come into play: **sustainability** and **value**. In this section we focus on how **simple habits** and **thoughtful choices** can lead to smarter wardrobe planning, less waste, and more sustainable clothing consumption. Across Europe, textile consumption has gone up - people buy more clothes, but they also throw away many. On average in 2022, people in the EU bought about **19 kg of clothing, footwear and household textiles per year** (27). Sadly, a large share of those garments end up unused, discarded or quickly replaced.

You might not realise it, but everyday shopping habits can contribute to this “**fast-fashion waste**”. The problem is not just what you buy - it’s also how often you buy, how long you keep clothes, and whether you try to reuse or recycle them. Manufacturing clothes uses a lot of resources: water, land, energy, raw materials - and many clothes are made for short-term use only (28).

### Did you know?



- Clothes are being used less than ever before. Many fast-fashion items are worn only 7–10 times before being thrown away.
- **More than 11 kg of textiles per person are discarded in the EU per year**— and most of it ends up being burned or landfilled (29).
- Making a single T-shirt can require **2,500 litres of water** — that’s what one person drinks in about 2.5 years (30).
- Synthetic clothes (like polyester) release **microplastics** when washed, and these tiny particles end up in rivers, drinking water, and even our food (31).

### Why should you care?







Because throwing away clothes wastes all the resources used to make them: water, energy, materials, transport, and labour. Landfilled or burned clothing also harms the environment. By buying fewer, better-quality items, wearing them longer, and reusing or donating what you don’t need, you can **save money, cut waste, and reduce your impact**.

***You don’t have to stop shopping, just be more mindful.*** Small choices, like avoiding disposable trends and giving clothes a second life, can make a big difference for the planet.

### What’s the wider impact?



-  **Water usage** → Making clothes uses a lot of water and washing synthetics adds microplastics to water, so our clothing choices affect both water use and quality.
-  **Carbon footprint** → Production, shipping, and disposal. Wearing clothes longer and buying fewer, better pieces cuts your carbon footprint.
-  **Plastic pollution** → Polyester shed microplastics when washed, polluting water and food. Choosing natural fabrics, washing less, or using filters can reduce this pollution.
-  **Waste management** → Discarded textiles are mostly burned or landfilled. Synthetic fibres take decades to break down, adding long-term waste and pollution.

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**Does my shopping behaviour match my values around sustainability and quality?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I buy new clothes only when checking what I already have.	0	1	2	3	4
I shop mainly at second-hand stores.	0	1	2	3	4
I repair, donate, sell, swap, or recycle my clothes instead of throwing them away.	0	1	2	3	4
I keep clothes for a long time. I do not do unnecessary shopping.	0	1	2	3	4
I avoid buying synthetic-fibre clothes (polyester, acrylic) without concern for microplastics.	0	1	2	3	4
I avoid buying clothes impulsively, because of trends or discounts.	0	1	2	3	4
I repair (or try to) clothes when they get damaged.	0	1	2	3	4
I check material labels (cotton, polyester, etc.) when buying clothes.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

You buy thoughtfully and use your clothes well. Keep going — try 1–2 new tips from the “Act” section to reduce your footprint even more.

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You sometimes buy things you don’t need or discard clothes too quickly. Small changes can make a big difference. Check the “Intermediate” actions.

**0-10 points → START → BEGINNER LEVEL**

Your clothing habits have a strong fast-fashion footprint — but the good news is that even one change can reduce your impact quickly. Start with a few simple actions from the “Beginner” level.

*This step-by-step guide offers short, practical actions you can try to improve your clothing and fast-fashion habits. Each level builds on the one before it, so pick your starting point and move up when you're ready.*

What can I do?

Check	Task
<input type="checkbox"/>	Before purchasing new clothes, check your wardrobe for what you already have.
<input type="checkbox"/>	Buy one second-hand item this month or sell/donate one item you haven't used for over 5 years (thrift store or online marketplace).
<input type="checkbox"/>	Repair one small item (sew on a button, fix a hem) or learn how to do it.
<input type="checkbox"/>	Wash clothes less often.

**BEGINNER LEVEL**

The aim is to make simple, low-effort changes that immediately cut waste and cost.

**Challenge**



Go through your wardrobe and clean it to the extent that you keep only what you have worn in the last 3 years. The rest donate or sell to second hand stores.



**Center ponovne uporabe (Reuse centre in Ljubljana)**



You can bring clothes or other textiles that need mending or refurbishing; often they run monthly repair-café events. Ljubljana's Reuse Centre, run by the municipal waste company Snaga, turns unwanted household items, including clothes, shoes, and textiles, into valuable resources by repairing, refurbishing, and reselling them at affordable prices, while involving vulnerable groups in the process. Residents donate items, staff and volunteers sort and repair them (e.g., sewing, patching, cleaning), and unsellable items are recycled appropriately. This practice reduces clothing and textile waste, saves resources and carbon emissions, provides jobs and training, and engages the community in sustainable consumption. It directly supports SDGs 8 (Decent Work), 11 (Sustainable Cities), and 12 (Responsible Consumption) and can be adapted to other urban or rural contexts by connecting with schools, local hubs, or community programs.

*Read more in our collection of best practices.*

What can I do?

Check	Task
<input type="checkbox"/>	Create a list of 10–15 core clothing items you wear most often - build multiple outfits around these core pieces.
<input type="checkbox"/>	Track your clothing purchase: note what you bought, why, and the price to identify patterns.
<input type="checkbox"/>	Choose higher-quality or sustainably made versions for 2–3 staple items (e.g. coat, jeans, shoes).
<input type="checkbox"/>	Use wardrobe rotation: store off-season clothes properly.
<input type="checkbox"/>	Use a microplastic filter bag (32) or lint filter when washing synthetics.
<input type="checkbox"/>	Avoid tumble drying when possible.
<input type="checkbox"/>	Organise a clothing swap with friends or colleagues or join one.

**INTERMEDIATE LEVEL**

The aim is to shift how you buy and care for clothes so items last longer and cause less pollution.

**Challenge**



Mix and match your existing clothes to create 5 completely new outfits you haven't worn before.



**Tracking tools**

What can I do with a textile I don't want/need anymore?

Take-back, rent or resale pieces through stores/brands that offer take-back, rental or resale schemes such as:

- [Rifo](#) (available in Italy and Iceland, also online)  
second-hand shops
- [The North Face take back](#) (available only in limited countries)
- [Bucka shop in Slovenia](#) (repair and alter your 'boring' pieces of clothes)

What can I do?

Check	Task
<input type="checkbox"/>	Choose mostly durable, timeless clothing and prioritise repairable, designer, or certified garments.
<input type="checkbox"/>	Commit to a “no new clothes” period (up to 6 months), except for replacing worn-out essentials.
<input type="checkbox"/>	Sell high-quality clothing you no longer wear through resale platforms or consignment stores.
<input type="checkbox"/>	Advocate for change by asking shops about repair services, better labelling, or organising repair/workshop events.
<input type="checkbox"/>	Support circular fashion options such as clothing rental, brand take-back programmes, or recyclable designs.
<input type="checkbox"/>	Calculate your clothing footprint each year and set improvement targets (purchases, second-hand %, repairs, items discarded).

**ADVANCED LEVEL**

The aim is to make long-term, high-impact choices and help shift norms in your community.

**Challenge**



Track all your clothing purchases for the next three months, analyse which items you actually wear, and create a personal rule to avoid buying anything that won't be worn at least 20 times or in various outfits.

**SDGs connections**



- Reduce clothing waste - think before purchase.
- Lower greenhouse gas emissions from fashion.
- Repair items and reuse them.
- Resell, repair and refurbish.

**Tracking tools**

Recycle your clothes (as a last resort!): find a collector/ textile banks nearby Humana offers one in various countries [e.g. Humana Slovenia](#)

- Join repair or upcycling workshop: [online jeans upcycling tutorial](#)
- [learn more about textile in Iceland](#)
- [Textile Lab at centre Rog](#)

Beginner Level

my clothing ACT checklist

- Check wardrobe before shopping 
- Wait 1 week before non-essential buys 
- Repair 1 small item 
- Donate 5 items 
- Add your own:



*"The most sustainable garment is the one already in your wardrobe."*

**Orsola de Castro,**  
British fashion designer

Intermediate Level

my clothing ACT checklist

- Build a capsule list (10-15 items) 
- Track purchases for 3 months 
- Use a microplastic washing bag \*GuppyFriend bag 
- Swap or repair at least once 
- Add your own:



Advanced Level

my clothing ACT checklist

- No-new-clothes challenge (6 months) 
- Sell or consign high-quality items 
- Host or attend a repair workshop 
- Use/respect take-back or rental schemes
- Add your own:



## Tracking tools

Sell the clothes that you don't need (there are various mobile applications for this):

[🔗 Vinted](#) and [🔗 Depop](#)

various local and national marketplaces

[🔗 Bolha](#) - Slovenia

[🔗 KupujemProdajem](#) - Serbia

[🔗 Kolaportið Flea Market](#) and [Hringekjan](#) - Iceland

Join swap events:

You can find these in many places across Europe, for example:

[🔗 Reuse centre Slovenia](#) (Ljubljana and other units in Slovenia)

[🔗 Reykjavik Library](#) in Iceland

[🔗 Baza kulturnih zbivanja](#) in Serbia.

## Reflection questions



What influences my clothing purchases the most?

My notes: \_\_\_\_\_

How often do I wear the clothes I already own, before giving them away?

My notes: \_\_\_\_\_

Do I know how to repair clothes or know where I can do it? Do I do it?

My notes: \_\_\_\_\_

Where will I donate/ resell my pieces of clothes I do not need anymore?

My notes: \_\_\_\_\_

# TOPIC 6: PLASTIC POLLUTION

## UNDERSTAND

Plastic is everywhere in daily life: food packaging, bottles, takeaway boxes, shopping bags, cleaning products, and online deliveries that can be difficult to manage. Plastic can be useful, but the problem is how much we use once and then throw away. When plastic is not reduced, reused, or correctly managed, it becomes pollution — in streets, rivers, and the ocean — and it can break down into tiny pieces (microplastics) that spread through the environment (33).

### Did you know?



- Most plastic is **used only once**, but stays in nature for **hundreds of years**.
- A large share of plastic waste comes from **everyday items** like packaging, bags and bottles.
- Plastic **does not disappear**, it breaks into **microplastics** that end up in soil, water and food.
- Reducing plastic use is often easier than recycling it, avoiding plastic is the most effective step (34).

### Why should you care?







Plastic affects everyday life: **your money, your home, and the places you enjoy**. Single-use plastic often means paying again and again (bags, bottles, takeaway boxes) and creating more waste to handle. If it ends up in nature, it can harm wildlife and slowly break into **microplastics**, which spread widely through water and the environment.

Microplastics are tiny plastic particles (typically smaller than 5 mm) that either form as larger plastic items break down in the environment or are manufactured at that small size. They are found widely in water, soil, and living organisms, and can enter the food chain. EU policies and strategies stress the need to both reduce plastic use—especially single-use plastics—and prevent plastic waste from ending up in nature, including oceans, rivers, and soil (35).

Finally, plastic waste also creates a real cost for communities: more litter, more clean-up, and more pressure on waste systems, which is why prevention (use less, reuse more) matters as much as sorting.

### What's the wider impact?



-  **Waste management** → Plastic becomes a real problem when it ends up in mixed waste or nature; correct sorting improves recycling and reduces litter.
-  **Carbon footprint** → Plastic is mostly made from fossil resources and creates emissions through production, transport and disposal (and when it's burned) (36).
-  **Food consumption** → Takeaway meals, snacks and bottled drinks often come with extra packaging; planning meals and using reusables reduces plastic fast.
-  **Water usage** → Plastic and microplastics can travel through water systems and the environment (37).

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**How do my everyday habits contribute to plastic pollution?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I bring my own reusable shopping bag.	0	1	2	3	4
I use a reusable bottle instead of buying drinks in plastic bottles.	0	1	2	3	4
I refuse extra plastic (bags, straws, cutlery, small packaging).	0	1	2	3	4
I choose products with less packaging when possible.	0	1	2	3	4
I sort plastic packaging correctly (where the system exists).	0	1	2	3	4
I limit takeaway food in plastic containers.	0	1	2	3	4
I reuse containers/jars instead of throwing them away.	0	1	2	3	4
I plan shopping to avoid impulse buys with extra packaging.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

You have strong low-plastic habits. Fine-tune and try bigger-impact or community actions. Explore Advanced actions.

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You already do some things well. Build routines and add 1-2 new habits. Try Intermediate actions.

**0-10 points → START → BEGINNER LEVEL**

Single-use plastics are still common. Small changes bring fast results. Start with Beginner actions!

*Plastic habits may seem hard to change, but they are built from small daily choices. This step-by-step guide will help you reduce plastic use in realistic ways.*

What can I do?

Check	Task
<input type="checkbox"/>	Bring a reusable bag (keep one in your jacket/car).
<input type="checkbox"/>	Use a reusable water bottle; choose tap water when possible.
<input type="checkbox"/>	Say “no thanks” to straws, cutlery, extra lids and extra bags.
<input type="checkbox"/>	Bring a reusable cup for coffee/tea when you can.
<input type="checkbox"/>	Pack lunch/snacks in a reusable container (avoid cling film).
<input type="checkbox"/>	Choose one product with less packaging (bigger pack or no extra wrap).
<input type="checkbox"/>	Sort plastic correctly at home (one clear place to put it).
<input type="checkbox"/>	Do one “plastic check” at home: what single-use item do you use most?



Extra tip:  
**Keep your reusable bags visible (e.g., on a hook near the door) to make the habit automatic.**

## BEGINNER LEVEL

The aim is to reduce the most common single-use plastics with easy swaps you can start today.

### Challenge



“Bag & Bottle Week”  
 7 days with no new plastic bags and no bottled water.

### Website for ideas

[Plastic Free July](#) has simple tips and challenges you can copy (lunch, takeaway, shopping).

### Useful tools

Use the

[Endurvinnslan app](#)

(deposit-return) to build a “return habit” for drink containers

What can I do?

Check	Task
<input type="checkbox"/>	Do one refill/bulk shop this month (dry foods or household liquids if available).
<input type="checkbox"/>	Bring your own container for takeaway or choose “no cutlery/no extras” in delivery apps.
<input type="checkbox"/>	Avoid multi-layer “hard to recycle” packaging when alternatives exist.
<input type="checkbox"/>	Create a reusables corner at home (bags, cup, box) so it’s easy to grab.



**Deposit return for bottles and cans  
(Iceland – Endurvinnslan)**



Iceland’s deposit system makes it easy to return bottles and cans for a refund, which keeps containers out of nature and increases collection for recycling. Adults learn that a simple routine (returning containers regularly) can reduce litter and plastic waste with almost no extra effort. The practice also supports everyday prevention: using reusable bags, bottles and containers, choosing products with less packaging or in bulk, and bringing your own container for take-away. For recycling to work well, plastic should be emptied, quickly rinsed, dried, and placed clean in the correct plastic recycling bin to avoid contamination and improve recycling quality.

*Read more in our Collection of best practices.*

**INTERMEDIATE LEVEL**

The aim is to build routines that cut plastic packaging in shopping, food and daily life.

**Challenge**



“Plastic-free lunch week”  
Bring lunch in reusables for 5 days.

**Useful tools**

*Add one reminder line to your shopping list:  
refill/no extras/  
reusable container*



What can I do?

Check	Task
<input type="checkbox"/>	Track your top plastic source (bottles / takeaway / snacks) and cut it by 50% next month.
<input type="checkbox"/>	Choose deposit/return systems for drink containers whenever possible.
<input type="checkbox"/>	Organise a “bring your own cup/box” week at work or in a community group.
<input type="checkbox"/>	Join or organise a local clean-up (and talk about prevention, not only picking litter).
<input type="checkbox"/>	Ask local shops/cafés about refill, return packaging, or discounts for reusables.

**ADVANCED LEVEL**

The aim is to make it your default and inspire others.

**Challenge**



One-month plastic cut  
Choose one category and avoid it for 30 days, e.g., no bottled drinks.

**SDGs connections**



- Cleaner public spaces.
- Less single-use plastic.
- Lower emissions from plastic production and waste.
- Less plastic in rivers and oceans.

*“Make the behaviour so tiny that you don’t need much motivation.”*

**B.J. Fogg, Tiny Habits**





7 DAY

# PLASTIC TRACKER



TRACKING HELPS YOU NOTICE WHERE PLASTIC APPEARS MOST OFTEN (BAGS, BOTTLES, PACKAGING), UNDERSTAND YOUR HABITS, AND CHOOSE EASIER, REUSABLE ALTERNATIVES. PLEASE FEEL FREE TO ADD YOUR OWN HABITS

WEEK OF: \_\_\_\_\_

HABIT TRACKER	(M)	(T)	(W)	(T)	(F)	(S)	(S)
01 PLASTIC BAG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02 REUSABLE BAGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03 PLASTIC BOTTLES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04 REUSABLE BOTTLES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05 PLASTIC PACKAGING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06 REUSABLE PACKAGING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*There are simple, practical ways to reduce plastic in your everyday life. Tracking helps you notice where plastic appears most often (bags, bottles, packaging), understand your habits, and choose easier, reusable alternatives.*



## Reflection questions



Which plastic item do I use most often?

My notes: \_\_\_\_\_

What was easiest to replace with a reusable option?

My notes: \_\_\_\_\_

When do I end up using the most plastic (busy days, takeaway, shopping)?

My notes: \_\_\_\_\_

What is one small plastic habit I will change next week?

My notes: \_\_\_\_\_

# TOPIC 7: WATER USAGE

## UNDERSTAND

Water is essential for daily life, but clean, usable water is limited, even in places where it seems abundant. Europe is warming twice as fast as the global average, putting pressure on water systems: **water scarcity affects 30% of Europeans** each year, and many rivers and groundwater sources are already stressed by droughts and pollution. Although most Europeans worry about water shortages and pollution, many feel poorly informed.

Because water systems are connected, waste and pollution today create problems tomorrow. This is why Europe promotes using water wisely, reducing waste, protecting nature, and keeping water clean. The good news is that small habits, like shorter showers, fixing leaks, washing full loads, turning off taps, and buying only what we need, can make a real difference. **Every drop saved helps protect our future.**

### Did you know?



- Only about 3% of the Earth's total water supply is freshwater, and **less than 1% of that is readily available for human use** (38).
- A single cotton T-shirt can use 2,500 litres of water to produce — that's what **one person drinks in about 2.5 years** (39).
- Europe has had some of the worst droughts in 500 years, even in countries that never had problems before (40).
- Iceland has a lot of water, but wasted water still means wasted energy, because heating, pumping, and treating water all use electricity.
- If every person in Europe saved **just 10 litres of water a day**, it would equal the yearly water use of a major city (41).

### Why should you care?






**Because water is life** - simple as that. Without clean water, we cannot drink, grow food, stay healthy, or protect nature. Even if your country has plenty of water now, no place is guaranteed to have it forever. Climate change is changing everything.

By using water wisely, you save money, protect your local environment, and help your community. And when many people make small changes, **together we create a big impact.**

### What's the wider impact?



-  **Carbon footprint** → Water use requires energy to pump, heat, and clean it, so wasting water also wastes energy and creates CO<sub>2</sub>. Even with renewable energy, reducing water waste helps cut emissions.
-  **Plastic pollution** → Higher water use creates more wastewater than treatment plants can handle, letting chemicals reach rivers and harm wildlife, drinking water, and human health.
-  **Food consumption** → About 70% of global freshwater is used for food. When water runs low, crops fail and food prices rise, so using water wisely protects long-term food security.

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**Which daily habits in my home use the most water?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I take short showers.	0	1	2	3	4
I close the tap while brushing my teeth or washing dishes.	0	1	2	3	4
I run the washing machine only when it is full.	0	1	2	3	4
I wash clothes after wearing them several times.	0	1	2	3	4
I cook the exact amount of food as I consume it to not waste the food.	0	1	2	3	4
I fix the taps at my home as soon as I see a leak.	0	1	2	3	4
I use water-efficient taps, showers, or toilets.	0	1	2	3	4
I think of water usage when making shopping choices.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

Your water habits are sustainable. You use water thoughtfully at home and through your daily choices. Keep it up and try 1–2 new actions from the Advanced section.

**11–20 points → ON TRACK → INTERMEDIATE LEVEL**

Some of your habits use more water than necessary. Small changes, like shorter showers, full laundry loads, or fixing leaks—can save water, energy, and money. Start with “Intermediate” actions.

**0–10 points → START → BEGINNER LEVEL**

Your daily habits lead to high water use. The good news: even a few simple changes can save large amounts of water. Begin with 2–3 easy actions from the “Beginner” level.

*This step-by-step guide offers short, practical actions you can try to improve your water-use habits. Each level builds on the one before it, so pick your starting point and move up when you're ready.*

What can I do?

Check	Task
<input type="checkbox"/>	Turn off the tap while brushing your teeth, washing dishes (don't let it run unnecessarily).
<input type="checkbox"/>	Only run the washing machine/dishwasher when it is full.
<input type="checkbox"/>	Scrape food scraps off plates instead of rinsing them before loading the dishwasher.
<input type="checkbox"/>	Fix small leaks (taps, pipes) as soon as possible or report leaks to maintenance if you live in a shared household.
<input type="checkbox"/>	Collect leftover water from cooking or washing vegetables, and use it for watering plants.
<input type="checkbox"/>	Store a pitcher of water in the fridge to avoid running the tap for cold water.

**BEGINNER LEVEL**

The aim of this level is simple, low-effort habits that prevent clean water from being wasted.

**Challenge**



Turn off water when washing teeth this week and calculate how much water you can save by doing just this simple act.



**Baštalište**



One of the things you can also do is take part in Baštalište, if you live in Belgrade, Serbia. Or start an initiative like this in your town. Baštalište is the first shared urban garden in Belgrade, showing how growing your own food can also help save water. By producing vegetables locally instead of buying imported or industrially grown food, participants indirectly reduce the huge amount of water used in large-scale agriculture, irrigation, processing, and long transport chains. Organic gardening in Baštalište relies mostly on natural rainfall, compost, and simple watering rather than water-intensive chemical farming. When people grow food themselves, they value it more and waste far less — which means less “hidden water” is lost in the form of discarded food. By turning unused land into productive green space, Baštalište also helps the soil absorb and retain water better, reduces heat, and supports a healthier local environment. Overall, this community garden strengthens water-smart habits by connecting people to how food grows, how much water it actually needs, and why every drop matters.

*Read more in our collection of best practices.*

What can I do?

Check	Task
<input type="checkbox"/>	Take shorter showers (aim for 5–7 minutes).
<input type="checkbox"/>	Avoid pre-rinsing dishes before putting them in the dishwasher.
<input type="checkbox"/>	Cook with less water (e.g., steam vegetables instead of boiling).
<input type="checkbox"/>	Choose products with lower water footprints when shopping (e.g. processed food, vegetables and fruits grown in greenhouses or those traveled long way, choose linen or organic cotton, textile with sustainable tags: OEKO-TEX, GOTS, choose tap water over bottled, reduce soft drinks).
<input type="checkbox"/>	Reuse greywater safely for watering plants or cleaning.
<input type="checkbox"/>	Avoid unnecessary toilet flushing (e.g., “if it’s yellow, let it mellow”).
<input type="checkbox"/>	Install a water butt to collect rainwater for garden use.

**INTERMEDIATE LEVEL**

The aim is to move from awareness to efficiency, helping individuals save larger amounts of water while maintaining convenience and supporting sustainable household and garden practices.

**Challenge**



Count how many litres of water you can save in a day by collecting greywater.

**🔗 Greywater** is wastewater discharged from various house uses - bath, sink - that can be reused. More than half of all house wastewater is greywater.

**SDGs connections**



- Use water wisely.
- Reduce water waste at home, in food, and in shopping.
- Save energy by reducing water use for heating, pumping, and production.
- Protect rivers, lakes, and aquatic ecosystems.
- Preserve land and biodiversity through smart water management.
- Choosing water-efficient appliances at home; participate in local initiative, educate.



What can I do?

Check	Task
<input type="checkbox"/>	Reduce consumption of water-heavy foods (e.g., beef, chocolate, almonds) or combine with lower-water options.
<input type="checkbox"/>	Reduce food waste to save the water used in production.
<input type="checkbox"/>	Repair or upcycle household items instead of buying new ones.
<input type="checkbox"/>	Advocate for water-saving policies at school, workplace, or community level.
<input type="checkbox"/>	Choose products with lower water footprints from transparent companies.
<input type="checkbox"/>	Install rainwater harvesting systems (even a small barrel can save water for plants).
<input type="checkbox"/>	Install a greywater system to reuse water from sinks, showers, and washing machines for outdoor watering.

**ADVANCED LEVEL**

The aim is to move from individual action to leadership and systemic change, empowering people to reduce water footprints on a larger scale while influencing their community and household infrastructure.

**Challenge**



Audit your household’s water use for one week, identify the biggest sources of waste, and design a personal or household plan to reduce water. Discuss it with your family or housemates and implement the plan.



**Posadi svoj hlad**



There is another practice that sounds like an initiative to be implemented anywhere. “Posadi svoj hlad” is a Serbian nationwide initiative that gives citizens free tree seedlings to plant in their communities, helping reduce CO<sub>2</sub>, improve air quality, and cool cities. Through simple online registration and local pick-up points, people receive young trees—supported by municipalities, companies, and volunteers—and plant them in yards, schools, and public spaces. Since 2019, over 120,000 seedlings have been planted across all Serbian municipalities, turning the project into a large community movement for cleaner air, healthier cities, and stronger environmental awareness. The model is easy to replicate anywhere: provide free seedlings, partner locally, offer simple instructions, and invite citizens to plant, care for, and share their tree-growing stories, making everyday people part of climate action.

*Read more in our collection of best practices.*

# WATER USAGE AT MY HOME



	Tracking nr. 1	Tracking nr. 2	Tracking nr. 3	Tracking nr. 4	Tracking nr. 5
Shower (minutes/day)					
Flushing toilets (times/day)					
Washing dishes (times/ day)					
Turning off tap while brushing (times/ day)					
Watering flowers/ veggies (times/week)					
Washing cars (times/week)					

The time tracking measure is adjustable - up to you (it can be year/ month/ week/ day).  
 For each set period consider tracking numbers - 1-5.  
 \*suggested period per tracking number is month

## Challenge yourself

- A 10-minute shower uses 100L or more - try keeping it to two songs.
- Baths use around 270L - consider showers instead.
- Turn off the tap while brushing teeth; 1 minute running water uses ~8L.
- Skip unnecessary toilet flushes; each one can save 5-20L.
- When washing dishes, run water only for rinsing.
- Collect rainwater in a barrel; it can save ~5,000L in summer.
- Wash your car less often. Home washes use ~400L, self-service ~50L, and drive-through ~200L.

**Tracking tools**

For a greater and longer impact you can track water usage in each month of the year and analyse the usage in order to find out the **biggest 'consumer' of the water usage.**

*These actions don't require any tool - just attention. Over time, it helps you see big "water leaks" in habits (not just pipes), which are often bigger than plumbing leaks.*

You can also install the tool, sensor or smart-meter, to track the usage.

Track your water usage and how it impacts your household via

[!\[\]\(ab0d301f4fdbd3b447084bd86f0f32e9\_img.jpg\) \*\*EU Consumer footprint calculator\*\*](#)

If you need more understanding about your impact on water usage, we suggest you to read some material produced through EU campaign #WaterWiseEU accessible **here.** [!\[\]\(e8bcaa650ebf5bf989653962c35b1062\_img.jpg\)](#)

*Water is life. Treat it like something you cannot replace.*


**Reflection questions**



Where is most of my household water being used? Can I reduce it?

 My notes: \_\_\_\_\_

When I shop, do I think about the "hidden water" in products? Which products are more water-sustainable than the ones I use?

 My notes: \_\_\_\_\_

What part of my water use feels the most wasteful, and why?

 My notes: \_\_\_\_\_

# TOPIC 8: IMPORT OF GOODS VS COUNTRY-GROWN GOODS

## UNDERSTAND

Every product we buy, whether food, clothes, or electronics, has a journey that uses energy, fuel, and resources, producing carbon emissions along the way. **Imported goods** provide variety but come with hidden environmental costs, including higher emissions and resource use in other countries. Choosing **locally produced or seasonal products** reduces transport emissions, supports local producers, often requires less packaging, and lets you see or verify quality. Small everyday choices, like buying local food or goods instead of imported ones, can make a **real difference for the climate, natural resources, and your community.**

### Did you know?



- The EU imports almost **2.5 trillion euros of goods** (mainly machinery and electronics) every year which is around **34% of global imports**. Producing and shipping these goods creates huge amounts of CO<sub>2</sub> (42).
- Every device you buy has traveled long distances, using fuel for shipping and energy/water for production elsewhere. Most of these devices are imported to Europe, so all that water and energy use happens elsewhere, hidden in the products we buy. So, choose **second hand devices, high-quality devices that last longer**, repair them when necessary (43).
- **Buying locally made products instead of imported ones** can cut greenhouse gas emissions by reducing long-distance transport and packaging (44).

### Why should you care?






Every product you buy, especially imported electronics, machinery, or food, comes with hidden water, energy, and carbon costs. Even if it's made far away, it affects the **planet's resources and climate**. We discovered in other sections like water usage or waste management that our resources became more valuable than ever before.

Acting responsibly towards yourself, your family, those around you by choosing local or second-hand products you can make a valuable impact. With those actions you contribute to pollution reduction, conserve water, and lower greenhouse gas emissions. You also support local producers and work towards an increased local economy, which is not only good for your neighbour but also for yourself.

**Your daily choices have a global impact.**

### What's the wider impact?



-  **Water usage** → Many imported products use water in regions that may already face shortages, so our consumption impacts global water resources.
-  **Carbon footprint** → Imported goods travel long distances using fuel, producing significant CO<sub>2</sub>. Electronics, machinery, and food often have higher emissions than local items. Choosing local, repairing, or reusing reduces these hidden emissions.
-  **Waste management** → Long supply chains create extra packaging, transport losses, and disposal waste. Choosing local, seasonal, or durable products reduces packaging and landfill impact.

## TOPIC 8: IMPORT OF GOODS vs COUNTRY-GROWN GOODS

# AUDIT

Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

### Do I choose convenience over sustainability, and why?

My Current Habits	Never	Rarely	Sometimes	Often	Always
I check where my food comes from before buying it.	0	1	2	3	4
I choose locally produced electronics, clothes, or other items whenever possible.	0	1	2	3	4
I prioritize seasonal fruits and vegetables when shopping.	0	1	2	3	4
I repair, reuse, or repurpose items instead of throwing them away.	0	1	2	3	4
I compare the environmental impact (water, energy, CO <sub>2</sub> ) of imported and local goods before buying.	0	1	2	3	4
I plan my purchases and buy efficiently to reduce shipping and transport impacts.	0	1	2	3	4
I consider second-hand or refurbished electronics, clothes, or household items before buying new ones.	0	1	2	3	4
I pay attention to packaging and transport emissions when choosing products.	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

#### 21-32 points → GOING STRONG → ADVANCED LEVEL

Your consumption habits are sustainable. Keep it up and try 1-2 new actions from the Advanced section.

#### 11-20 points → ON TRACK → INTERMEDIATE LEVEL

Some habits could be improved. Small changes—like choosing local or seasonal products—can reduce your environmental footprint.

#### 0-10 points → START → BEGINNER LEVEL

Your consumption has a high environmental impact. Even a few simple steps, like repairing or buying local, can make a big difference.

*This step-by-step guide with short, practical actions you can try to improve your habit of choosing local over imported goods. Each level builds on the one before it, so pick your starting point and move up when you're ready.*

What can I do?

Check	Task
<input type="checkbox"/>	Start buying 1–2 local products each week instead of imported versions (e.g., apples, eggs, bread).
<input type="checkbox"/>	Prefer seasonal produce to reduce long-distance transport.
<input type="checkbox"/>	Repair small household items instead of immediately buying imported replacements.
<input type="checkbox"/>	If you usually buy imported bananas and oranges, try buying local apples or pears this week.

**BEGINNER LEVEL**

The aim is to encourage gradual, conscious changes in purchasing and consumption habits to support sustainability, local economies, and lower environmental impact.



**Bee-friendly planting**



Another practical example is bee-friendly planting, which can be done at home, on balconies, in schoolyards, or in community green spaces across Iceland, Serbia, or Slovenia. By planting native flowers, herbs, and shrubs that provide nectar and pollen, people support pollinator populations, improve local biodiversity, and strengthen local food production. Healthy pollinators help crops grow without relying on imported or industrially pollinated foods, reducing the need for long-distance transport and lowering the associated carbon footprint. This simple, low-cost practice also fosters a connection to nature, encourages environmentally responsible habits, and indirectly helps conserve water by supporting natural, chemical-free gardening. Even small actions, like growing a few pots on a balcony or sharing seeds with neighbours, contribute to a healthier ecosystem, more resilient local food systems, and stronger water-smart awareness.

*Read more in our collection of best practices.*

What can I do?

Check	Task
<input type="checkbox"/>	Shop at local markets or farms for most fruits, vegetables, and dairy products.
<input type="checkbox"/>	Plan your shopping to buy in bulk or reduce frequent small shipments to minimize transport emissions.
<input type="checkbox"/>	Buy refurbished or second-hand electronics, clothes, or appliances whenever possible.
<input type="checkbox"/>	Repair items before replacing them.
<input type="checkbox"/>	Choose products with minimal or no packaging to cut down on plastic and waste.



**Mali Proizvođači**



Another great example of supporting local, non-imported products is the “Mali Proizvođači” platform in Serbia - see more in topic 1 - transport or in the Collection of best practices.

**SDGs connections**



- Strengthen local food production and access to fresh food.
- Support local farmers, artisans, and small businesses.
- Support local markets and community initiatives that strengthen your city.
- Choose local goods to reduce packaging and resource use.
- Lower emissions by reducing long-distance transport.
- Protect soil, biodiversity, and pollinators.

**INTERMEDIATE LEVEL**

The aim is to encourage thoughtful, environmentally responsible consumption, combining local support, reuse, reduced waste, and lower carbon impact.

**Challenge**



Instead of buying a brand-new imported toaster online, look for a refurbished one from a local store or, try fixing it yourself or take it to a local repair café or technician. If this is not possible you can use spare parts wisely (metal, wires, or casing can be reused for DIY projects), perhaps you can donate it to someone who is able to fix it or make better use of it than yourself.



What can I do?

Check	Task
<input type="checkbox"/>	Join or support community initiatives such as community gardens, or repair cafés.
<input type="checkbox"/>	Organise or participate in neighbourhood swaps for electronics, clothes, or other goods.
<input type="checkbox"/>	Share knowledge and encourage family, friends, or coworkers to buy local, repair, and reuse instead of importing unnecessarily.
<input type="checkbox"/>	Coordinate with local stores to feature locally made products prominently.
<input type="checkbox"/>	Organise a neighbourhood swap or plan a visit to a local repair café this week.

### ADVANCED LEVEL

The aim is to combine personal choices with community action, creating a culture of local, repair-oriented, and low-impact consumption.

*Shorter supply chains, longer-lasting planet.*

### Challenge



Pick one item you buy today (bread, milk, fruit, yogurt, eggs, soap...) and check where it comes from. As the second ingredient replace one imported product (nuts, chocolate spread, avocado, mango) with something produced in your country or region. **Prepare one meal using the item you bought and replaced.** Can you make a meal with these ingredients? If not, look for a local producer or a market with local ingredients that have the ingredient you are missing. If you cannot find a local missed item, try to alternate the meal recipe with what you can purchase seasonal. This may require visiting morning farmers markets or local food stations. Was it challenging or easy? Write down **one thing you enjoyed** and **one thing you want to continue doing**. Also, write down the **downsides and challenges** and work towards these.



**Baštalište**



One great way to support local production is by taking part in Baštalište - see more in topic 7 - water usage or, in good practices collection.

## MY IMPORTED VS. LOCAL PRODUCTS TRACKER

Product	Local/ imported	Where did I buy it?	Why did I choose it?	Can it be replaced?
Milk				
Meat				
Apples				
Potatoes				
Toilet paper				
Jacket				
Sockes				
Soap				
T-shirt				
Shoes				



Do you buy in local markets, international supermarkets? Do you choose it based on the price, quality, ingredients? Do you support particular producer, local?

### Tracking tools

- Use **Open Food Facts** (app or website) to scan barcodes and check product details and origin when you shop. It helps you spot imported vs local items.

*There are simple ways you can improve your habits.*

### Tracking tools

Use simple footprint and product-check tools such as

[🔗 Consumer Footprint Calculator](#)

to estimate the environmental impacts of your household purchases (it covers food, goods and services and shows where change matters most).

Check the water and product footprint of food and goods with a

[🔗 personal water-footprint calculator](#)

(currently not available for Slovenia and Serbia but for Iceland yes)

To buy local more easily, use country/regional platforms that connect producers and buyers (for example [🔗 Mali Proizvođači](#) in Serbia or local food-hub solutions used by Slovenian food hubs, [🔗 Mali plac](#)), which make it simple to order domestic produce and avoid long supply chains.

In Iceland and other countries, look for local markets, flea markets or community platforms to buy second-hand or locally made goods (these reduce import demand and hidden footprints).

(Examples: [🔗 Reykjavik's Kolaportið](#) flea market as a local reuse hub.)

### Reflection questions



Which imported products do I buy that could be replaced with local ones?

My notes: \_\_\_\_\_

How often do I check labels to see the country of origin?

My notes: \_\_\_\_\_

Where can I find local alternatives (market, shop, online) for the products I buy most often?

My notes: \_\_\_\_\_

# TOPIC 9: CARBON FOOTPRINT

## UNDERSTAND

Your carbon footprint is the greenhouse gas emissions linked to your daily life: **how you travel, how you heat and power your home, what you buy, and what you waste**. Some emissions are visible (fuel in your car), but many are “hidden” in products through production, packaging, transport, and disposal. You can't control everything — but you can control small habits that add up over time (45).

### Did you know?



- Global **energy-related CO<sub>2</sub> emissions reached a record 37.4 gigatonnes in 2023** (46).
- Buildings are responsible for **about 26% of global energy-related emissions** (direct + indirect from electricity/heat) (47).
- In the EU, transport causes **about a quarter of total greenhouse gas emissions**, and within transport, **road transport is the biggest source** (48).

### Why should you care?



Lowering your carbon footprint often brings **direct benefits** you feel quickly: **lower costs** (fuel, energy, impulse buying), **better comfort at home** (smarter heating, less waste), and often **better health** (more walking/cycling, cleaner air). It's not about being perfect, it's about choosing the easier, lower carbon option when you can.

### What's the wider impact?



- ☞ **Transport** → often one of the biggest daily factors; fewer car trips reduces emissions fast.
- ☞ **Waste management** → less waste means less production and less landfill/incineration impact.
- ☞ **Food consumption** → less food waste and more plant-rich habits can reduce emissions across the food chain.
- ☞ **Plastic pollution** → less single-use plastic means less fossil-based production and waste.



Answer honestly to see your current habits and where you can improve. Count the points for each answer and add your total score. Repeat this test again after a few weeks or months to see how your habits are changing over time.

**How do my everyday choices contribute to my personal carbon footprint?**

My Current Habits	Never	Rarely	Sometimes	Often	Always
I walk or cycle for short trips instead of driving.	0	1	2	3	4
I use public transport or carpool when I can.	0	1	2	3	4
I avoid unnecessary car trips by planning errands.	0	1	2	3	4
I keep home heating at a reasonable level (not overheating).	0	1	2	3	4
I switch off lights/devices when not needed.	0	1	2	3	4
I think before buying new items (clothes/gadgets/home items).	0	1	2	3	4
I repair, reuse or buy second-hand when possible.	0	1	2	3	4
I try to reduce food waste (portions, leftovers, freezing).	0	1	2	3	4

Total score: \_\_\_\_\_ / 32

**21-32 points → GOING STRONG → ADVANCED LEVEL**

You have strong low carbon habits, fine-tune the biggest areas (transport, energy, consumption) and try a community/inspire-others step. Explore Advanced actions!

**11-20 points → ON TRACK → INTERMEDIATE LEVEL**

You already do some good things, but not consistently, build routines and add 1-2 new habits that reduce emissions most. Try some Intermediate actions!

**0-10 points → START → BEGINNER LEVEL**

Your current habits likely create a higher footprint, so start with 2-3 easy quick wins (short trips, home energy, buying less). Start with Beginner actions!

Carbon footprint can feel abstract, but it is simply the result of repeated daily habits. These steps help you reduce emissions in realistic ways.

What can I do?

Check	Task
<input type="checkbox"/>	Replace one short car trip this week with walking/cycling.
<input type="checkbox"/>	Switch off lights and unplug chargers when not in use.
<input type="checkbox"/>	Lower heating slightly (if safe) and wear warmer clothes indoors.
<input type="checkbox"/>	Choose “no-buy” for one non-essential item this week.
<input type="checkbox"/>	Eat one “use-what-you-have” meal to reduce food waste.



### Geothermal district heating (Iceland)



In Iceland, geothermal district heating provides low-carbon warmth to many homes and buildings. Adults learn that clean energy and efficient heating reduce emissions while improving comfort and reliability. Like community projects that prevent pollution (for example by stopping open burning and illegal dumping), district heating shows how system-level solutions can cut CO<sub>2</sub>. It also reduces the need for fossil-fuel heating, making daily life cleaner and more resilient.

*Read more in our collection of best practices.*

### BEGINNER LEVEL

The aim is to make carbon reduction feel simple by starting with the easiest daily wins.

### Challenge



“One low-carbon action per day” for 7 days (tick it off)

[🔗 The Official App of the UN Act Now Campaign - AWorld](#)

### Useful tools

*A simple checklist on your fridge or phone.*

[🔗 Shop Your Food Stores & Save Money! - Shelf Cooking](#)

What can I do?

Check	Task
<input type="checkbox"/>	Choose 2 low-car days per week (public transport / carpool / walk-bike).
<input type="checkbox"/>	Plan heating habits (use thermostat/timer, close doors, avoid heat loss).
<input type="checkbox"/>	Plan shopping to avoid extra trips and impulse buys.
<input type="checkbox"/>	Repair or buy second-hand once per month instead of buying new.
<input type="checkbox"/>	Reduce food waste with one planned leftover meal weekly.
<input type="checkbox"/>	Choose products with less packaging when possible.



**Wood Waste Re-use (Slovenia)**



It is a simple circular practice that turns discarded wood—such as pallets, old furniture, beams, or branches—into useful items like benches, planters, or garden beds. By reusing wood instead of discarding it or producing new products, the practice reduces waste, lowers carbon emissions linked to material production and transport, and decreases pressure on forests. It shows that everyday, low-cost actions can significantly reduce carbon footprints while strengthening local skills, community cooperation, and sustainable lifestyles.

*Read more in our collection of best practices.*

**INTERMEDIATE LEVEL**

The aim is to build routines so your footprint goes down automatically week by week.

**Challenge**



2-day low-car week (same days every week for one month)

[Download WWF's My Footprint app](#)

**Useful tools**

Weekly planner for transport + home energy

[My co2](#)



What can I do?

Check	Task
<input type="checkbox"/>	Make low-car transport your default for short/medium trips.
<input type="checkbox"/>	Plan holidays using train/bus where possible (book earlier).
<input type="checkbox"/>	Set personal rules: fewer flights, fewer impulse purchases, less waste.
<input type="checkbox"/>	Support local sharing/repair solutions (repair cafés, tool libraries, swap events).
<input type="checkbox"/>	Share one practical habit with others (family/workplace/community).
<input type="checkbox"/>	Repeat the audit monthly and adjust (progress over perfection).

SDGs connections



- Use energy wisely and shift to renewables.
- Support green innovation and sustainable production.
- Choose low-carbon transport and community solutions.
- Reduce material and consumption footprint.
- Reduce personal and household CO<sub>2</sub> emissions.
- Protect land and biodiversity through lower carbon demand.

ADVANCED LEVEL

The aim is to keep your footprint low long-term and support solutions beyond your own home.

Challenge



Low Carbon Week, as a group: 2 days without car + no impulse shopping + share results.

[🔗 Take individual action:](#)  
Track your climate impact!

Useful tools

A simple group tracker (week goal + notes)

- [🔗 Kolefnisreiknir](#)
- [🔗 WWF Footprint Calculator](#)



*There are simple, practical ways to improve your daily carbon habits. Tracking helps you notice where emissions come from in everyday life (transport, energy use, repair items, etc), understand patterns, and choose easier, lower-carbon alternatives.*



## DAILY CARBON HABIT TRACKER

There are simple, practical ways to reduce your daily carbon footprint. Tracking helps you see where emissions come from in everyday life (transport, energy use, repairing items, etc.), spot patterns, and choose easier, lower-carbon alternatives.

 <b>PUBLIC TRANSPORT</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○	 <b>CAR</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○
 <b>WALKING/BIKING/E-BIKE</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○	 <b>SHARE ITEM WITH OTHERS</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○
 <b>AVOID BUYING NON-ESSENTIAL ITEM</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○	 <b>REPAIR ITEM</b> M T W T F S S ○ ○ ○ ○ ○ ○ ○
<ul style="list-style-type: none"> <li> 0.5 tons of CO<sub>2</sub> equivalent per year</li> <li> Car/Plug-in hybrid/E-Car - 3.0/16/0.6 tons of CO<sub>2</sub> equivalent per year</li> <li> Carbon footprint is almost zero</li> <li> Carbon footprint is almost zero</li> <li> Avoiding buying non-essential things reduces your carbon footprint</li> <li> Carbon footprint is almost zero</li> </ul>	



Connect Clean Roma Group (Serbia)



It is a social and environmental cooperative that integrates informal Roma waste pickers into the formal recycling system. By preventing cable burning, illegal dumping, and inefficient waste handling, the initiative significantly reduces CO<sub>2</sub> emissions and air pollution linked to uncontrolled waste practices. Through modern recycling technologies, CCRG transforms waste cables, plastics, and metals into high-quality secondary raw materials, lowering the need for energy-intensive virgin resource extraction. This model demonstrates how inclusive waste management can reduce carbon footprints while creating social value, and it can inspire similar cooperative or community-based recycling solutions in other regions.

*Read more in our collection of best practices.*



*Progress matters more than perfection.*

Reflection questions



Which habit affects my footprint most (transport, energy, shopping, waste)?

My notes: \_\_\_\_\_

What was the easiest low-carbon change this week?

My notes: \_\_\_\_\_

Which car trip can I replace next week?

My notes: \_\_\_\_\_

What is one thing I can do at home to save energy without spending money?

My notes: \_\_\_\_\_

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