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A BETTER ME FOR A BETTER US

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GOOD PRACTICE E-TOOL-KIT FOR RESPONSIBLE RESOURCES MANAGEMENT

We are used to get rid of things when they fade or broke, even for a bit. We try to present few ways to make a better use of things you already have through some easy practice. Each section has a challenge for you to try out and see the difference.

A BETTER ME FOR A BETTER US



**MAKE A HEAVEN FROM
WHAT YOU HAVE**



**LIFE EXTENSION OF
MATERIALS/ OBJECTS**



WAYS TO RECYCLE







**PROTECT THE
ENVIRONMENT**

MAKE A HEAVEN FROM WHAT YOU HAVE



Food

When you have too much:

-  Use leftovers for breakfast or lunch next day
-  Try your cooking skills (cooking means extending the lifetime of ingredients)
-  Invite a friend for lunch
-  Feed an animal or a bird

MAKE A HEAVEN FROM WHAT YOU HAVE



 **Challenge:**

 | Try to not throw away any food for 3 weeks

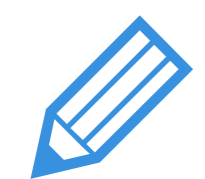
 | Make a shopping list and stick to it

MAKE A HEAVEN FROM WHAT YOU HAVE

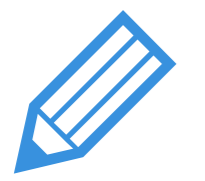


Clothes and shoes:

When you have too many:



Donate to shelters, charities, hospitals



Sell as second-hand on dedicated platforms




Repurpose

MAKE A HEAVEN FROM WHAT YOU HAVE



Clothes and shoes:

When you consider them outdated:




 | Do some changes

 | Repurpose

MAKE A HEAVEN FROM WHAT YOU HAVE



Challenge:


-  For a season, try not to buy any item if you have more than 3 of a kind
-  When you decide to buy something, analyze at least three sources to find out the best quality for the price
-  Close to the bin, put a Hunger Plate image to prevent you to throw away food

MAKE A HEAVEN FROM WHAT YOU HAVE




Accessories:

When you have too many:

 | Donate to shelters, charities, hospitals, schools

 | Repurpose

When you consider them outdated:

 | Do some changes

 | Repurpose

MAKE A HEAVEN FROM WHAT YOU HAVE







 *Challenge:*

 | Try, for a season, not to buy anything if you have more than 3 of a kind

LIFE EXTENSION OF MATERIALS/ OBJECTS



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-  Use apps and tips to extend the lifetime of an object
-  Look for the proper way to take care of it
-  Look for up-dates
-  Think out of repurposing when getting old/ outdated



-  Find up-dates/ way to repurpose for at least three objects you own



WAYS TO RECYCLE



-  Think how you can recycle everything you want to throw away
-  Make use of local days to gather nonrecycling goods





Challenge:

-  Mark the days for collecting nonrecycling goods in your neighborhood
-  Convince at least one neighbor to identify a nonrecycling item to collect





PROTECT THE ENVIRONMENT

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-  Use the Carbon footprint calculator to find out ways to reduce it.
<https://www.carbonfootprint.com/measure.html>
-  Find out about Earth Overshoot Day and make the others aware of it
<https://overshoot.footprintnetwork.org/>
Grow your own food



Challenge:

-  Inform at least 5 people about Earth Overshoot Day in one year
-  Use the Carbon footprint calculator with your family and decide what you can do better
-  Grow at least one plant (even in a pot in your room)
-  Plant at least a tree per year (if you don't have the resources, find out a local NGO specialized in this activity)