

SUSTAINABLE THINKING

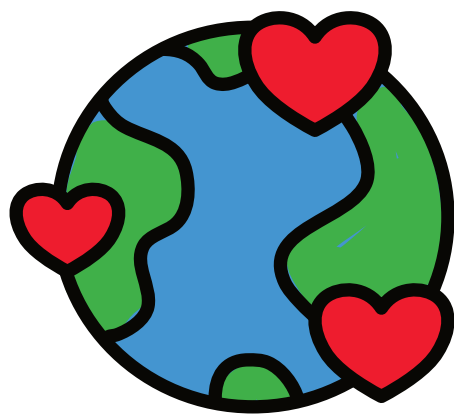
All you need to know about sustainable development and climate action

Sustainable Development Goals

The United Nations' SDGs set out aims and targets to make the planet fairer, greener, and more prosperous for everyone, now and in the future. The 17 goals aim to improve environmental, social and economic aspects of life, by tackling issues including climate action and clean water and sanitation, gender equality and good health, and education and poverty.

The goals are complex and ambitious, requiring collaboration between countries and cultures. This means we all have a responsibility to think about how we can change our behaviour to allow progress to be made. Many of the outcomes overlap, so by helping meet one goal you're probably also contributing to another!

The SDGs



Making a difference: advocacy

Perhaps one of the most impactful things you can do, advocacy has the potential to make a huge difference. If we can normalise talking about sustainability, especially concerning climate action, we can lead the way with the societal behaviour change that is needed to meet this goal.

So, find out what's happening in your local community, write to your MP demanding more green policies, engage with local climate groups, and campaign for a more sustainable society.

What you can do

At home

- unplug appliances
- switch to a green energy supplier
- avoid baths and take short showers
- buy secondhand clothes and furniture
- use solid bar soap
- adjust heating according to seasons
- air dry clothes and hair
- reduce waste and recycle properly

At work

- walk, cycle or use public transport
- ask your workplace to engage in green initiatives
- reduce waste and recycle properly
- persuade your workplace to make greener choices
- examine everyday decisions
- have conversations about sustainability
- ensure workplace uses energy efficient heating/lighting

Food & drink

- eat less meat and dairy
- use leftovers, freeze fresh produce
- shop local and seasonal
- compost food waste
- plan meals to avoid waste
- recycle packaging
- only buy what you need



Travel

- bring your own bags
- walk, cycle or use public transport
- use a reusable water bottle/coffee cup
- say no to single-use items
- consider an electric vehicle
- limit international flights
- maintain your car