

GENERATE LESS WASTE WHEN PURCHASING DAILY ESSENTIALS

1 REFUSE SINGLE USE PLASTIC

Single-use plastics, or disposable plastics, are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, soda and water bottles and most food packaging.

We produce hundreds of millions of tons of plastic every year, most of which cannot be recycled.

2 USE REUSABLE MASKS, DISCARD THE DISPOSABLE MORE RESPONSIBLY.

Cut the straps before discarding.

3 CARRY RE- USABLE BAGS WHEN SHOPPING

4 SHOP LOCAL - WHEN POSSIBLE

Not only does buying local help your community. It's also kinder to the planet. All that "made in China" stuff might be cheap, but the shipping, packaging, and carbon dioxide emissions are costly in the long run to our health and our environment.

5 PLAN PURCHASES ON WEEKLY / MONTHLY BASIS

6 GO FOR A NO BUY / LOW BUY MONTH. USE WHAT YOU HAVE.

It's a great way to reduce your consumption. The idea is to purchase as few unnecessary items as possible.

Not only will it reduce your footprint.

It will save you money too !

Buy less and love what you have already.

EXTEND THE USEFUL LIFE OF YOUR CLOTHING

GIVE CLOTHING A LONGER LIFE

Finding ways to use our clothes longer, including second-hand use.

Clothes are made from biological and petroleum based fibres, both of which are resource intensive.

Cotton is a water-intensive crop and wool requires pasture land.

If we can double the lifetime use of our clothes, we can reduce the resource demand by half. Maintaining our existing wardrobe by buying pre-owned, repairing, and upcycling increases the lifespan of clothing.

7 BUY TIMELESS GOOD QUALITY CLOTHING / ACCESSORIES THAT LASTS LONG.

8 BUY PREOWNED

Even the PreLoved market place has good quality clothing that lasts long.

DOUBLE CHECK YOUR CLOSET

Dig through your drawers and unearth the pieces at the bottom. Declutter anything that you don't use anymore.

9 ANYTHING THAT NEEDS MENDING - JUST DO IT. IT'S MUCH EASIER AND ECONOMICAL TO FIX IT THAN PURCHASING BRAND NEW.

10 ANYTHING THAT CAN BE UP-CYCLED - JUST GO AHEAD.

11 IF YOU HAVE FRIENDS WHOM YOU CAN SHARE YOUR CLOTHES WITH - GO FOR A SWAP.

12 IF NOT, YOU CAN EITHER DONATE OR SELL THEM ONLINE.

READ READ AND RE - READ

- 13 READ AND LEARN ABOUT EARTH OVERSHOOT DAY**
- 14 READ AND LEARN ABOUT ECOLOGICAL FOOTPRINT**
- 15 READ AND LEARN ABOUT CARBON FOOTPRINT**
- 16 READ AND LEARN ABOUT CIRCULAR CONSUMPTION**
- 17 READ CIRCULARITY GAP REPORT**
- 18 READ AND LEARN ABOUT CLIMATE CRISIS**
- 19 READ AND LEARN ABOUT CLIMATE CRISIS MITIGATION**
- 20 READ AND LEARN ABOUT SDG17**
- 21 READ AND LEARN ABOUT HOW LONG IT TAKES PLASTIC TO DECOMPOSE**
- 22 READ AND LEARN ABOUT MICRO PLASTIC POLLUTION**
- 23 READ AND LEARN ABOUT BIODIVERSITY**
- 24 READ ABOUT WASTE MANAGEMENT**

SPEND MORE TIME IN NATURE

25 RECONNECT WITH NATURE.

If we want to protect our environment and biodiversity, creating opportunities to reconnect with nature is crucial for both children and adults. We need to spend more time unplugged and find ways to let nature balance our lives.

Find small openings for nature every day, whether in the country or the city —at home, in the workplace, in schools and in neighbourhoods. Plant native species in your backyard and leave part of it wild, take kids fishing and hiking, build a bird feeder or go bird watching, walk in the park, ride a bike, set up a community garden, have a picnic, build a treehouse for the kids or exercise outdoors.

26 PLANT 5- 10 NATIVE TREES AND TAKE GOOD CARE OF THEM

27 GROW AT LEAST 5 VARIETIES OF VEGETABLES

28 GROW 5 FRUIT TREES

29 MANAGE YOUR WASTE WATER. REUSE KITCHEN/ SHOWER / LAUNDRY WATER FOR PLANTS

30 DIY CLEANING SOLUTIONS

31 MULCH THE GROUND AROUND THE PLANTS FOR MAXIMUM WATER RETENTION.

Chillies , winged beans , long beans, gotukola, okra are some of the easiest plants to take care of.

32 USE YOUR OWN COMPOST INSTEAD OF BUYING ARTIFICIAL FERTILISERS

33 PRACTICE NO TILL GARDENING

34 MAKE YOUR PROPERTY HONEY BEE FRIENDLY BY PLANTING BEDS OF FLOWERS THAT THEY ENJOY.

35 KEEP A CLEAN CLAY POT IN A SAFE SHADY PLACE UPSIDE DOWN IN YOUR GARDEN FOR THEM.

FIGHT CLIMATE CRISIS WITH YOUR DIET

36 EAT LESS MEAT

Even if you aren't a vegetarian, cutting out some meat and large predatory fish, and eating lower on the food chain overall can help significantly lower your personal greenhouse gas emissions.

37 FOLLOW MOUTH-WATERING VEGAN RECIPES ONLINE AND TRY AT LEAST FIVE NEW RECIPES WITH AVAILABLE RESOURCES.

Eg : Recipes on Veganbowls.

Veganbowls is an instagram page with a follower base of 3.1 M

SAVE THE TREES

38 USE REUSABLE CLOTH NAPKINS INSTEAD OF TISSUES

39 BUY USED FURNITURE

There's a surplus of it and it's much cheaper.

40 PRINT AS LESS AS POSSIBLE.

Print on both sides. Go for no printing if possible.

41 REUSE ITEMS LIKE ENVELOPES, FOLDERS AND PAPER CLIPS

42 USE DISCARDED PAPER FOR SCRAP PAPER AND PAPER PROJECTS LIKE ORIGAMI.

CONSCIOUS CELEBRATIONS

USE ECO-FRIENDLY WRAPPING PAPER

- 43 Upcycled brown paper bags
- 44 Inside - out of chip bags
- 45 Old magazine and newspapers
- 46 Tins and mason jars

GIFTING IDEAS

47 YOUR TIME

Eg: Baby sitting

48 EXPERIENCES

Eg: A foot massage

49 HIGH QUALITY PRELOVED ITEMS

50 A PLANT

51 GET AN UNDERSTANDING ABOUT THE REQUIREMENTS OF THE RECIPIENT

52 STOP LIGHTING CRACKERS AND CELEBRATE THE FESTIVE SEASON MORE CONSCIOUSLY.

Air Pollution – The crackers contain many toxic gases and chemical compounds, which once activated, can be harmful. Example Nitrous oxide, which remains in air for a long time if the area doesn't get heavy rain or strong winds.

Global Warming – Bursting crackers increase heat, carbon dioxide and many toxic gases in the atmosphere, which causes rise in temperature and air pollution leading to global warming.

Noise Pollution – Loud cracker sound can affect humans directly.

Garbage – The residual of crackers after bursting is garbage which no one takes care of and it affects the environment.

Fire Accidents – In the cracker market, a small spark can cause huge damage. Also if not handled properly; it may cause injuries (internal – respiratory and external – burn).

Newborn and pregnant women – persistent exposure to loud noises while pregnancy might trouble the baby (not proven yet).

Every human being – Inhaling fumes of crackers can increase the chances of asthma attack. Heart patients and chronic bronchitis patients come under a high risk of attacks too.

For Animals – They feel scared and look for a safer place, the noise of fire crackers makes them unstable which leads to shivering, drooling, howling, psychosis or excessive barking.

53 USE REUSABLE PLATES AND UTENSILS INSTEAD OF DISPOSABLE ONES.

Especially at functions, and eating out.

TEACH YOUR CHILDREN THE BASICS OF CIRCULAR ECONOMY

- 54 GET THEM TO TAKE GOOD CARE OF THEIR TOYS/ BOOKS SO THEY CAN PASS IT ON TO SOMEONE WHEN THEY OUTGROW.**
- 55 GET THEM TO MEND THEIR CLOTHES AND SHOES**
- 56 GET THEM TO WASH AND REPAIR THEIR OLD TOYS AND SHARE THEM WITH THE LESS FORTUNATE KIDS.**
- 57 SELL CLOTHES, SHOES, TOYS AND BOOKS THEY DON'T USE ANYMORE.**
- 58 BUY GOOD QUALITY PRELOVED BOOKS, TOYS CLOTHES AND ACCESSORIES**
- 59 MAKE NOTEBOOKS OUT OF UNUSED PAPER IN OLDER NOTEBOOKS**
- 60 TEACH THEM HANDCRAFTS WITH OLD NEWSPAPER AND SCRAP PAPER**
- 61 TRAIN THEM TO TAKE CARE OF THEIR STATIONARY AND USE THEM UNTIL THERE'S NOTHING LEFT IN IT.**
- 62 MAKE VESAK LANTERNS WITH OLD NEWSPAPERS.**

BE ENERGY EFFICIENT

63 LIGHT YOUR PREMISES WITH NATURAL LIGHT AND SKY LIGHTS AS MUCH AS POSSIBLE DURING THE DAY TIME.

64 USE ENERGY EFFICIENT LAMPS (LED)

65 SWITCH TO SOLAR ENERGY

66 UNPLUG ELECTRICAL APPLIANCES- WHEN NOT IN USE

And switch off lights - when not in use. Switch off the router at night.

67 RETHINK YOUR MODE OF TRANSPORTATION. WALK / CYCLE / USE THE STAIRWAY - WHENEVER POSSIBLE.

68 BE MINDFUL ABOUT THE FUEL EFFICIENCY OF YOUR VEHICLE.

Be mindful about the things you can do to increase the fuel efficiency.

69 KEEP YOUR GAS BURNERS EFFICIENT ALL THE TIME.

70 IMPLEMENT BIOGAS SYSTEMS

WASTE NOT, WANT NOT!

71 WASTE MANAGEMENT

Sri Lanka generates 7000MT of solid waste per day with the Western Province accounting for nearly 60% of waste generation. Each person generates an average of 1 kg of waste per day. According to the Waste Management Authority and the Central Environmental Authority, only half of the waste generated is collected.

<https://efl.lk/status-waste-management-sri-lanka/>

With this being the situation, it's important that we read and practice waste Management.

72 FOOD SHOULD NEVER BE WASTED. EXCESS FOOD SHOULD ALWAYS GO TO THE REFRIGERATOR.

73 BRING YOUR OWN LUNCH

Bringing lunches to work in reusable containers is probably the greenest (and healthiest) way to eat at work. Buying lunches everyday almost inevitably ends up with a miniature mountain of packaging waste and is way more expensive than making your own too!

74 LEARN ABOUT HOW TO PRESERVE THE FRESHNESS OF DIFFERENT FOOD VARIETIES.

For example, I always keep home plucked wing beans and aware next to the water faucet to retain its freshness for days.

75 GO FOR SEASONAL LOCAL VEGETABLES AND FRUITS AS MUCH AS POSSIBLE

76 EXCESS FOOD CAN BE PRESERVED

Lunu Dehi, Dried Mangoes and Papayas.

77 FOOD SCRAP TO BE USED FOR COMPOSTING AND TO GENERATE SEEDLINGS.

WASTE NOT, WANT NOT!

78 GARDEN LITTER CAN BE USED FOR COMPOSTING

79 SEPARATE PLASTIC, POLYTHENE GLASS WASTE ETC AND GET IN TOUCH WITH A WASTE COLLECTOR IN YOUR AREA

http://www.cea.lk/web/images/pdf/wm/SWM/List_of_Collectors_plus_Collectors_Recyclers_updated_up_to_Sep_2021-to_IT_UNIT.pdf

80 TEACH AND TRAIN YOUR CHILDREN NOT TO THROW FOOD/ WATER AND TO ONLY SERVE WHAT THEY EAT.

81 TEACH AND TRAIN YOUR CHILDREN TO MANAGE WASTE.

82 SHIFT TO E STATEMENTS

83 SHIFT TO E-NEWS, E-PAPERS & E-MAGAZINES

84 WASTE SEGREGATION

MICROPLASTIC POLLUTION

BE MINDFUL ABOUT MICRO PLASTIC POLLUTION.

Microplastics are small pieces of plastic, less than 5 mm (0.2 inch) in length, that occur in the environment as a consequence of plastic pollution. Microplastics are present in a variety of products, from cosmetics to synthetic clothing to plastic bags and bottles. Many of these products readily enter the environment in wastes.

85 BE MINDFUL OF THE MAKE OF YOUR CLOTHES. WHEN PURCHASING NEW CLOTHES GO FOR NATURAL FIBRE.

86 MICRO PLASTICS ARE AVAILABLE IN COSMETICS TOO. ALWAYS OPT FOR NATURAL COSMETICS. DIY NATURAL RECIPES ARE THE BEST.

THE BIODIVERSITY

BE MINDFUL ABOUT BIODIVERSITY AROUND US AND THE ROLE OF EVERY LIVING THING, INCLUDING PLANTS, BACTERIA, ANIMALS, AND HUMANS.

Biodiversity refers to the variety of living species on Earth, including plants, animals, bacteria, and fungi. While Earth's biodiversity is so rich that many species have yet to be discovered, many species are being threatened with extinction due to human activities, putting the Earth's magnificent biodiversity at risk.

Much of the Earth's biodiversity, however, is in jeopardy due to human consumption and other activities that disturb and even destroy ecosystems. Pollution, climate change, and population growth are all threats to biodiversity. These threats have caused an unprecedented rise in the rate of species extinction. Some scientists estimate that half of all species on Earth will be wiped out within the next century. Conservation efforts are necessary to preserve biodiversity and protect endangered species and their habitats.

87 TEACH YOUR CHILDREN ABOUT BIODIVERSITY

88 GET YOUR CHILDREN TO CARE FOR THE ENVIRONMENT AROUND THEM.

GREEN SABBATH

89 OBSERVE A GREEN SABBATH.

*Is there nothing you can do about the environment?
Nothing may be one of the best things you can do. One day every week. Do nothing!*

*Take a weekly day of rest. Make it a real sabbath. For you. For earth.
Don't drive. Don't shop. Don't build.
Take a walk. Eat with friends. Play or read with your kids. Sing.
Meditate. Celebrate contentment.*

Try it. One day a week, minimise the need for more goods, minimise the use of natural resources, minimise the emission of carbon dioxide and other pollutants.

AWARE YOUR COMMUNITY

90 CREATE DIGITAL POSTERS, ANIMATION, VIDEO, CONTENTS, ARTICLES AND PUBLISH IN ANY KIND OF MEDIA

91 PUBLISH RESEARCH ARTICLES RELATED TO IN GREENING WORLD

92 ARRANGE COMMUNITY CLEAN-UP PROGRAMS.

Beach Clean up

NETFLIX DOCUMENTARIES

WATCH ON NETFLIX

93 Our Planet

94 A life on our planet

95 Chasing Coral

96 An inconvenient truth

97 Kiss the ground: Regenerative Agriculture

98 A plastic Ocean

99 Cowspiracy: The sustainable secret

100 Seaspiracy