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## MAKE A GESTURE FOR THE ENVIRONMENT

### What can we do ?

Taken together, our small daily actions can have dramatic repercussions on the environment. By making the right decisions (at home, at work or in the supermarket), we can contribute to significantly reducing the burden on the environment.

### How can I save energy?

- 1 – turn off the light
- 2 – buy low consumption household appliances
- 3 – Hang out your laundry instead of using a dryer

- 4 – Lower the thermostat
- 5 – Insulate your home
- 6 – Cover your pan with a lid while cooking
- 7- Do not leave your devices on standby

### How can I improve air quality?

- 1- Consume local products (a plane transporting goods from one end of the world to the other generates 200 to 400 times more greenhouse gases than a truck traveling 50 km. Consume local seasonal products: they are good for your health, they taste better and their transport is less polluting
- 2- Long live carpooling and public transport
- 3- Look for the flower! The eco-label is a system encouraging companies to voluntarily sell more environmentally friendly products and services.

the environment. Products bearing the label, symbolized by a flower, do not contain VOCs and therefore do not affect air quality. Have fun looking for the flower on household detergents, paper tissues or even on vacuum cleaners, televisions, shoes and mattresses!

- 2- Pedal, you win! The use of bicycles helps to reduce traffic but also pollution.

## How can I use water more responsibly?

- 1- Collect rainwater
- 2- Check your faucets
- 3- Wait or use the “half load” program of your washing machine and dishwasher
- 4- Do not throw your paints, varnishes, medicines, oils in your sink
- 5- Favor showers rather than baths (a shower consumes 4 times less water than a bath.)

## How to reduce waste?

- 1- Use less packaging by buying bulk or reusable products
- 2- Buy fruits and vegetables at retail rather than pre-packaged
- 3- Renovate your sofa instead of buying a new one
- 4- Have your shoes repaired to extend their lifespan
- 5- Find a new use for things: make scrap paper with your old documents, use plastic containers as storage space
- 6- Recycle: sort: paper, cardboard, wood, cans, plastic bottles, glass bottles and jars, electrical equipment, computer equipment, batteries...

7- Reduce the use of disposable wipes! In Europe 50 kg of disposable wipes waste per year.

8- Use reusable plastic bags

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