

What can YOU contribute with to reach the sustainable development goal number 12?

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There are 17 global goals for Sustainable Development. Number 12 is about Responsible consumption and production. It may look like a big problem which mainly is for big companies to solve, but did you know that you can make a difference, with small changes in your everyday life?

What is the sustainable development goal number 12?

- To ensure sustainable consumption and production patterns.
- This is one of the 17 Sustainable Development Goals established by the United Nations in 2015.
- The goal is about that we need to reduce our ecological footprint by changing the way we produce and consume goods and resources.



Sustainable consumption and production are about that we must do more with less resources. Today we consume a lot more than what is sustainable for the earth. For instance, we waste about a third of the food we produce, without being eaten, even though millions of people in other countries are starving.

What can you do?

It may seem difficult to know exactly what to do, but here are some tips:

1. Buy “ugly” fruit and throw less food



Would you buy these two oranges?


Probably not. Between 20- 50% of all produced food get thrown, and among all the food we throw away a lot of fruit and vegetables get wasted because it has a different shape or colour, even though it tastes the same. Often it can be a benefit to buy ugly fruit or vegetables because it is cheaper. It is also important to eat all the leftover food you have at home.



2. Reduce your plastic use.

 Every year about 8 million tonnes ends up in the sea

 100, 000 marine mammals are killed annually from plastic oceans

 Plastic accounts for 10% of human waste and takes 500-1000 years to degrade



- Say no to plastic straws
- Bring a reusable shopping bag with you
- Get rid of plastic water bottles
- Stop using disposable plastic products, like cutlery and use cardboard or metal instead
- You can buy a toothbrush made of bamboo
- Avoid cosmetics products that contain microbeads



3. Buy products that are sustainable.

Clothes

When you are buying clothes, you should look at what material it is made of and where it comes from. **Have the employees who make it got paid enough to survive?** There is a lot of good options when it comes to shopping clothes, for instance can you buy them from a second-hand store. There you can find expensive brands who are much cheaper than normal. You can also give away or sell your old clothes.



- Buy organic, sustainable, local produced food
- Only buy things you need
- Buy/use sustainable energy (solar energy, water or wind energi), and also remember to turn lights off and unplug appliances when you don't use them

