What Actions Can I Take?

As an Individual

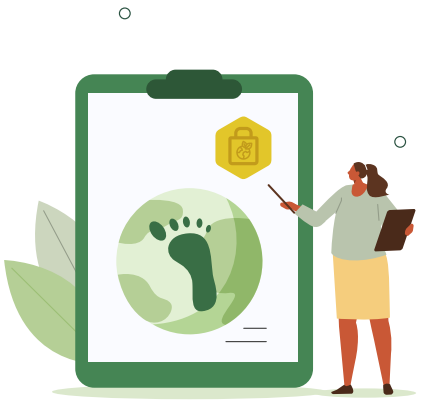
1. **Reduce consumption** and make greener choices that have a low impact on the environment.
2. Support organisations, businesses and brands that are ethical in their manufacturing, production and supply chains, and that respect human and animal rights.
3. Choose non-toxic products that comply with health and hygiene standards using Apps such as **Yuka.**
4. Choose local products and/or those with a positive economic and social impact **(e.g., Fairtrade).**
5. Engage with political representatives and support campaigns such as your local **Fairtrade Fortnight** events annually.

How this helps

- ✔ Reduces carbon emissions, protects biodiversity and depletion of natural resources.
- ✔ Improves working conditions, prevents abuse and exploitation of vulnerable communities and groups, and prevents cruelty to animals.
- ✔ Improves health and quality of life and reduces harmful health impacts.
- ✔ Supports local economies and protects the rights of producers, improving the work-life quality of employees and their families and respects their rights.
- ✔ Promotes action and creates awareness and understanding of responsible consumption and the choices we can make.

As a Community

1. Review and adapt your group's actions to make better and more sustainable consumption choices.
2. Track your CO2 and other consumption levels as a group using platforms such as such as the United Nations **'AWorld' ACT NOW** app.
3. Create/join community-based resource sharing initiatives e.g. Food banks and skills swapping or service sharing.
4. Set up, support and get involved in **Fairtrade initiatives** in your locality.



How this helps

- ✔ Minimises harmful social and environmental impacts of your group and sets an example of good practise in your community.
- ✔ Supports your community to improve their consumption habits and reduce their negative impact on the environment.
- ✔ Provides the community with responsible consumption options.
- ✔ Supports workers with fair work and pay conditions.

What Actions Can I Take?

As a Business/ Social Enterprise

1. Support a **Circular Economy** and adopt sustainable production and consumption practices and ensure compliance with all environmental, health and ethical standards.
2. Take accountability for the impact of your products and services throughout their whole lifecycle.
3. Track your CO2 and other consumption levels as a business using platforms the United Nations **'AWorld' ACT NOW** app
4. Raise customer awareness and train staff on your company's responsible consumption strategies, policies and practices.
5. Become a **Fairtrade workplace.**

How this helps

- ✔ Sets high standards in corporate social responsibility and leads by example.
- ✔ Reduces negative impact at all stages of the supply chain, from extraction of raw materials, production and distribution to use, waste disposal and reuse.
- ✔ Supports your business to improve consumption habits and reduce negative impact on the environment.
- ✔ Improves staff morale and motivation and attracts new customers and clients that prioritise and value responsible consumption.
- ✔ Supports workers with fair work and pay conditions.

Be part of the Sustainability Story in your community

Visit our website to get inspiration and see what others have done. Find out how you can participate, avail of mentoring and share your story.

We offer a free mentoring service to groups, businesses, and social enterprises.

Jot down some ideas...

All information updated July 2024

Change Makers

Sustainability Passport

A Guide to a more sustainable life

IDP Ireland Development Partnership
Irish Aid Rialtas na hÉireann Government of Ireland
CONCERN worldwide
Trócaire TOGETHER FOR A JUST WORLD
Self Help Africa
eth

Route 3:
Responsible Consumption

Embark on your Sustainability Passport journey today.

Open to Individuals, Communities, Businesses and Social Enterprises.

Sustainability Passport

A Guide to a more sustainable life

Follow the link to register and gain access to resources and information about the programme.

www.changemakers.ie/sp

Route 3 - Responsible Consumption

2 ZERO HUNGER · 3 GOOD HEALTH AND WELL-BEING · 4 QUALITY EDUCATION · 8 DECENT WORK AND ECONOMIC GROWTH · 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE · 12 RESPONSIBLE CONSUMPTION AND PRODUCTION · 13 CLIMATE ACTION · 14 LIFE BELOW WATER · 15 LIFE ON LAND

To find out more about the Sustainable Development Goals linked to Responsible Consumption visit the United Nations website.
sdgs.un.org

What is it?

1
How we produce and use things in a society (production and consumption) can have a positive or negative impact on the environment and human rights.

2
It is about making choices that consider all of the environmental, social, health and economic impacts of the products and services we produce and use.

3
Responsible consumption benefits our environment, health, economy and society.

4
It involves making more sustainable and ethical choices when buying stuff and using and wasting less resources.

5
It means considering all of the impacts of the choices we make and the actions we take. The choices we make have a BIG impact.

Did You Know?

About 40% of a country's greenhouse gas emissions are associated with the manufacture and distribution of products, so by reusing more we can reduce our climate impact **(CRNI).**

Every year Ireland uses over 100 million tonnes of materials, and we produce more than 14 million tonnes of waste. We do this in our homes, our places of work and leisure **(EPA).**

The majority of plastics found around our coast come from clothing and fishing equipment. Microplastics in Irish waters 'pass up the food chain' and are consumed by humans and larger animals **(EPA - Health Impacts of Microplastics).**

Households in Ireland are responsible for 117kgs of food waste per year. That's between €400 and €1000 per household per year thrown into the bin **(MyWaste.ie).**

Fast Fashion results in the creation of large amounts of clothing-related waste each year. Workers in factories, particularly women and children, producing garments for some high street labels face appalling work and pay conditions and health and safety harms **(UN Alliance for Sustainable Fashion).**