



Quick and Easy Tips for Ethical Consumption

All products do some harm to the environment and public health, however small. If everyone adopts wasteful consumption levels of western industrial countries we will impoverish future generations and need 4 planet Earths to satisfy our demands. .

1. Do Your Due-Diligence

Before purchasing a product, find out whether the manufacturing process harms the environment or public health.

2. Lower Embodied Energy is better!

Lower prices can be misleading. How long will the product last, what is the cost of maintenance? Choose products that consume less energy and cause less harm during manufacturing, transport and use, and which can be reused or recycled when no longer useable.

3. The post-effects of your purchase

Find out whether the products will harm the environment when being used and when disposed.

4. Re-usable items

Choose products that are long-lasting and can be repaired, reused and recycled.

5. Paper consumption

One kilogram of paper requires up to of 3.5 kilograms of wood. Protect our forests by using as few disposable paper products as possible. For example, replace the tissues with a handkerchief and choose re-useable chopsticks.

6. Bamboo and Hemp are good for you!

Bamboo is a natural, renewable resource that can be responsibly harvested every three to five years. Hemp has the same benefits, but be sure both are grown sustainably.

7. Free of Toxins

For personal care and household products – look for organic and nontoxic products. Read the ingredients and make sure you avoid parabens and synthetic fragrances. Look for real vegetable and fruit extracts and plant ingredients.

8. Dining Healthy

Cook at home with locally produced organic ingredients; avoid fast foods and wasteful packaging and choose restaurants that practice food and environmental safety.

9. Organic Snacks!

Forget chocolate and junk food; there are plenty of delicious organic treats like whole-grain crackers, fruits, and/or nuts.

10. Farmer's Markets

Choose local markets that provide seasonal, fresh, and organic produce, rather than stores offering over-packaged products often shipped from far away.

11. Clothing

Choose clothes made from natural materials such as cotton, linen, silk, etc., and make sure they are not bleached with chemicals.

12. Quality First

Good quality and durability allow you to buy fewer things and enjoy them longer.

13. Animal Friendly

Look for products that are not tested on animals and that contain no animal products.

14. Second Hand Store

Try to shop at second hand stores with good reputations for used electronics, clothes, and furniture.

15. Fair Trade!

Support businesses that pay fair wages for any products you buy; avoid any products which are the result of child labor.

16. Go digital

Why buy a magazine, CD, DVD, game or book when you can get it online or tote it around on your phone or kindle. Digital saves paper but remember to power down when not in use to conserve energy.

17. Purchase Wisely

Think long term when you're tempted to make a big purchase. A great rule of thumb is to wait a day before making any non-essential purchase.

18. Just say no to the plastic bag

Plastic bags are made from petroleum and choke our water and landfills. Adopt good habits and bring your own re-usable shopping bags to the store

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