

# BEING A GREEN CONSUMER

- ◆ This has nothing to do with being a vegetarian.
- ◆ Nor with being generally inexperienced
- ◆ Nor with fashion

**BUT**

**WITH DOING EVERYTHING TO PROTECT THE ENVIRONMENT**



## I. WHEN SHOPPING

- ❖ Try to avoid products designed specifically for a short life span, e.g. disposable items such as razors.
- ❖ Buy pump action sprays. Avoid aerosols as considerable amounts of energy are used in their manufacture and also Chloro Fluoro Hydrocarbons (CFCs), or their alternatives contribute to the formation of low level ozone, a green house gas - bad for the environment!!!!
- ❖ Demand recycled paper products.

## II. IN YOUR COMMUNITY

- ❖ Learn about the industries in your area and what potentially hazardous materials they use, or generate as waste. Ensure that levels of emissions are acceptable and that there are adequate methods for containment and disposal of waste. (Get your neighbourhood watch group, local school and youth club involved).
- ❖ Demand that government carry out environmental audits of industries in your area and insist that the results are made public.
- ❖ Become involved in the environmental impact assessment processes.

### III. TRANSPORT

- ❖ Reduce individual dependence on the car - walk, cycle, use public transport, become part of a car pool.
- ❖ Save petrol - pick the car that most suits your needs - hire a car when you need something bigger or more powerful. Pick a car with low fuel consumption and don't drive with a heavy foot.
- ❖ To increase fuel conservation ensure that tyres are kept at the correct pressure.
- ❖ Recycle your engine oil. **NEVER** throw it down the drain.

### IV. IN THE HOME

- ❖ Use energy efficient lighting. e.g. long life bulbs or fluorescent lamps - they cost more initially but last many times longer and pay for themselves in energy saved.
- ❖ Use solar and other low impact renewable energy systems, wherever possible.
- ❖ Recycle. Contact your local environmental group to find out how you can recycle paper, plastic, glass, aluminum and other household wastes.
- ❖ Use phosphorous free or low phosphorous detergents, and buy detergents with a high degree of biodegradability.
- ❖ Better still, consider alternatives to harsh cleaning products - use vinegar to clean the toilet; washing soda in your dishwasher; pure soap to wash dishes.

## PUTTING THE PRINCIPLES INTO ACTION

*(A message from the Natural Resources Conservation Authority)*

- ◆ People must recognize a moral obligation to care for other people and other forms of life.
- ◆ Development must provide access to resources for a dignified and healthy life food, clean water, education, health care and freedom. Economic growth cannot be the only aim of development.

- ◆ Humankind must maintain ecological processes that keep the planet fit for life; conserve biodiversity; and use renewable resources at rates that ensure their continuing productivity.
- ◆ We must reduce our dependence on oil, gas, coal and minerals. Recycle more, use less and switch to renewable substitutes
- ◆ Human populations and life-style must be in balance with nature's capacity. There is a limit to the impacts that the biosphere can withstand without dangerous deterioration.
- ◆ People must re-examine values and alter behaviour. Governments, industries, communities and individuals, must be persuaded to adopt an ethic for living sustainably.
- ◆ Citizen groups should be informed and empowered so they can make decisions for environmental progress.
- ◆ All societies need a foundation of information, a system of law and institutions, and consistent economic and social policies to advance. Economic incentives should be provided for industry to meet environmental standards.
- ◆ All nations stand to gain from worldwide sustainability and are threatened if they fail to attain it.

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