

TRAINING FICHE

05. HOW TO BECOME A MORE RESPONSIBLE CONSUMER OF RESOURCES

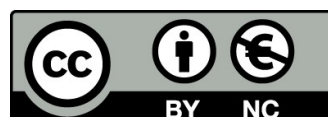
Area	<i>Use of Resources</i>										
Level	<i>ADVANCED</i>										
Topic	<table border="1"> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td>5. Tips and recommendations for a RC</td></tr> </table>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	5. Tips and recommendations for a RC
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>	5. Tips and recommendations for a RC										
Module	<table border="1"> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td></td></tr> <tr><td><input type="checkbox"/></td><td>How to become a more responsible consumer of resources</td></tr> </table>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	How to become a more responsible consumer of resources
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>											
<input type="checkbox"/>	How to become a more responsible consumer of resources										
Keywords	Consumer's responsibility; waste reduction; consumer behaviour; water; energy; raw materials; land occupation; 3Rs; tips and recommendations										
Citizens as the core agents of change on (area) (500-1000 characters including spaces)	Responsible consumption implies applying the well-known basic rules of sustainability, which were originally expressed in the "3 Rs" (reduce, reuse, recycle) and have recently been expanded to 7 or even 10: rethink, reject, reduce, reuse, refill, renew, recover, repair, return, recycle. Reducing the consumption of all kinds of goods and services means saving on raw materials, energy, water, land occupation, and producing less pollution and waste by having to manufacture less things.										

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



To achieve a more responsible mode of consumption, the role of the consumer is essential, since it is the market demand that drives the supply. Consequently, assigning a part of the responsibility to the consumer is necessary to achieve a more conscious way of life. Do not forget that 'you can do more' for society, for the planet and even for yourself.

Consumers are required to bet on reducing consumption, and that can be made by reusing. That is, avoiding the discard of goods that are still useful, simply because they can buy it new. And when a good is no longer suitable for use, the right thing to do is to dispose of its waste in such a way that it can be recovered as raw material, used in other processes or simply thrown away without a negative impact on the environment.

A cultural change for turning our mindset from 'use-and-throw-away' mode of consumption to 'reduce-reuse-recycle' is extremely necessary.

Developing a more responsible consumption is positive for individuals and families: austerity makes people stronger, more resilient and autonomous. By limiting unnecessary consumption, we not only save money, but we also strengthen our willpower and the ability to control our lives, creating habits that in the long term will benefit our mind, our health and our finances.

In families, in addition to representing significant savings, moderating consumption is very educational for children and young people, since they learn to give value to things and incorporate these habits into their lives.

When reusing goods, it is often necessary to think about new functionalities and uses, about how to repair or renovate them. This gesture enhances creativity, ingenuity and the capacity for innovation, opening minds.

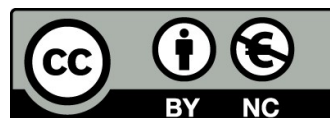
A shocking indicator is Earth Overcapacity Day, also called Ecological Debt Day, which indicates on

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



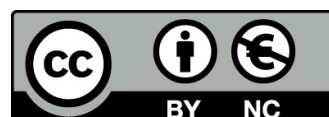
	<p>which day of the year we have exhausted all existing natural resources for the entire year, so we are consuming beyond what we have. The EOD has been advanced from December 29 in 1970 to July 28 in 2022: we are needing almost 2 planets to sustain our way of life and that figure in developed countries raises to 2.5-3 planets.</p>
<p>Tips and recommendations To do / Not to do (2000-3000 characters including spaces)</p>	<p>Although the focus to achieve a more sustainable way of life must be placed on the industry, consumers are also called up to develop better habits. Changing the value chains of resource production and use will take time, since the role of consumers through their small daily actions is important to move towards an increasingly circular economy.</p> <p>To help you to change your habits and inspire others, here is some practical advice:</p> <p>‘TO DO’</p> <ul style="list-style-type: none"> ● Reduce the use of water and energy in your daily life, developing those actions that could help to this end: use the shower instead of the bathtub, switch-off the lights and appliances that are not in use, moderate the temperature of heating or refrigeration, adapt your home for saving water and energy, keep a proper maintenance of it, etc. ● Reject single-use disposable products, especially if they are made of plastic, but don't be fooled by greenwashing: a disposable cellulose product is no more sustainable than a plastic one. The sustainable thing is to have durable products and use them several times. ● Buy products in bulk, taking your bags to the store, in returnable containers, with minimal packaging. Choose local products and purchase them in traditional markets, buy frequently in small quantities avoiding long-term

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



conservation or storage, refill and reuse packs and containers.

- Choose public transport, walk every day, ride a bicycle, use the stairs instead of the elevator. Do things with your hands, avoid the use of electrical appliances as often as possible, and in general, choose the most energy-efficient mode of transportation, heating and/or cooling.
- The most sustainable purchase is the one not made, so, reuse and restore things, adapt and extend their life to a new one, practice upcycling, taking advantage of waste to create new products based on creativity and imagination. And finally, donate what you no longer will use to people in need or to charity shops.
- Before purchasing an appliance or electronic device, research about planned obsolescence, monitor users' reviews, and choose quality, long-lasting products with well-known trackability. Read and learn to interpret the labels to know the energy rating, the composition and the origin of the products. Keep them regularly in good maintenance for reducing their consumption of energy and extending their useful life.

'NOT TO DO'

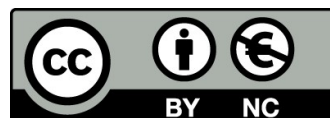
- Avoid bottled water, since tap water, natural or filtered, when necessary, is healthy and cheaper. Avoid conventional bulbs and replace them with led lights.
- Reject single-use and disposable products, plastic containers, small presentations,

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin

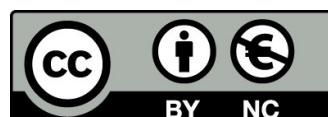


	<p>merchandise with a small quantity of product in a large container.</p> <ul style="list-style-type: none"> Do not keep electrical devices on standby mode, turn them off; do not turn on lights unnecessarily, do not leave heating or refrigeration running when no one is inside, avoid repeatedly opening and closing doors or windows in climatized spaces. Do not use the car for short trips, or the elevator or escalator to go up one or two floors; avoid the use of mechanised appliances for simple tasks in cleaning the house and in the kitchen, such as cutting or grating. Avoid the use of non-renewable resources and choose recycled materials when possible. Ensure that furniture, clothes, building materials that you are purchasing, have a well-known and fair-trade origin and reject those that do not have an accredited certification.
Language	<i>English</i>
Partner	<i>UMA – Ana María Castillo Clavero</i>
Further references	<p>Sustainable consumption: Blog. https://brovation.org/sustainable-consumption-8-suitable-tips-for-everyday-use/ Tricks and tips for RC in Montreal, Canada: https://montreal.ca/en/articles/tricks-and-tips-practicing-responsible-consumption-7473 Eurostat Statistics Explained: SDG12 Responsible consumption and production. 2022 results: https://ec.europa.eu/eurostat/statistics-explained/index.php?title=SDG_12_-_Responsible_consumption_and_production#Context Juan José Piedra Galán: The 10R's of Circular Economy (no, they are not 3). https://www.linkedin.com/pulse/green-controlling-5-10-rs-circular-economy-3-juan-jose-piedra-galan/ United Nations: SDG 12: Ensure sustainable consumption and production patterns.</p>

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



<https://www.un.org/sustainabledevelopment/sustainable-consumption-production/>

ARTICLE: WHITE, HABIB & HARDISTY: How to SHIFT Consumer Behaviors to be More Sustainable
<https://journals.sagepub.com/doi/epub/10.1177/0022242919825649>

Deloitte: How consumers are embracing sustainability.
<https://www2.deloitte.com/uk/en/pages/consumer-business/articles/sustainable-consumer.html>

The World Bank: Ensure sustainable consumption and production patterns.

<https://datatopics.worldbank.org/sdgatlas/archive/2017/SDG-12-responsible-consumption-andproduction.html>

World Economic Forum: This simple framework can drive responsible consumption.

<https://www.weforum.org/agenda/2021/09/a-framework-for-corporations-and-consumers-to-drive-responsible-consumption-retail-sustainability-impact-jd-kearney/>

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin

