

SUSTAINABLE CONSUMPTION 101: YOUR ULTIMATE GUIDE TO SUSTAINABLE LIVING

A GUIDEBOOK PRESENTATION BY



Sofia ATIENZA
BA Art Studies



Andre Jacques FALLARIA
BS Biology



Lea Julianne ZARZA
BA Psychology



Shekinah Joy CRUZ
BS Civil Engineering



Alfred Gregor GALGAO
BS Civil Engineering



10 AREAS FOR RESPONSIBLE CONSUMPTION

FOOD



WATER



HEALTH & HYGIENE



CLOTHING



SHOPPING



ENERGY



SPACES



TRANSPORT



WASTE



COMMUNITY IMPACT





FOOD



WHAT ONE CAN DO IN COMMUNITY

Support our local farmers!

Buy locally grown fresh produce.



Buying fruits and vegetables directly from local farmers.
Image courtesy of Rura | Rising PH



WATER



WHAT ONE CAN DO IN A COMMUNITY

Make the most out of the rain!

Invest in rainwater harvesting facilities.



Rainwater harvesting facility in Marikina making the most out of the rain.
Image courtesy of Climate Change Commission



CLOTHING



WHAT ONE CAN DO INDIVIDUALLY

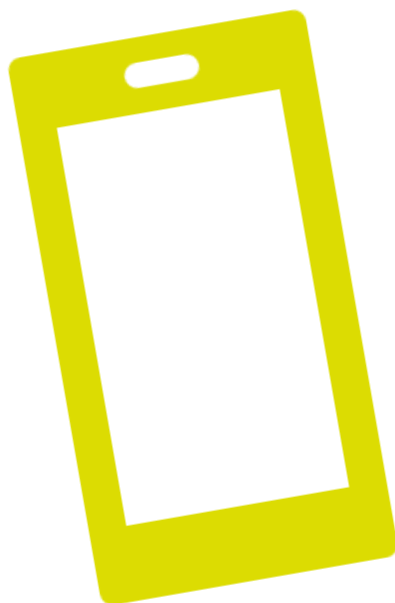
Don't buy brand new!

Buy 2nd hand clothes from Ukay-ukay (thrift) shops





ENERGY & ELECTRONICS



WHAT ONE CAN DO IN SCHOOL

Dispose our e-waste properly!
Set up e-waste drop off points.





TRANSPORT



WHAT ONE CAN DO IN SCHOOL

Get moving!

Make use of non-motorized transport initiatives.





COMMUNITY IMPACT



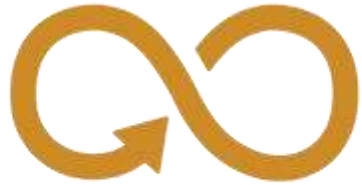
WHAT ONE CAN DO IN A COMMUNITY

Get involved with public action!

Be an active member of your community.



Youth activists join their organizations in advocating for better climate response from the government.
Image courtesy of Bulatlat



SUSTAINABLE CONSUMPTION 101: YOUR ULTIMATE GUIDE TO SUSTAINABLE LIVING

A GUIDEBOOK BY

Sofia ATIENZA
Shekinah Joy CRUZ
Andre Jacques FALLARIA
Alfred Gregor GALGAO
Lea Julianne ZARZA

MENTORED BY

Dr. Benito M. PACHECO
Ms. Judith Camille ROSETTE
NS Lourdes J. CRUZ
Dr. Laura T. DAVID
Dr. Aurora C. MENDOZA

Dr. Rene N. ROLLON
Dr. Severino G. SALMO III
Dr. Ma. Antonia TANCHULING
Dr. Flaudette May V. DATUIN
Ms. Kristina CORDERO-BAILEY

Mr. Karlo Daniel COLEGIO
Ms. Maia Patricia GARCIA
Mr. Rex Rontier RUIZ