

**Mainly eat regional
and seasonal food**



Vegan diet



Vegetarian diet



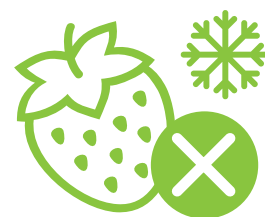
**Oat milk instead
of cow's milk**



**Inspire flatmates or
family for oat milk**



**Don't buy strawberries
in winter**



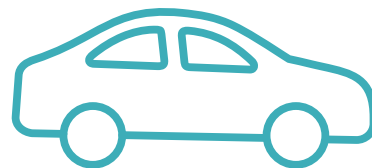
**Drink 1 litre of tap water
a day instead of bottled
water**



A week's holiday:
**4-star hotel instead
of sea cruise**



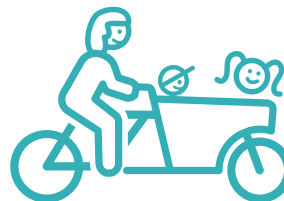
**Rügen instead of Mallorca:
car instead of plane**



**Carpool to work instead
of travelling alone**



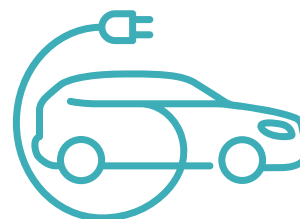
**Take children to school
by bike instead of car**



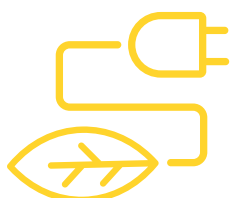
**Public transport instead
of car to work**



**E-car instead of
combustion engine**



**Switch to green
electricity**



**Getting the neighbouring
family excited about
green electricity**



Insulate your house



Install a water-saving shower head



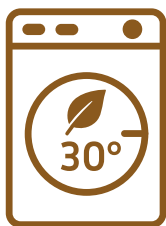
Install water-saving shower heads for yourself and your parents



Wash hands with cold water



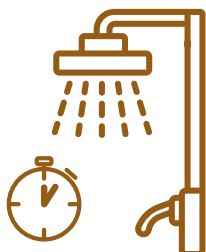
Wash laundry at 30 °C instead of 60 °C



Water plants with cooking water instead of tipping it away



Shower half as long



Separate waste correctly



**Use a dishwasher instead
of washing up by hand**



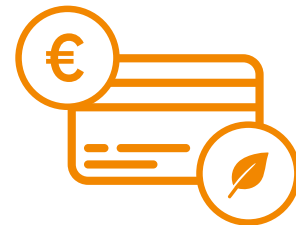
**Spend half as
much money**
(products and services)



Stop using to-go cups



**Switch to a
sustainable bank**



**Stream 2.5 hours
less per day**
(music, video & games)



**Buy a refurbished
smartphone instead of
a new one**



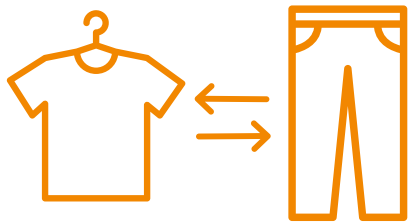
**Buy in the shop instead
of ordering online**



**Buy second-hand clothes
instead of new ones**



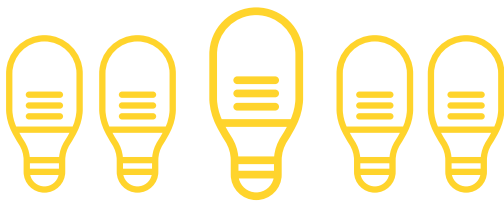
Organise a clothes swap party at school



Avoid plastic packaging completely



Replace 5 light bulbs with LEDs



Always unplug mobile phone charging cables

