

Mainly eat  
regional and  
seasonal food



Vegan diet



Vegetarian  
diet



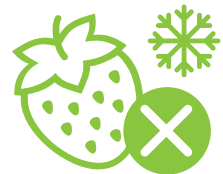
Oat milk  
instead of cow's  
milk



Inspire flat-  
mates or family  
for oat milk



Don't buy  
strawberries in  
winter



Drink 1 litre of  
tap water a day in-  
stead 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



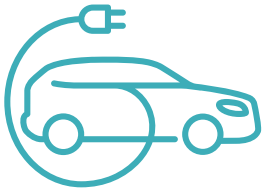
Take children  
to school by bike  
instead of car



Public  
transport instead  
of car to work



**E-car  
instead of  
combustion engine**



**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**



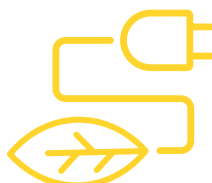
**Separate  
waste correctly**



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



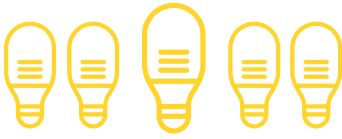
**Switch to  
green electricity**



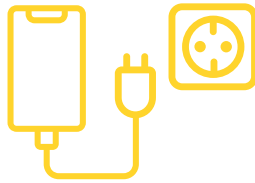
**Getting  
the neighbouring  
family excited about  
green electricity**



**Replace 5  
light bulbs with  
LEDs**



**Always  
unplug mobile  
phone charging  
cables**



**Spend half as  
much money (pro-  
ducts 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**



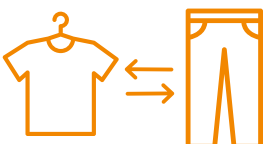
**Buy in  
the shop instead  
of ordering online**



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



**Organise  
a clothes swap  
party at school**



**Avoid plastic  
packaging  
completely**



