

Rethinking Consumerism

How to live with less

“The price of anything is the amount of life you exchange for it”.
Henry David Thoreau

What is wrong with consumerism?

- The problem is when consumerism becomes excessive when it extends beyond what is needed.
- A desire for more... a desire which is promoted by the world around us.
- It's unsustainable!
- Waste disposal is becoming a huge problem worldwide.
- Our oceans are slowly but surely becoming a giant waste disposal pit.
- What we urgently need is precisely the opposite of consumerism – a philosophy that urges us to reduce our levels of consumption.



'RAT RACE'



Marketing = the process of teaching consumers why they should choose your product or service over your competitors.

Advertising = a form of communication that attempts to influence the behavior of a defined target audience.

Marketing to Children (17 billion a year)



Advertising is especially damaging to children who have not yet developed the capacity of thinking critically.

Sustainable Lifestyle

Sustainable consumption means buying goods and services that do not harm the environment, society, and the economy.



Food

Trash

Single Use Plastics

Clothing



A large red square with a white border. Inside the square, the name 'Brigitte' is written in white, and below it, 'Food /Trash' is written in white.

Brigitte

Food /Trash

TOP 10 ITEMS COLLECTED



1. CIGARETTE BUTTS
1,863,838



2. PLASTIC BEVERAGE
BOTTLES
1,578,834



3. PLASTIC BOTTLE CAPS
822,227



4. FOOD WRAPPERS
762,353



5. PLASTIC GROCERY BAGS
520,900



6. PLASTIC LIDS
419,380



7. STRAWS, STIRRERS
409,087



8. GLASS BEVERAGE
BOTTLES
390,468



9. OTHER PLASTIC BAGS
368,655



10. FOAM TAKE-AWAY
CONTAINERS
365,584

Single Use Plastics:

1. It is estimated that over half of the plastic produced every year is single use.
2. Stop and evaluate.
3. Recycling is not a solution anymore.





VS





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VS





VS





VS





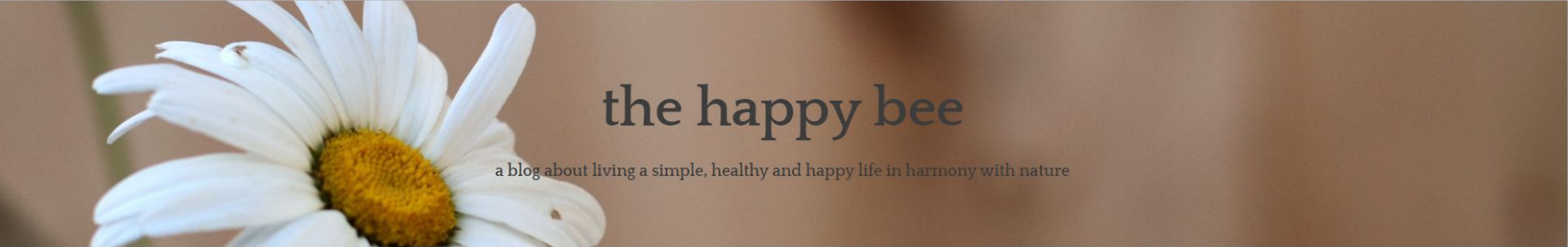
VS





VS





7 things you won't find in my kitchen anymore

June 3, 2018

Packaged fruit juices

Yes, I am talking about 100% natural fruit juices with no sugar added. They are nothing but empty calories. They are deprived of most vitamins since they have been pasteurized to stop from spoiling quickly.



Search ...

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Clothing

Fast Fashion Is the Second Dirtiest Industry in the World, Next to Big Oil

A T-shirt uses 400 to 600 gallons of water to produce.

A pair of jeans uses 1,800 gallons of water.

The fashion industry uses 1,600 chemicals in their dyeing processes not all safe or approved by the EPA.

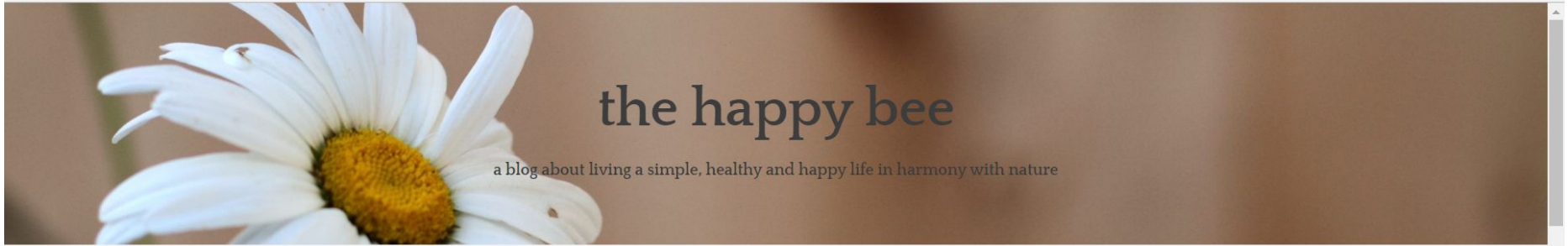


Towards Sustainability:

Count the hidden cost of each purchase. Too often, when we purchase an item, we only look at the sticker price. But this is rarely the full cost. Our purchases always cost more. They require our time, energy, and focus (cleaning, organizing, maintaining, fixing, replacing, removing). They prompt worry, stress, and attachment.

Resources:

- Fashion Revolution: Fashion Transparency Index 2018 Edition.
-
- <https://rentbestdressed.com/> (Boston)
-
- <https://rentfrocrepeat.com/>
-
- <https://freshrents.co/>



- HOME
- ABOUT
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- STYLISH AND SUSTAINABLE
- BUY LOCAL FOOD
- EAT OUT AND HEALTHY
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- POSTS BY TOPIC ▼

Stylish and Sustainable

Buying second-hand clothing has many benefits. First of all is more affordable and most of the time the quality is superior than the new item. Have you noticed that new clothing doesn't last as long as they used to? You are also contributing to the recycle flow of goods that may otherwise end in the landfill. You are supporting the local economy. You are not tied to what the fashion industry dictates. Shopping consignment gives you plenty of brands and styles to choose from. Happy Shopping! Click on the green titles and you will be re-directed to their respective websites.

Search ...

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The four lifestyle choices that most reduce your carbon footprint

A recent comprehensive new study by Lund University, Sweden. 2017, has identified the four actions that would have the greatest impact on an individual's greenhouse gas emissions:

- Eating a plant-based diet**
- Avoiding air travel**
- Living car free**
- Having fewer children**

Thank You!