

# 10 SMALL THINGS WE CAN DO TO MAKE A DIFFERENCE

WASTE  
NO WATER

#WEAREALLGRETA

DRINK  
TAP WATER  
AND CARRY YOUR  
OWN BOTTLE

USE A BAR OF  
SOAP INSTEAD OF  
SOAP FROM A  
PLASTIC BOTTLE

LOOK FOR BAMBOO  
ALTERNATIVES FOR  
YOUR HAIRBRUSH AND  
TOOTHBRUSH

LET'S ALL  
GO ON A  
PLASTIC-FREE PICNIC  
(WITH NO WASTE)

WALK, CYCLE  
AND USE PUBLIC  
TRANSPORT

BE SWITCHED ON  
ABOUT TURNING OFF  
LIGHTS AND  
AIR-CONDITIONING

STORE FOOD  
IN GLASS AND CERAMIC  
CONTAINERS

ARRANGE  
A DAY TRIP  
TO THE RECYCLING  
CENTER TO UNDERSTAND  
HOW RECYCLING WORKS

GROW YOUR OWN  
VEGETABLES TO  
INCREASE THE PROPORTION  
OF YOUR DIET WITH  
ZERO FOOD MILES



Inspired by young activist Greta Thunberg, **WE ARE ALL GRETA**  
is a scientifically accurate and hopeful book on how to stop climate change.

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# #WEAREALLGRETA

## 1. DRINK TAP WATER AND CARRY YOUR OWN BOTTLE

Water from a plastic bottle is almost never better; it is more expensive (not least in terms of the associated emissions of CO<sub>2</sub>) and it generates vast amounts of waste. Check the make-up of the mains water where you live: it is controlled by law and guaranteed fit for human consumption. There are also excellent filters on the market that are cheap and easy to install, and these will extract any unwanted substances (such as chlorine) from the water while leaving the essential mineral content untouched. Buy your own personal water bottle, made of aluminum, glass, or even plastic, as long as you use it for life; this is a very simple way of avoiding having to buy single-use bottles at bars, at the office, or on the street.

## 2. WASTE NO WATER

Let's take quick showers, running the water for only as long as really required, and fit shower heads that reduce water use. We can use natural detergents such as vinegar to wash surfaces and floors; these need a minimum of rinsing, release no harmful substances and, most importantly, do not come in a plastic bottle like most of the chemical cleaners available in stores.

## 3. REDISCOVER GOOD OLD SOAP

Remember bars of soap? They still exist. We don't need plastic bottles with a dispenser nozzle to wash our hands or take a shower. You can also buy shampoo in solid blocks, which reduces plastic waste. Take a quick look online and you will be spoiled for choice.

## 4. GIVE BAMBOO A TRY TOO

Bamboo is waterproof, light, and hygienic, and lends itself to a thousand uses for tasks involving contact with water: toothbrushes, hairbrushes, flatware, plates, and shatterproof beakers for children.

## 5. LET'S ALL GO ON A PLASTIC-FREE PICNIC (WITH NO WASTE)

Plastic glasses and silverware are top of the list of trash that ends up in the sea forever. By 2021 they will be outlawed in Europe. All you need for a picnic is a basket that will take all your plates and dishes and is made out of other materials (metal, wood, bamboo—see above). Take it home at the end of the day and if there are lots of you, each person can carry their own.

## 6. WALK, CYCLE AND USE PUBLIC TRANSPORT

The obvious idea for reducing emissions is to leave the car at home as often as possible. There are electric car-sharing schemes (in big cities, at least), public transportation, weekend rental schemes, and bike paths. And if these options aren't yet available in your area, ask for them.

## 7. STORE FOOD IN GLASS AND CERAMICS

Remember Grandma's refrigerator, with leftovers from lunch covered with a plate? There's nothing wrong with this method of saving food, so let's use it! Forget plastic wrap, molded lids, and plastic containers: glass and ceramics are fine and don't need to be thrown away after one use.

## 8. BE SWITCHED ON ABOUT TURNING OFF LIGHTS AND AIR-CONDITIONING

Low-energy lightbulbs are a given, but we should also be turning on fewer lights. You can't be everywhere at once, so remember to turn off the lights when you leave a room. And let's use air-conditioning only when it is absolutely essential.

## 9. CULTIVATE YOUR GARDEN

Whether your little patch is hydroponic or traditional, down the back yard or up on the balcony, why not grow some vegetables? It's a fantastic way of increasing the proportion of your diet with zero food miles, while making your city greener. Gardening is also a great way of unwinding from stress for those who give it a go.

## 10. EXPLORE THE RECYCLING CENTER

Every town has its own waste disposal system, but understanding how recycling works can sometimes be more difficult than deciphering a code from outer space. Why not take a tour with the manager, ask for clear information, and share it with neighbors. Remember the copycat principle? It works.



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