



Step 1

It takes just a little time and minimum effort to change small daily habits. Sometimes those small deeds will not only have a positive impact on environment but may also improve your lifestyle and your health as well. Attending to the gym classes required extra two hours from your already busy day, investment in a gym pass and it does consume large quantities of your energy. Collecting different product from the store shelf cost you only slight movement of your hand, perhaps 0.20 cents more and absolutely no extra time. Try our first Step tips, implement them in your daily life and make a difference. Who knows, perhaps you will move to Step 2 sooner than you would think you would. Nature needs you!

EAT LESS MEAT

To be more eco-friendly is to know what you eat. Be little bit more careful with what you're consuming. Red meat! You don't actually need it for every meal. Consuming less meat have a significant impact on reducing your carbon footprint. Substitution comes in plenty in your local supermarket.

TAKE A BAG WITH YOU

One croissant from the store may cost you 25 to 50 cents. Plastic bag for it is far free. You are going to use it for no more than couple of minutes. However, the bag will remain around for couple of centuries. Always bring your own reusable bag to the store.

VOTE

That does not happen every year, and when it does it's pretty straight forward which party actually cares about environmental issues. Every vote counts.

Step 2

Let's try something else. The problem is real, and we all need to take serious actions. However, if you still don't feel green try moving to Step 2. Here we mentioned few tips which actually matter. Many people around you may already follow that step and you probably did not notice. Your life will change slightly (only for better, we promise) and your wallet will keep the same size. However, you do have to focus more. Changing habits is not easy but getting use to new things is human nature. And yes, helping save the nature is too... a human nature.

TURN VEGETERIAN

Meat is overrated anyway! Mass production of red meat affect world on a global scale. While large companies care solely about profits we can change their behavior by buying. They will produce whatever consumer is willing to purchase. Hence, changing your diet will not only greatly improve your health but turn mass factories into green-houses.

RECYCLE

Learn how your local municipality sort out the trash. Buy bins accordingly and start separating the trash. Perhaps your supermarket is fitted with the machine which would give you some change for returning plastic bottles and cans.

BE RESPONSIBLE CITIZEN

Your municipality must have some rules and regulations which in bigger or smaller way have impact on cleanness and environment. Try to get to know them and follow them thoroughly.

Step 3

If you are reading this, it means you are ready for bigger commitment. Great! Here you can actually make a difference. This step will require some investments: both time and assets. But there is no better reward than knowing that you are preserving this world for next generation. Here again, you will see that not only you are helping the planet but also improving your life. Lastly, your action and your attitude will inspire and motivate others. And that will be the best impact you will have and all environmental issues. So buckle up and Go Green Actually!

GO VEGAN!

It is both commitment and an investment. But you invest not only in preserving nature but also in your longevity. incorporate more whole grains, beans, legumes, tofu, nuts, and seeds to your diet while simultaneously cutting down on the animal products that you'll miss the least.

ZERO PLASTIC POLICY

Learn where can you get food products which are not packed in plastic. Buy products wrapped in paper. And if there is no other choice, always read the label and get products from recycled materials.

GET INVOLVED

If you live in a big city there must be a Climate Change comity established. Contact them and ask how could you help to make other people hear about the problem.