Potential goals:

SDG 2:

Shop smart:

Buy only what you can consume per time. An easy way to achieve this is by writing down a list of needs before entering the marketplace to avoid impulsive buying.

SDG 3:

Take care of your health:

Eat more fruits and vegetables, take in less sugar and exercise more. Like the saying goes “one apple a day, keeps the doctor away”; including fruits in your daily diet is very useful in keeping your body in tune and shape.

SDG 7:

Be energy efficient:

Read manuals of your appliances to ensure you buy those that are energy-friendly and safe for the environment. Do not be carried away by the illusion of buying cheap appliances. Ensure to check the energy consumption to confirm it is energy friendly before buying.