Potential goals:

SDG 2:

Shop smart:

Buy only what you can consume per time. Where practical, refrigerate your food or sun dry it to extend its shelf life. 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. You can also routinely replace your old appliances with newer models which are more energy conserving.

SDG 13:

Help improve the environment:

Green Impact is a change and engagement program that works with universities to help people understand sustainability and social responsibility. Keep an eye and participate in Green Impact 2022 at UNSW!