

Title of Sustainable Development Goal:

12 - Responsible Consumption and Production. Ensure sustainable consumption and production patterns.

Responsible Consumption and Production

Short Description of SDG:

Consumption is one of the biggest drivers of the global economy. Our daily shopping decisions affect the lives of millions of people. They bestow wealth to some and perpetuate poverty and marginalization of many. Consumption is based on limited natural and human resources. All its models leave an ecological and social footprint which needs to be taken into account.

This goal aims to reassess the consumption model to achieve a more sustainable and fair version for all people and our planet.

Action Area 1

Dealing with waste (Reduce, Reuse, Recycle)

Question 1 (*Dealing with waste*)

When you do not use some product anymore do you search for a way to reuse it (donate it to other people, change its original use, save it for the future, etc.)?

1	Never
2	Sometimes
3	Often
4	Always

Question Feedback:

Everything we consume brings with itself a long process of production, packaging, transportation, sale, etc. Extending its life means also reduction of the environmental cost of all these processes. With a bit of imagination and solidarity, you can extend the life of objects much more than you think you can.

Question 2 (*Dealing with waste*)

When you go shopping and in your daily life, do you tend to buy and to use only products reusable and/or rechargeable (no disposable product, no plastic cup, rechargeable battery, unpacked detergent, etc.) in order to reduce plastic and waste overall ?

1	Never
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2	A few times
3	Often
4	Always, I try to do my best to reduce waste.

Question Feedback:

The accumulation of plastics is one of the greatest environmental problems that we face. Uncontrollable disposal of it contaminates soil, rivers, seas, and food that we consume. It is solely our responsibility to stop this mass destruction of our planet.

Question 3 (Dealing with waste)

How many rubbish bins for separation of waste do you have at home?

1	I do not separate, I throw everything in the same bin
2	Only one or two
3	For sure three or four
4	More than four

Question Feedback:

The reduction and separation of waste to facilitate its recycling, saving energy, and use of appliances with ecological function are essential to prevent environmental degradation and also to promote the saving of resources.

Action Area 2

Sustainable production and consumption

Question 1 (Sustainable production and consumption)

Do you shop in places which offer Fair Trade products?

1	What is Fair Trade?
2	Not very often, because they are more expensive than regular shops
3	Sometimes I buy something although there are not many places
4	It is an option I usually take into consideration

Question Feedback:

Fair Trade is a commercial alternative that guarantees to respect the rights of the workers during the production stage (especially the most vulnerable people like small producers in the countries of the

South), environmental sustainability and support for local communities. Buying Fair Trade products means supporting the most disadvantaged communities on the planet.

Question 2 (*Sustainable production and consumption*)

Do you tend to make your regular shopping in local markets or big shopping centres?

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|---|--|
| 1 | I do not move from home, I buy everything on the internet. |
| 2 | Shopping centres. There I can find everything I need. |
| 3 | Local supermarkets. I like my city area. |
| 4 | Small shops. I enjoy personal contact with people. |

Question Feedback:

Local markets and products stimulate the development of communities around us and protect our closest environment. Moreover, with this kind of purchase, you contribute to the reduction of pollution caused by large distribution and transportation.

Question 3 (*Sustainable production and consumption*)

When you consume animal products (eggs, meat, fish, etc.) do you consider conditions under which the animals have been raised?

- | | |
|---|-----------|
| 1 | Never |
| 2 | Sometimes |
| 3 | Often |
| 4 | Always |

Question Feedback:

The model of intensive production is damaging for the environment. Overproduction of animal products and overexploitation of the soil seriously affects the planet and also the health of people. Its maintenance is achieved based on chemical products which are in great quantities and with a prolonged date of consumption harmful for health.

Action Area 3

Conscious Consumption

Question 1 (*Consumption*)

Do you compare the price and quality of products and services before you buy them or hire them?

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|---|--|
| 1 | Never, because I am usually in a hurry or too nervous. |
|---|--|

2	Not very often. I do not like to ask questions, read discussions and search for thousands of options.
3	Often. I like to invest my time and money into a good purchase.
4	Always. I need to know exactly what I am buying and what its advantages are.

Question Feedback:

If we continue with the current rate of consumption, in 2050 we will need resources of three planets to maintain it. Nature is limited and we must respect and take care of these limits in our order to preserve our life on this planet.

Question 2 (Consumption)

When you eat in a buffet-style restaurant...

1	I take much more than I will eat, although I already know that I won't be able to eat all of it.
2	I tend to take more and make a full plate because it is for free.
3	I take a lot, without thinking, but I will eat all things I have on my plate.
4	I take only the things I need and which I am going to eat and only if I am still hungry I take more.

Question Feedback:

It is estimated that around one-third of annual food production ends in trash. We live in a world where 2 billion people are overweight and more than 800 million people suffer from malnutrition. Consume with consciousness and responsibility!

Question 3 (Consumption)

Do you take into account the energy consumption and amount of pollution production when you are choosing the means of transport when travelling?

1	Never, I do not think about it at all.
2	Sometimes, although I tend to choose the cheapest option.
3	Usually. I tend to compare quality with price.
4	I always try to choose the least polluting option although the price may be higher.

Question Feedback:

The train is the least polluting type of public transport. If you use a car try to opt for electric vehicles and always share it when you use it. Also do not forget about other alternatives such as bicycles – it doesn't contaminate and it is the healthiest option.

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