

## REFLECTION/DISCUSSION

What ways can one reduce their own ecological footprint?

### **What part of my Footprint can I influence?**

Some of each person's Ecological Footprint is dependent upon choices they make in their own life, such as how much they drive, recycle and purchase new products, and some of it is their per person share of their societies' infrastructure. The first part can be influenced directly. The second part is equally critical to living within the means of one planet, but must be influenced through more indirect action such as political engagement, green technology and innovation, and other work toward large-scale social change. For more information on these distinctions, [click here](#).



**Ways to reduce your carbon footprint**

## Ethical Consumerism

**Ethical consumerism** is the purchase of products that are perceived by the consumer to be made in an ethical manner, usually in reference to the lack of exploitation of humans, animals and the environment.

It includes positive buying of products and boycotting products for negative reasons.

- local food
- free range and organic meat and eggs
- cage-free eggs
- vegetarianism
- avoidance of clothes and shoes made in sweatshops
- animal-free testing of cosmetics
- green construction
- hybrid vehicles
- biodegradable products

## Attachments

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