

Shopping

- Support local designers
- OP-shop, swap and sew
- Question who made your clothes and under what conditions

Living

- Choose fairtrade
- get friendly with public transport
- Be kind, think of others



Eating

- Choose local and organic produce
- Lessen waste with reusable cups and bottles
- Eat less meat

what are
your
3 things?

www.3things.org.au

peppermint