



These days unfortunately mankind reached a point, where – if we maintain the current level of our irresponsible consumption and production, the pollution by fossil fuel – our planet will become uninhabitable. Not only for animals and plants, but for us, human as well.

On an individual level we might feel too small to cause significant changes – but many little makes a mickle! If more and more of us introduce little, bearable changes in our lives, then yes, we can do a lot for a change towards a more sustainable direction.

At Fitt4Fun – with YOUR help – we collected some ideas, directions that we also try to adhere to, and we suggest you to do the same. Let's become a responsible, conscious community!

As we also deal with meal planning, we consider conscious nutrition-related decisions highly important – by these we can not only do good to our own health, but to our planet's health as well. We highly recommend this booklet to our current and future nutrition clients!

Bálint & Lilla

1. When you go grocery shopping, take a canvas tote bag, a drawstring bag (these can nicely fit in any purse when folded) or any kind of bag (you can be super cool with Fitt4Fun tote bags 😊 ), so that you don't need to ask for plastic bags at the counter.



2. If you buy fruits or veggies, take some small reusable bags with you as well – you can buy them at zero waste shops, or order online: they are transparent, washable, and some of them even have a place for the price sticker!



3. If you don't have any bags on you, but really need one, look for the paper ones instead of plastic – usually you can find them near the baked goods or nuts.

4. When you buy cheese or cold cuts, some stores are fine with packing them in your own box – so you don't need any unnecessary packaging.
5. Choose the products that you can buy per gram instead of the packaged ones – eg. nuts, baked goods.
6. Unfortunately nowadays at most supermarkets for example cucumbers, iceberg salads, etc. are packaged one by one. Look for the unpackaged products, or go to the farmer's market instead!
7. Another point for the farmer's market: here you can buy seasonal products from local producers – these likely traveled less until they got to your kitchen, so their carbon footprint (pollution by transport of goods) is much smaller. Additionally, it is so much healthier to consume fruits and veggies grown seasonally, on our own climate.
8. If you drink a lot of coffee on the go – you know, Starbucks, Costa, and the rest – get yourself your own coffee tumbler. Choose steel or ceramics, avoid plastic! Some places even give you discounts if you take your own cup.
9. Do you often use straws? Do you know they are one of the most dangerous single-use plastics to ocean life? Luckily more and more alternative solutions emerge: you can buy steel or bamboo straws, together with a tiny cleaning brush. Always advise your waiter in advance that you do not request a straw!



10. If you regularly buy take away food, get your own steel cutlery kit – fits easily in any bag, and you don't need any plastic ones ever again!

11. Also for take away meals: take your own box!

12. Look for food delivery companies that are eco-friendly – those that use recycled, reusable, biodegradable, etc. packaging!



13. When you buy soft drinks, choose the one in a can instead of plastic bottle.

14. Select your waste! Steel, glass, plastic, compost. If you have a chance, get a domestic composter machine!

15. Look for biodegradable garbage bags!



16. Reusing and DIY! Empty bottles, boxes, objects that you don't use anymore can be reused creatively. On Pinterest you can find plenty of ideas! Great way to spend time, to chill out. By creating something you can also improve your manual and your problem solving skills.



17. Give away or sell whatever items you don't need anymore! Marketplace on Facebook, or Facebook groups dedicated to exchanging goods provide a perfect platform. The longer we keep items in circulation, the less waste we produce!
18. If something breaks down, have it fixed instead of buying new stuff immediately!
19. Use eco-friendly cleaning products! Soapnut, vinegar, sodium bicarbonate, etc. They worked perfectly for our grandparents. And you'll spend way less money on these!
20. Walk, bike, take public transport! Take the train, jump in shared cars!
21. Choose the bigger pack sizes! Water, shampoo, rice... They need a little less packaging material, and you will create waste less often.
22. Control your meat intake: eat a little less meat. Choose poultry instead of beef (so much bigger land, more water, etc is used to produce the same amount of beef).

23. Choose a bamboo toothbrush instead of the plastic one!



24. Most sunscreens contain octocrylene and oxybenzone. These disturb our hormonal systems and destroy coral. Avoid these, especially at saltwater beaches!