

# Reducing harm by conscious consumer choices

## The bees

**FACTS:** Did you know that more than one third of the world's crop production is dependent on bee pollination? Without bees, many of the food and flowers we eat and enjoy will be gone. Bee population has been in steep decline since WWII due to monocultures, synthetic fertilisers and neurotoxins in pesticides.

**ACTIONS:** Find out more, watch this short **TED TALK** or watch the film **Vanishing The Bees** and follow up with action to **Save The Bees**. Plant your garden with bee friendly wildflowers to feed the bees.

## Plastic

It is estimated that by 2050, the oceans will contain more plastic than fish by weight. We might consider that because we are recycling our plastic it's ok, but is it really?

**FACTS:** Plastic is by its very nature a substance that the earth cannot digest. The average time it takes for a plastic bottle to biodegrade is 450 years!

**ACTIONS:** Take your own bags shopping, refuse single use plastic bottles, straws, containers. Get a glass or metal water bottle to re-use rather than buy water.

[www.plasticpollutioncoalition.org](http://www.plasticpollutioncoalition.org)

## Palm oil

Palm oil is an extremely versatile edible oil found in a wide variety of products.

**FACTS:** Rainforest is cleared in Indonesia and Malaysia completely destroying the habitat and killing all the animals there. Government data has shown that over 50,000 orang-utans have already died due to palm oil in the last two decades. The industry has also been linked to major human rights violations, including child labour in remote areas.

**ACTIONS:** Check all ingredients and use your purchase power. Find out: [www.saynotopalmoil.com](http://www.saynotopalmoil.com)

Click **red** words to go there!



**PALM OIL  
FREE**