

## THE SUSTAINABLE DECALOGUE of Manos Unidas youth

### Family environment

1

A responsible consumption of **food**:

- Reflect before going to the supermarket.
- Organisation and planning.
- Awareness of the products that we consume and their ecological footprint, use and reutilization.



### In our workplace

6

An **efficient use of paper**:

- **Reuse and recycle.**
- Support the use of **computers** in classrooms.
- Provide our assignments in **digital format.**



2

Using our own water bottle, **avoiding plastic** as much as we can and adequate **recycling of waste.**



7

Being more critical and active to **promote changes**:

- Ask for sustainable supplies and vending machines offering the possibility of using our own glass.
- Promote sustainable workshops prepared by ourselves.



3

Efficient use of **energy**:

- Energy efficient light bulbs.
- Reducing water consumption.



8

Using more **public transport and bicycle.**



### With friends

4

When we **go out**:

- **Local pubs and restaurants** instead of big franchises.
- In celebrations and birthdays, reduce **plastic use.**
- Prepare **homemade food** and give **sustainable presents.**
- Organise Sustainable Camps in our cities.



### In Manos Unidas

9

**Sustainable and respectful headquarters** and giving example with **sustainable events.**



5

**Sharing our achievements** in ecological conversion in social media and face to face.



10

Incorporate **Laudato Si'**, the ecological dimension and the relationship with poverty in all areas of work of Manos Unidas.



Mas de Noguera, Caudiel (Castellón)