

# THE SUSTAINABLE DECALOGUE

of Manos Unidas youth

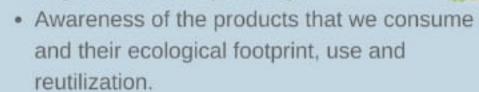


# Family environment



### A responsible consumption of food:

- · Reflect before going to the supermarket.
- · Organisation and planning.





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





### Efficient use of energy:

- · Energy efficient light bulbs.
- · Reducing water consumption.







# With friends



# When we go out:



- In celebrations and birthdays, reduce plastic use.
- Prepare homemade food and give sustainable presents.
- · Organise Sustainable Camps in our cities.



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





# In our workplace



### An efficient use of paper:



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



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.



Using more public transport and bicycle.







### In Manos Unidas



Sustainable and respectful headquarters and giving example with sustainable events.



(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)



