

Module 4: Málaga Municipality

4.7 Responsibility. Inward-looking

4.7.1 Responsibility. Navel-gazing.

Climate change, environmental pollution, biodiversity loss and unsustainable use of natural resources pose multiple risks to human and ecosystem health. There are a multitude of threats that challenge our survival and quality of life and therefore require urgent solutions.

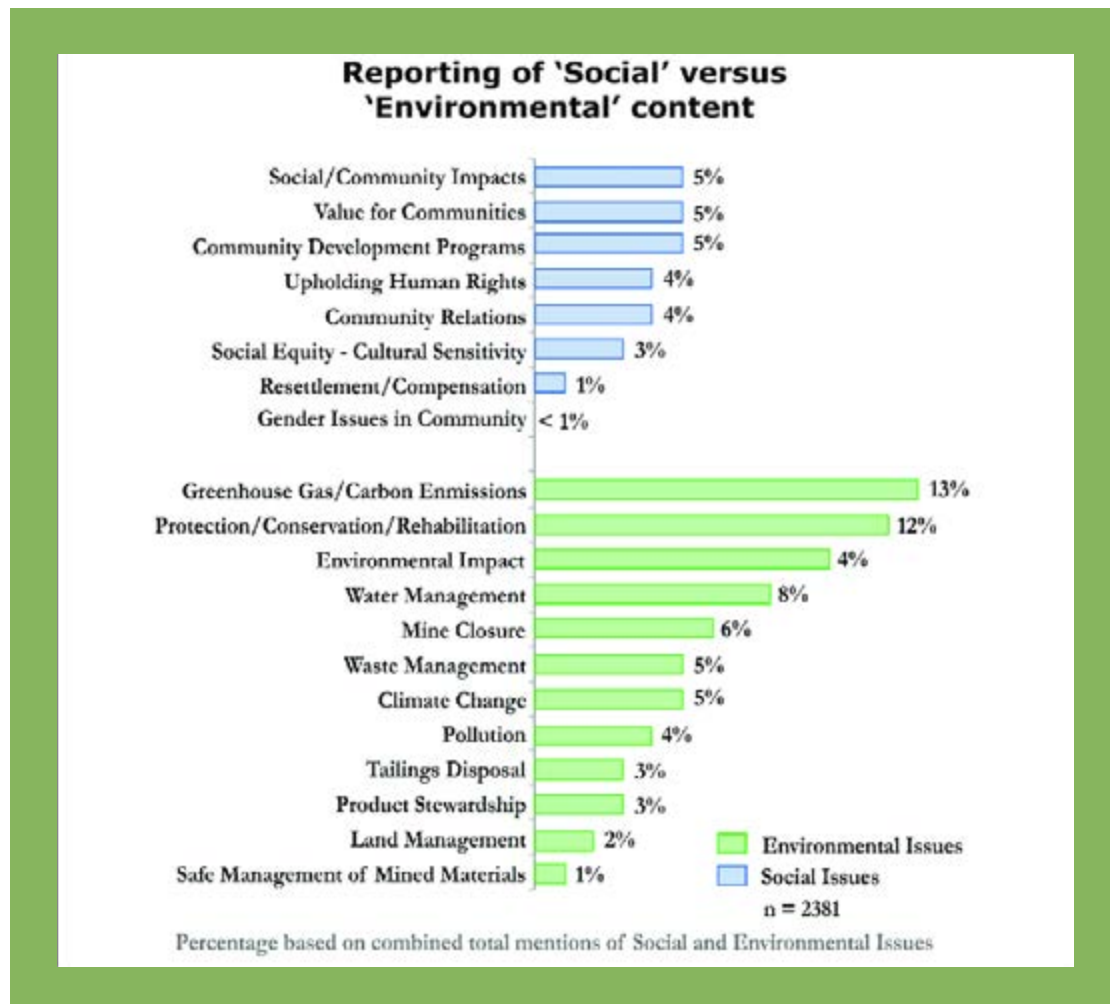
Everything seems to indicate that the transition towards sustainability requires far-reaching changes; changes that affect our lifestyles or models of economic organization, which can only be undertaken with a broad social consensus and a shared effort.



Have you ever asked yourself what kind of consumer you are? Are you one of those who always look for the lowest price, regardless of production conditions or environmental impact? Or do you prefer higher quality products, even if they are a little more expensive, knowing that you are supporting responsible and sustainable companies?

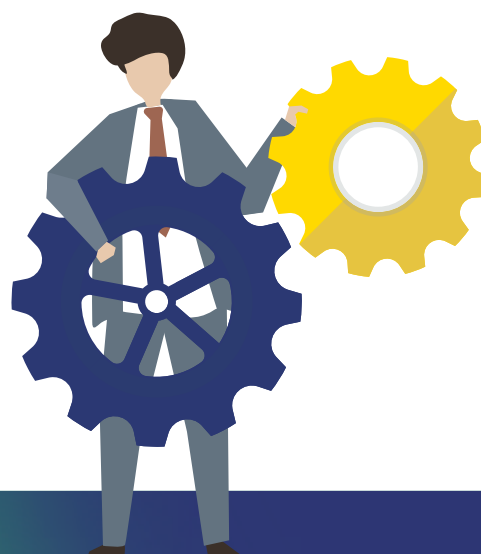


More and more consumers are becoming aware of the power of their purchasing decisions. They are looking for ethical and sustainable products that are produced responsibly and respect the environment. They also value quality over price and are willing to pay more for durable, good quality products.



Faced with this situation, it is essential that we assume our responsibility as citizens and act individually and collectively to protect the environment.

Here are some tips that may be useful for you to bring about this change of habits in various sectors of consumption.



4.7.2 Environmentally responsible food

Diet is undoubtedly one of the best tools, available to everyone, to make a positive contribution to saving the planet and improving our health. Switch to sustainable eating!

Livestock Industry:
According to a study by the United Nations, the global livestock industry contributes to 14.5% of greenhouse gas emissions.

Beef Production:
The production of one pound of beef requires 1,799 gallons of water, while the production of one pound of tofu uses only 244 gallons of water.

Food Waste:
Approximately one-third of all food produced worldwide is wasted, which amounts to 1.3 billion tons of food annually.

Reduce the Risk of Chronic Diseases:
Plant-based diets have been found to reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers.

A Vegan Diet Has Less of a Carbon Footprint:
The carbon footprint of a vegan diet is approximately 50% smaller than that of a meat-based diet.

Reduce Greenhouse Gas Emissions:
A study by the University of Oxford found that transitioning to a plant-based diet could reduce food-related greenhouse gas emissions by up to 75%.

GO GREEN
Be Green, Be Happy, Be Healthy

Sources: United Nations, Food and Agriculture Organization of the United Nations, Water Footprint Network, Harvard Health Publishing, University of Oxford and University of Michigan.



FOOD LOSS & WASTE

The CGF recognises that food loss and waste is a major social, environmental and economic challenge. We are committed to doing our part to help reduce food waste from farm to fork and announced our Food Waste Resolution in 2015, with members agreeing to halve food waste in their own operations by 2025 and in line with the UN Sustainable Development Goals by 2030.

SUSTAINABLE VALUE CHAINS & BUSINESS PRACTICES GLOBALLY

FOOD WASTE IS ONE OF THE GREATEST CHALLENGES OF OUR TIME

PROBLEM

1/3 (1.3 billion tonnes) of food produced is wasted each year

The value of food wasted each year is \$940 billion



Food waste is responsible for 3.3 billion tonnes of greenhouse gas emissions



The water footprint of food waste is equivalent to three times the volume of Lake Geneva

COMMITMENT

In 2015, the CGF launched the first-ever industry Food Waste Resolution aligning the industry around the Food Loss and Waste Standard

The industry will maximise recovery of food removed from the human chain



CGF members are committed to halving waste going to disposal in own operations and reducing food loss and waste along production and supply chains



The industry will halve per capita global food waste at consumer level and in accordance to SDG 12.3

SOLUTION

Turn resolution into action by aligning global industry and working with governments and other key stakeholders

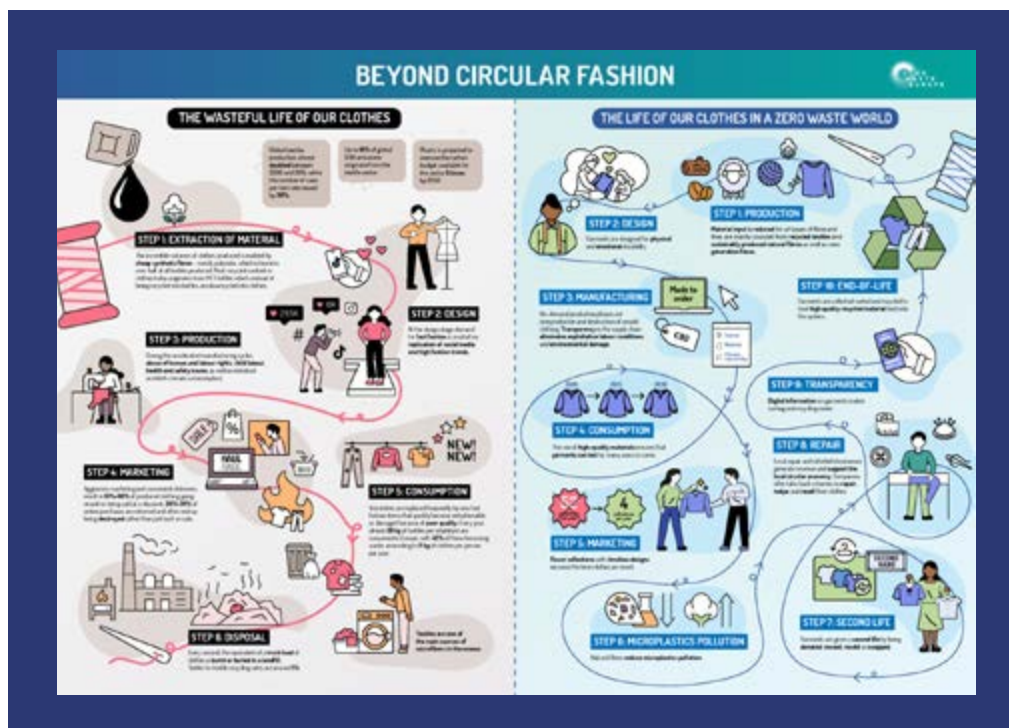
Provide tools that support members in their implementation, such as the Food Loss & Waste Standard



Join global movement and show genuine leadership, as seen through our support of Champions 12.3

Work collectively to share insights and best practices, as shown in our Food Waste Case Studies booklet

4.7.3 Clothing and Footwear



Here are some tips we can follow to reduce our impact through the purchase of clothing and footwear:

#1 Care for and love your clothes

If you keep your clothes for an extra year or two you reduce your CO2 emissions by 24%. Not only do you save money, you save water and raw materials. We prevent chemicals and pesticides from damaging rivers, soil and wildlife, and cut the use of fossil fuels.

#3 Swap with someone else

The simplest way to extend the life of your clothes is to give them a new use - someone else can use them!

#5 Buy toxic-free clothes

It's easy: if you go shopping in a department store, make sure they participate in our Detox campaign, although it's better if you go for local businesses with local production and sustainable principles. There are more and more of them!

#2 Do it yourself

Learn how to sew, transform waste into valuable items, mend your clothes...


#4 Shop at second-hand and vintage shops, DIY and craft centres, repair shops, clothes markets or clothes swaps

New is not always best :)




Solutions

Slow fashion is the widespread reaction to fast fashion, the argument for stopping excessive production and mindless consumption. It advocates for manufacturing that respects people, the environment and animals. Sustainable and alternative solutions already exist but it takes an industry-wide effort to make it happen.




Sustainable Fabrics

Using better fabrics, like wild silk, organic cotton, linen, and fibers made from recycled material, have a lower impact that works toward solutions that eliminate microplastics and excessive freshwater consumption.



Renewable Energy

A shift from fossil fuels to solar energy can hit an industry-wide renewable energy target of 50% by 2030. This solution would reduce 39% in climate change, 16.9% in freshwater consumption, and 11.5% in human health.



Smart Consumption

Companies need to design, test and invest in new business models that reuse clothes and maximize their useful life. Smart consumption, such as clothing as a service, like leasing clothes, can reduce clothing consumption.

By combining these three solutions, you can maximize what you can do as a consumer and the life of your clothing.



Mindful Shopping

Less is always more. A capsule wardrobe is a great solution. Choosing better quality versatile pieces that can be easily mixed to create many outfits and includes everything you would normally need to wear.



Shop and Sell Second-Hand

Donating or selling clothes you don't want and buying secondhand from local thrift stores or utilizing apps like deop, thred up, and poshmark promotes a circular economy.



Proper Disposal Methods

If consumers were to recycle all of their unwanted garments, it would have the same environmental impact as removing 7.5 million vehicles and their carbon dioxide emissions from highways.

For more information, please click on the following link:

<https://angelajong.com/The-Crisis-of-Fast-Fashion-Pamphlet>



4.7.4 Mobility

Transport in cities is an unabated driver of climate change. In addition to greenhouse gas emissions, other problems such as air pollution, noise and accidents make it increasingly necessary to move towards more sustainable mobility.

SUSTAINABLE TRANSPORT FOR BETTER ENVIRONMENT

PUBLIC TRANSIT
Public transportation systems, such as buses, trams, subways, and commuter trains, offer energy-efficient and cost-effective alternatives to personal vehicles, reducing traffic congestion and emissions.

CYCLING
Developing dedicated bike lanes and bike-sharing programs to encourage cycling as a pollution-free and healthy mode of transportation.

WALKING
Designing urban environments that prioritize pedestrian friendly infrastructure, making it safer and convenient to walk.

ELECTRIC VEHICLES
Promoting the adoption of electric vehicles, which produce zero tailpipe emissions and contribute to cleaner air and reduced fossil fuels.

CARPOOLING
The activity of a group of people travelling together in a car, Encouraging carpooling and ridesharing to reduce the number of vehicles on the road, lowering congestion and emissions.



Here are some tips on how you can make your mobility more sustainable:

1. Move your legs whenever you can.

- With carbon emissions equivalent to the wear and tear on the soles of your shoes, walking is environmentally unrivalled. Walking for half an hour a day is also one of the easiest and cheapest ways to look after yourself, and if you look at how many of our daily journeys fall within the 3 kilometres we can cover in that time.

2. Get around by bike.

- It takes up very little space and consumes nothing. It is silent, clean and allows you to keep fit and get to know your city better. Take every opportunity to use the bike for your daily commute, and for distances of up to 5 kilometres there is no faster way to get around town.

3. Use public transport.

- Using public transport, such as trains, commuter trains or buses, is the best way to reduce the emissions we generate and the space we consume.

4. Reduce the size and power of your car.

- Keep in mind that in this case “the habit DOES make the monk”, and larger and more powerful cars consume 50% more than smaller ones: they themselves condition the way they drive towards the patterns for which they have been designed.

5. Share your car with others.

- There is no better way to reduce emissions caused by car travel: more occupants mean fewer emissions per head.

6. Rent a car by the hour.

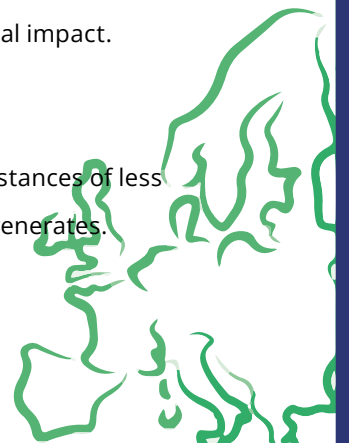
- We never think about the tremendous expense of owning a car that spends more than 90% of its time idle and unused (the average time a car is parked). So renting a car only when you need it is a great way to save paperwork, money and worries.

7. For intercity travel, use the train whenever possible.

- It is by far the least polluting means of transport and has the least environmental impact.

8. Fly only when you really need to.

- The aeroplane is the most polluting means of transport of all, especially over distances of less than 1,000 kilometres, where its use is not justified due to the high emissions it generates.



4.7.4 Reduce your plastic

Plastic has flooded our lives: we can find it in product packaging, cosmetic ingredients, clothing textiles or construction materials. In our daily lives we can change our habits to reduce plastic consumption and look for alternatives.

9 WAYS TO REDUCE PLASTIC IN YOUR WORKPLACE

- **1** Inspire your colleagues, hold an ocean plastic talk
- **2** Organise a park, river or beach clean with your team
- **3** Provide unlimited filtered tap water
- **4** Have reusables in kitchens & canteens
- **5** Reduce plastic in office tea & coffee
- **6** Encourage eco habits, gift reusables to your team
- **7** Ask your team for ideas to cut plastic in their roles
- **8** Request that suppliers use less plastic packaging
- **9** Share your successes, inspire others to act too

LESS PLASTIC.

#PlasticGameChanger

WWW.LESSPLASTIC.ORG.UK



Here are some tips to help you reduce the amount of plastics in your daily life:

1. **Replace plastic bags** with reusable bags, trolleys or baskets.
2. **Don't use plastic cups, plates and cutlery** when you are out and about.
3. **Buy your food in bulk and avoid excess packaging**, such as trays. It's cheaper, allows you to choose the quantity you need and the quality will be better.
4. **Swap plastic food containers for stainless steel or glass ones.** Storing and/or heating food in plastic food storage containers may be poisoning you, as heating the plastic releases toxic substances
5. **Avoid using cosmetics that contain plastic microspheres in their composition.** Polyethylene (PE), polypropylene (PP) and/or nylon. They are usually found in exfoliating products. Instead, choose cosmetics with natural ingredients such as clay, nut shells or seeds.
6. **Drink tap water, not bottled water.**
7. **Choose containers for your drinks and liquids that are returnable**, such as glass, instead of briks and plastic bottles.
8. **Say no to disposable razors.** Replace them with an electric razor or metal razor with replaceable blades (the old-fashioned kind), which will save you a lot of money.
9. **Try to get hygiene and personal care products that are not packaged in plastic** and do not contain microplastics in their composition.
10. **Baking** soda, vinegar, soap, soap, essential oils, among others, that have been used all our lives to clean and do laundry, are the best way to keep our house and clothes clean without harming ourselves or the environment.

· [Practical activity](#). [Learning control](#)

