

Become a Green Consumer

1. Know the Facts

Global environmental situation is in a worse state than is generally known. Ozone depletion, global warming, deforestation... Even one problem will bring us catastrophe within a few decades. The cause is our extravagant consumption which is 10 times its 40 years ago, 100 times of people who lives in the nature.

2. Start What We Can Do

Start with something easy and something joyful.

For the moment, make an aim to reduce consumption and waste by 10%.

3. Environmentally-Friendly Household Account Book

Display a wall chart listing monthly cost of electricity, gas, water and gasoline, as well as the amount of waste, and your family will gradually develop a greater interest in their amount of consumption. This will help your family to reduce their energy consumption by half in one half year.

4. Reduce Driving (automobiles and trucks are the worst burden on the environment).

- Reduce driving and turn off the engine when the car is stopped. (i.e. do not let the car idle.)
- Europe is banning commuting by car, entry into the CBD by car and idling.

5. Save Electricity, Gas and Water

- A happy family life is fundamental. Use resources communally with other family members and only when needed. One appliance of a kind per household is sufficient.
- Reduce the frequency and volume of water used for baths, dish washing, clothes washing and toilet flushing.

6. Bathing and Clothes Washing

- Take a bath together or in succession, and do not overheat the water.
- Use less soap and shampoo. (Stop using synthetic or non-biodegradable detergents.)
- Reduce bathing and washing frequency from once a day to once every two or three days.

7. Shopping

- Buy only what you really need.
- Do not buy products which are unnecessary. Do not buy in bulk or impulsively.
- Buy safe products (organic products) and recycled products.
- Do not buy products which are wasteful, dangerous or imported from abroad.
- Avoid buying plastics (dioxins, environmental hormones).
- Refuse excessive packaging. Take your own shopping bag. (Do not accept paper or plastic bags.)

8. Other Action

- Reduce or give up tobacco, coffee, alcohol, meat and other luxury items.
- Avoid environmentally destructive recreations such as golf and the use of resorts.
- Reduce use of vending machines.
- Bring your chopsticks with you instead of using Waribashi(disposable chopsticks)

9. Expressing your Opinions.

- Spread facts to the people around you.
- Vote for people who value on the environment and life.
- Send letters to newspapers and other mass media, companies and politicians.