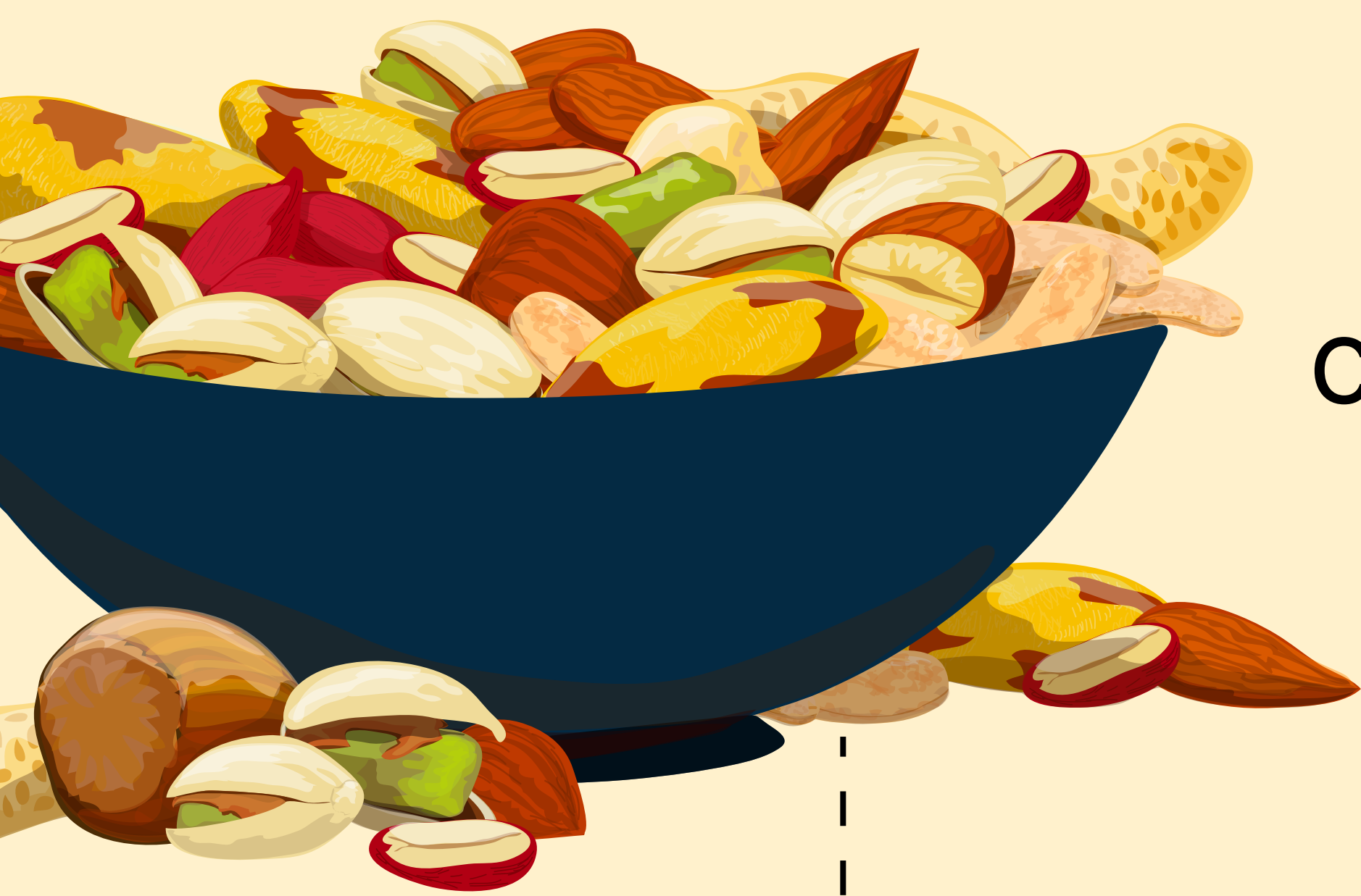


Sustainability in Everyday Life

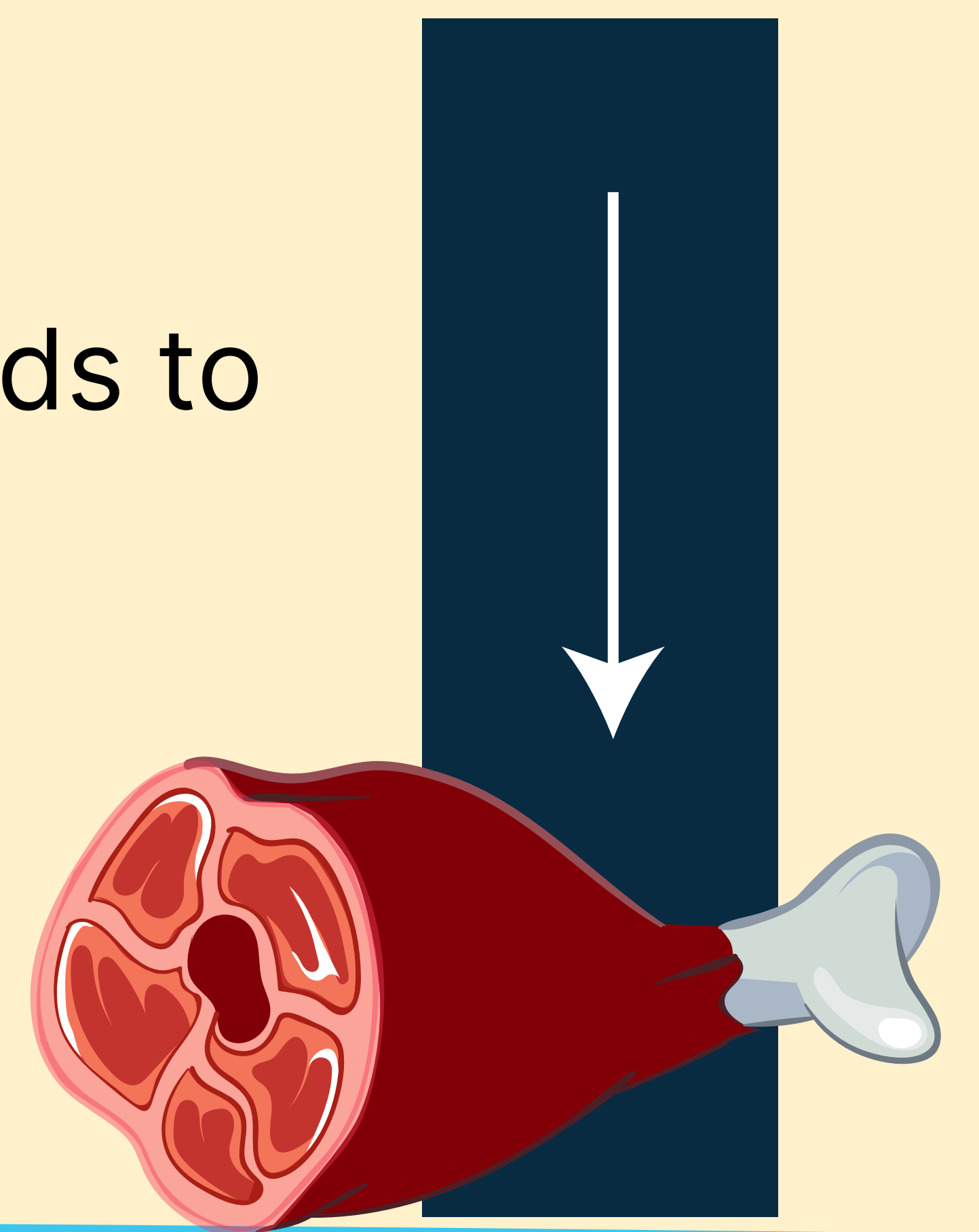
To evaluate the sustainability of something, you must consider the entire lifecycle of the resources involved.



Sustainability can be divided into three pillars:
environmental, economic and social.



According to the Lancet, global consumption of red meat and sugar needs to **decrease by 50%** while consumption of fruits, nuts and legumes needs to double.



Around 8 million tons
of plastic finds its way
into the ocean every year.

We can help to counteract
that by avoiding single-use plastics.



You can cut your digital carbon footprint by

**regularly emptying
your email inbox.**

