

# THE PRINCIPLES OF SOCIAL ECOLOGY



## Consume responsibly

Only buy the food you need and be committed to sustainable production.

## Reduce, reuse and recycle

Reduce your waste, recycle it and try to give it a second chance.



## Choose fair trade produce

By doing so, you are protecting the environment and contributing to the development of small producers.



## Encourage self-consumption

Grow your own food, whether in the garden at home or in an allotment.

## Travel in a sustainable way

Travel on public transport, use a bicycle and walk whenever you can.



Source: OXFAM Intermón.