

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Goal 12 – Responsible Consumption and Production

Achieving economic growth and sustainable development requires that we urgently reduce our ecological footprint by changing the way we produce and consume goods and resources.

Fact of the day

1.3 billion tonnes of food is wasted every year, while almost 2 billion people go hungry or undernourished. Globally, 2 billion people are overweight or obese. If people everywhere switched to energy efficient lightbulbs, the world would save US\$120 billion annually.

Act now

Make, don't buy

30 minutes



Every day we buy and use things that we need. To move to being a more responsible consumer, we need to put more thought into these purchases.

One way to do this is to think about items that your family buys and come up with alternatives that you could make yourself. By doing this you could save on the resources, energy, water and everything else that went into making it.

Let's take a kitchen sponge. Most are made from synthetic materials, and sold in multipacks as they are designed to be used and thrown away. You could come up with a homemade alternative. This is a small sewing project so hopefully you are used to sewing on your badges and it won't be difficult.

There are lots of different ways to make these, so go online and find pick a design. At its simplest, grab a few pieces of scrap material and stitch them together to make a pad the size of a dish sponge. Coarser material will do a better job for the outside, but you can use softer material to stuff it. Stitch the pieces together on three sides, then fold the pocket inside out and stuff it. Finish off by stitching the last side to close it up. After using the sponge, stick it in with the laundry and it is ready to go again, and again and again!

Bad-tee and good-tee

30 minutes



Fast Fashion is a relatively new idea – that some clothes are bought to be used only a few times and then discarded. There are a number of reasons why this is not such a good idea for people and planet. Using the *Bad-tee and Good-tee* worksheet, look at the reasons why fast fashion works against many of the Global Goals.

Then, think about the ways these things could be improved; what would go into making a good-tee! When you have that done, why not do a design for your brand new best ever teeshirt!

Cook a low-impact meal

1 hour



Globally, the food we eat accounts for 22-25% of greenhouse gasses. Farmers and food producers can reduce the impact by changing the way in which they work.

As consumers, we can have an impact by making conscious decisions about what we will buy and eat. Use the *Food Impact* worksheet to figure out the resources needed to produce different types of food. Then, use that information to plan and cook a low-impact meal.

What to do next

Once finished your own action, share it on social media (Instagram, Facebook, Twitter). Tag **@ScoutingIreland** and using the hashtags **#scoutsforsdgs #scoutsie #17days17sdgs**.

This will allow scouts not only from Ireland, but all over the world, to see your actions and use that as inspiration to go and make a positive impact in their communities!



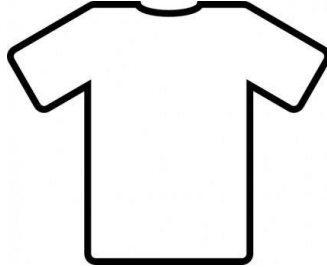
SDG12 – Responsible Consumption and Production

Bad-tee and Good-tee

Fast Fashion is a relatively new idea – that some clothes are bought to be used only a few times and then discarded. There are a number of reasons why this is not such a good idea for people and planet. There are also solutions; let's see what you can come up with.

Bad-tee

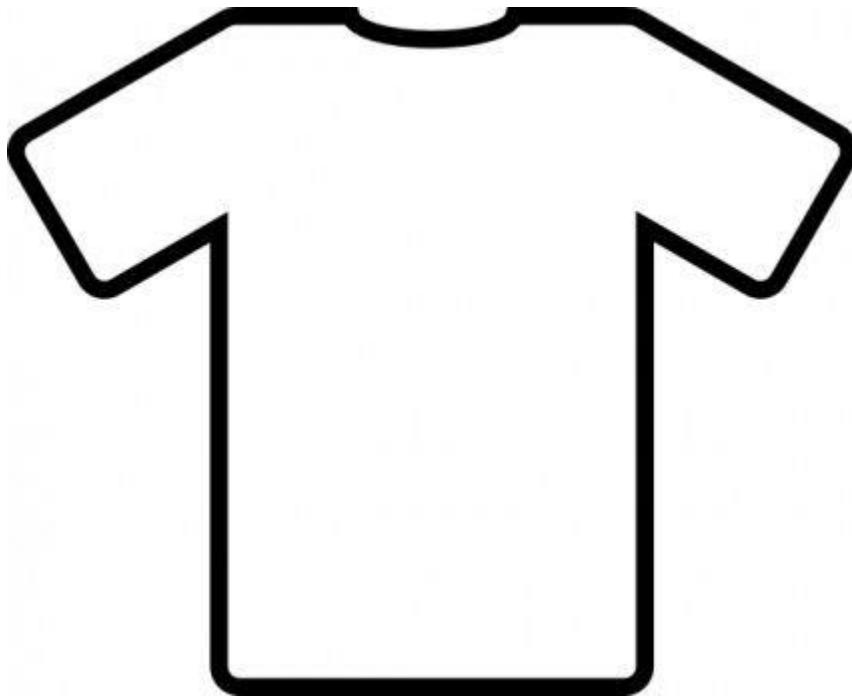
All synthetic material – maybe higher carbon footprint
Microfibers released into the water while washing



Too cheap – workers unlikely to have been paid a fair wage
Poor quality – loses shape and colour after a few washes
Mix of materials making it hard to recycle

Good-tee

Around the edge of the drawing, write in what makes a more sustainable tee-shirt, then design and colour your new creation



Project idea:
Give an old tee a new lease of life by fabric-painting, tie-dying or embroidering.

The equivalent of one rubbish truck of textiles is landfilled or burned every second. Will you help to change this?



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Food Impact

Globally, the food we eat accounts for 22-25% of greenhouse gasses. Farmers and food producers can reduce the impact by changing the way in which they work. As consumers, we can have an impact by making conscious decisions about what we will buy and eat.

Search online to find out the greenhouse gasses caused globally from the production of these foods, and fill in the table to the right. Try to find sources which are not trying to promote one food over another to get an unbiased measure. Also, look for measures which compare all of the impacts and not just the direct farming.

Think of a few more foods that you use a lot, and add them to your list. Add their greenhouse gas measure as well.

Greenhouse gasses (kg) per kg of food

| | 10 | 20 | 30 | 40 | 50 | 60 | 70 |
|-----------------|----|----|----|----|----|----|----|
| Pork | | | | | | | |
| Beef | | | | | | | |
| Chicken | | | | | | | |
| Cheese | | | | | | | |
| Eggs | | | | | | | |
| Potatoes | | | | | | | |
| Nuts | | | | | | | |
| | | | | | | | |
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Now that I understand a bit more about greenhouse gas from food growing and production, I have come up with a few recipes and meal ideas. Here are a few I am going to try out...



The EAT-Lancet Commission on Food, Planet, Health brought together 37 world-leading scientists from across the globe to answer this question: Can we feed a future population of 10 billion people a healthy diet within planetary boundaries? If you are ready to understand the future of food a bit more, this is a good place to start.

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