



Tips & Tricks

to Help Us in Transforming
Our Lifestyle for the Better

May 2022

KOMONEED
MAKE YOUR MOVE

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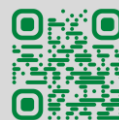


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Tips & Tricks by Komoneed



Tips & Tricks

As a result of what we've been researching and writing over the last year, Tips & Tricks is a series of suggestions related to a more sustainable lifestyle

It is about ideas that can be followed or that lead us to reflect on new habits that we can develop in a simple way

In order to organise our thoughts, we have divided this document into the same categories used on our website

About Us

Founded in 2020, we are an online community built around a smart and easy to access information hub whose purpose is to help us in transforming our lifestyle for the better

As an independent player, our main concern is to contribute with reliable, global and local, knowledge on sustainability from reputable and proven sources, avoiding falsehoods, deceptions, half-truths or unfounded information

We are committed to answer our “Common Needs” to becoming more sustainable on a continuous basis

Our Sources

From Komoneed articles. Our own articles which always show the sources we used to gather the information shared

From Paul Mason book, 101 Ways to Save the Planet Before Bedtime, Bug Club, Pearson

From TW:In Community. Mainly from its Stats-Data Channel which is dedicated for stats, graphs and other visual data sets

Images come from Pexels and Pixabay

Now it's time to make your move!

[komoneed.com](https://www.komoneed.com)

Culture, Work and Workplace



Print only when it is absolutely necessary

Re-use envelopes –in the 20th century it was common practice

If you are still using paper, write on both sides

A perfect notepad can be made from scrap paper. Just sayin’!

Use electricity conscientiously, turn off the lights when the day comes to an end

Talk to people, look at what works and what doesn't, discard inefficient projects

A healthy and environmentally friendly lifestyle go beyond promoting sustainable packaging and reducing carbon emissions. Avoid green-washing!



Digitisation

You could optimize the energy consumption while using your computer

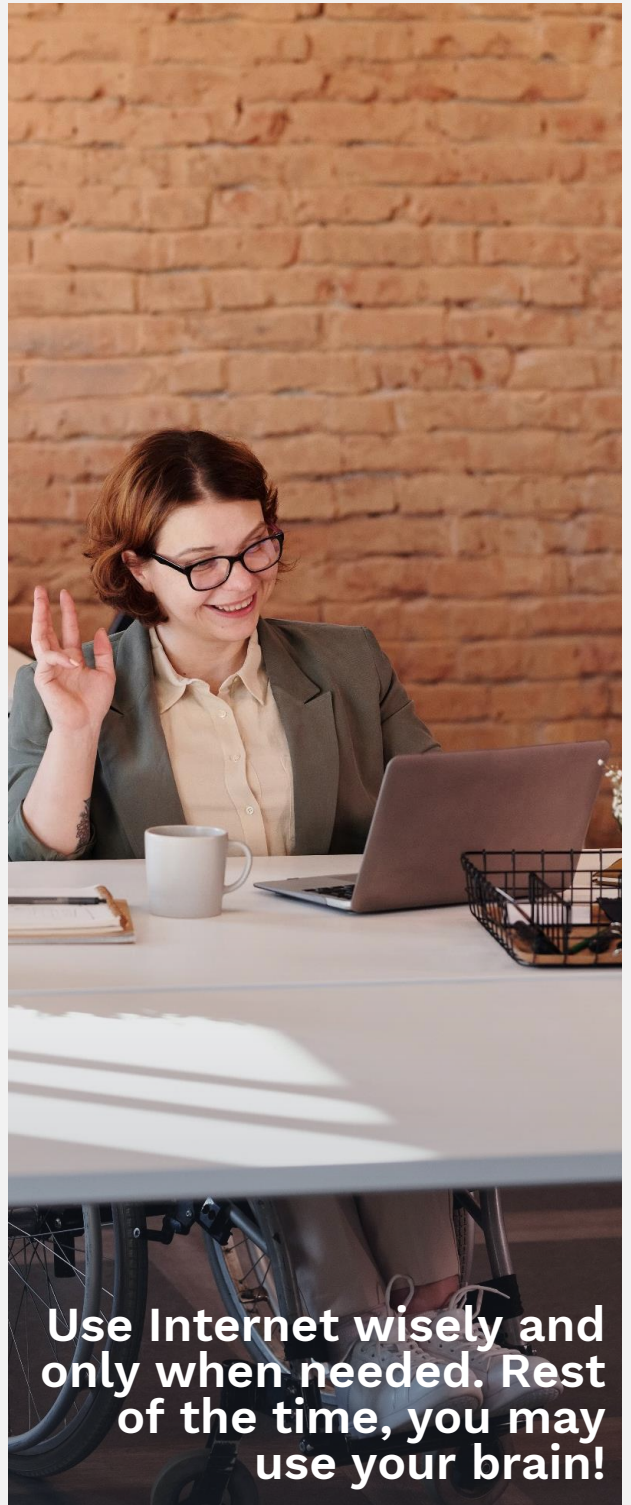
Use the internet when it's really necessary, don't use search engines in a crazy way

Unsubscribe from unnecessary newsletters

Do a thorough cleaning of our digital space

More love letters and less junk e-mails!

Think of IoT only to those gadgets which represent a real benefit to your life



Use Internet wisely and only when needed. Rest of the time, you may use your brain!



Energy



Use post-its to remind people you live with to turn off the lights

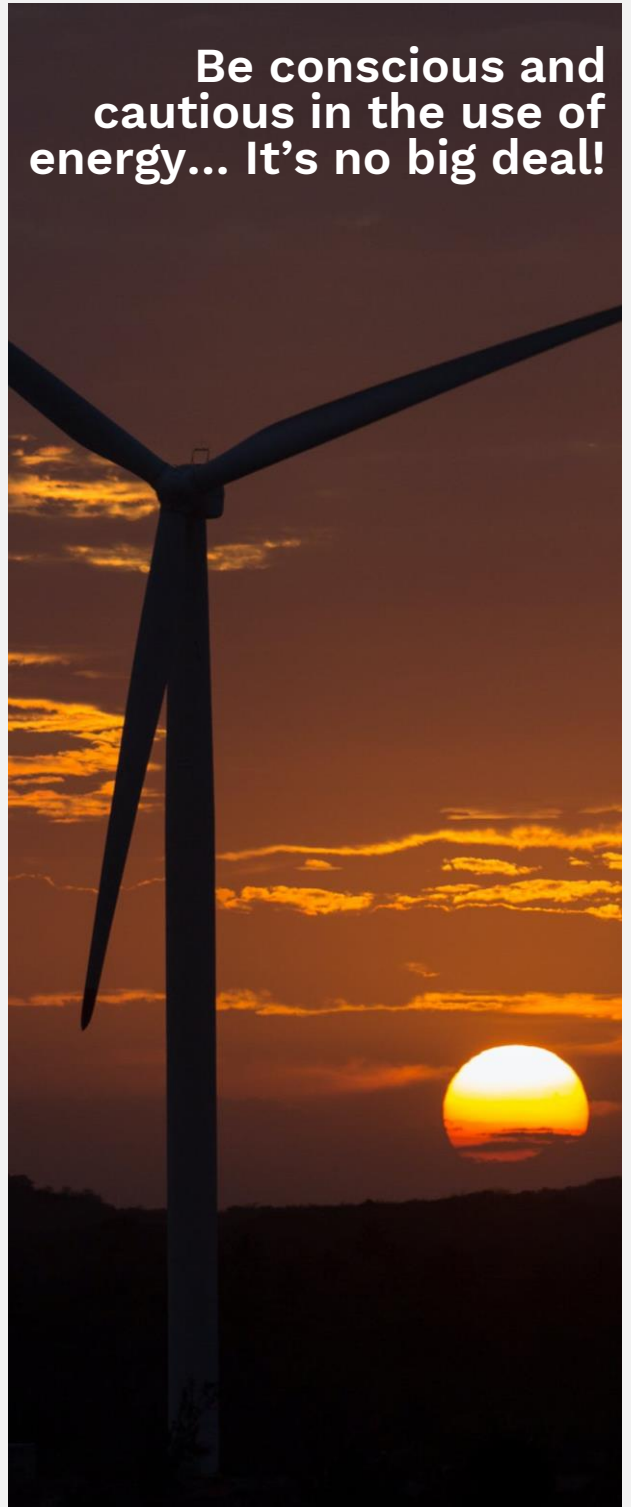
Be bright and use energy-saving light bulbs, e.g., LEDs

When it is hot, dry your hair naturally, rather than using a hairdryer

Think about what you need before you open the fridge.

Once a month, declare a "no TV day" and turn off the TV instead of putting it on standby

Use clean energy sources for your home and, if you can, also for your work



Fashion

Learn how to modify your old clothes instead of throwing them away

Swap your clothes with friends. Avoid boredom!

Buy clothes produced closer to home, or even better, lease them!

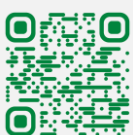
In cold weather, wear extra thick socks. They are always in vogue!

Also, grannies are in fashion, when going to sleep, use a hot water bottle

Be sure that the fabrics are sustainable –manufacturing processes included



Reuse, Recycle and Re-wear are the new black!



Financial Institutions -FI



Consider environmental, social and governance –ESG– aspects when making investment decisions - invest wisely!

Demand transparency from a sector that has historically neglected social and environmental costs

Disinvest in companies that do not align with environmental and social values

Remember that moving towards a sustainable economy, Financial Institutions can serve as a catalyst for positive change in the economy



Food and Beverage

Just like in the old days, you can use newspapers to pack vegetables and eggs

Become a food sharing person and teach your friends how to make healthy meals

Eat home food at least three times a week

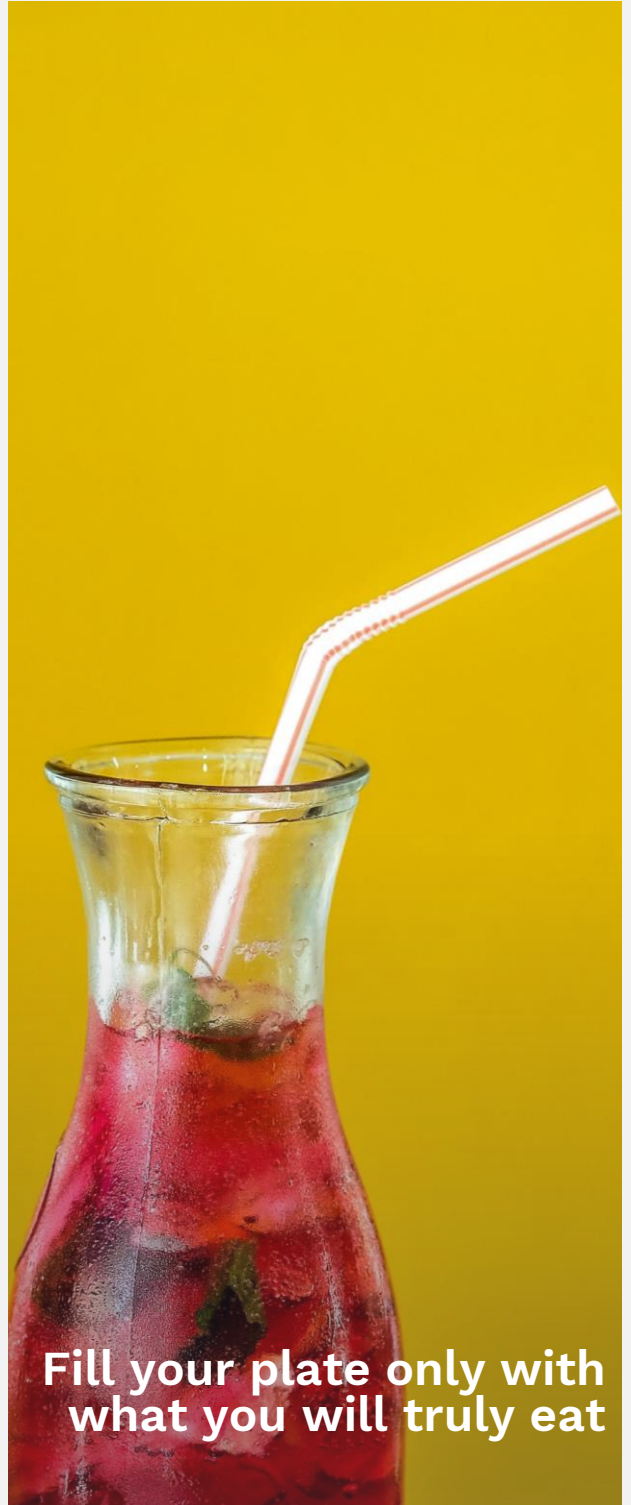
Look for food which is grown nearby and plant the seeds of the fruits you eat

Buy seasonal fruits and vegetables. See the side effect of eating vegetables

Use leftovers to make new meals

Take grown-ups into the forest to collect food

Chickens have a lower environmental effect



Fill your plate only with what you will truly eat



Holidays and Trips

Eco and regenerative holidays are great options

Conserve the environment, sustain the well-being of the local people, and involve education

Focus on local people, ecosystems, natural resources, communities, and cultural

Plant flowers instead of picking them. Respect the places you visit!

Look for activities where donating your time and energy will have a real positive impact

Remember that trains and buses are proven to be the least polluting modes of transport for medium-haul journeys



Mobility

Share a vehicle! It's not a fancy new invention, but rather a common and basically ancient occurrence

Use one car instead of two. Give your neighbour a lift

Long trips, think of Blablacar –as an example

Loves public transport. When it rains use the train, bus, tube, and so on

Use your power, ride a bike, or use a skateboard or a rollerblade!

eBikes are a good alternative in 15 minutes cities



When traveling, choose the most balanced alternative available



Purchasing and Recycling



Learn how to fix things instead of replacing them. Learn to repair!

When going to the market take re-usable shopping bags

Take care of your stuff and you'll need to buy less

When you buy something new, give the old one away. Make someone's day!

Your shopping bag could be made from your old pillowcase

Share your books and go to the library –even before buying an eBook



Waste Management and Reduction



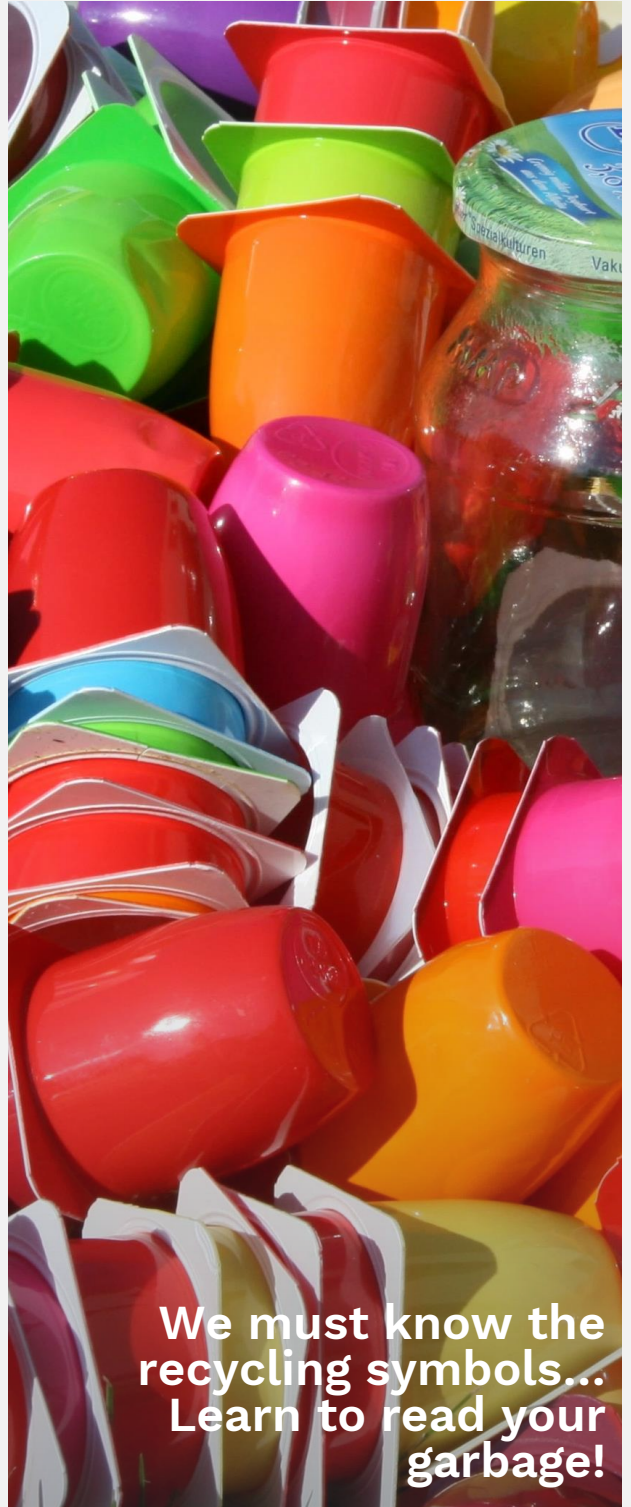
Go back to cloth hankies and avoid using disposable tissues. in back-to-the-future mode!

Buy second-hand. Things that are new to you don't need to be made from scratch

Use jam-jars and durable packaging to store small things and for your takeaways

Help clean up an area near you

Recycle your old Christmas tree



**We must know the recycling symbols...
Learn to read your garbage!**



Climate Change



Climateflation

The challenge is to find new ways to deal with natural disasters and severe weather events, to reduce their impact on economic activity and prices

Greenflation

The challenge is to avoid the rise of prices of metals and minerals required by green tech

Fossilflation

The challenge is to break with the inherited cost of dependence on fossil energy sources, which has not been reduced strongly enough in recent decades

Hug a friend to feel warm!



Think of “we” instead of “you”



**We can all do something simple for the planet...
It's all a matter of getting started!**

1. Take care of the environment at work is also our duty
2. Use Internet wisely and only when needed. Rest of the time, you may use your brain!
3. Be conscious and cautious in the use of energy... It's no big deal!
4. Reuse, Recycle and Re-wear are the new black!
5. Call for transparency in the financial sector. It's a must!
6. Fill your plate only with what you will truly eat
7. Before beginning a trip, pack only what you need. Be smart!
8. When travelling, choose the most balanced alternative available
9. Purchase with care. Finally, enough is enough!
10. We must know the recycling symbols... Learn to read your garbage!

Plan A for the planet is yours, is mine, is ours



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