



*Soroptimist International Turku  
SI Finland*

*Mar 2018*

*Soroptimist International Clubs around the Baltic*

## A List for Saving the Baltic Sea Starting with Personal Choices

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### Ecological eating habits:

- Do not throw food away
- Use seasonal and local products
- Use more vegetables
- Use fish from the area
- Use food that supports sustainable development (Rainforest Alliance, UTZ, Fair trade)
- Eat less meat

### Chemicals:

- Go through your cleaning up and household chemicals, is everything needed? Buy less the next time
- Use cleaning up liquids and detergents according to the instructions
- Go through your cosmetics, can you find microplastic or harmful substances. Use Cosmethics application to help you choose.
- If a product has harmful substances contact the company and demand for change
- Take your old medicine to the pharmacist and next time think whether you need all the medicines you have
- Throw harmful substances such as paints and batteries in the correct bins



- Try not to use insecticide or weedkiller
- Do not use disinfectants in normal household products

Water and electricity:

- Only wash full loads of washing or dishes in washing machine or dishwasher
- Do not rinse dishes under running water
- A 10-minute shower is enough! When shampooing do not run water

Transport:

- Use public transport, walking or biking whenever possible
- When using a car try carpooling

Plastic:

- Take your own shopping bag to the grocery store instead of plastic bags
- Recycle plastic (also tins, bottles and compost)
- Be responsible also when travelling
- Avoid products containing microplastic

Social activity:

- Tell you friends and family about being aware of ecological issues
- Talk at work to colleagues
- Share your experiences on social media
- CHALLENGE OTHERS TO JOIN!