

## MY DAILY ACTIONS FOR BIODIVERSITY

### I EAT

- I eat local.
- I avoid wasting food by buying only what I need.
- I buy my food in bulk.
- I avoid foods packed in three different plastic layers.
- I do not eat much meat.
- I choose foods carefully and favour production methods that respect biodiversity (labels, sustainable production, no pesticides, herbicides and other chemicals that are hazardous to health and nature).
- I refer to different guides to choose my food.
- I avoid heavily processed foods.
- I use compost for my organic waste.
- I drink tap water and use a flask.
- I say NO to plastic straws.

### I MOVE AROUND

- I give maximum priority to soft transport modes: on foot, by bicycle or scooter for the shortest journeys, public transport for longer journeys or carpooling.
- I do not fly too often.
- I follow marked paths in natural habitats.
- I avoid riding quad bikes, noisy motorcycles or other vehicles in the countryside and forests.

### I TAKE CARE OF MYSELF

- I only use the care products that I really need and in small quantities.
- I use cosmetics whose production methods are respectful of biodiversity (labels, sustainable production, no chemicals dangerous to human health and nature).
- If possible, I use products with little packaging, such as soap bars, and larger container sizes, such as EU Ecolabel products.
- I use reusable care accessories such as make-up remover discs made of washable fabric and I avoid, for example, disposable wipes.
- I use an electric or bamboo toothbrush.





## I GARDEN, I GROW

- In my garden or home, I prefer native plant species.
- I set up my garden to accommodate local fauna: I plan wild land areas and plant flowers for bees, I leave dead branches, I prefer natural hedgerows rather than fences, I vary and diversify plants and tree species, etc.
- I only use natural products to keep pests away (vinegar, etc.) or grow my local flowers (compost, etc.).
- When I buy plants in nurseries, I make sure they have not been treated with chemicals.
- I count birds, butterflies and other species visiting my garden and send the results to a nature protection association such as Natagora or Natuurpunt.



## I COMMUNICATE

- I only buy the electronic devices (telephone, computer, tablet, etc.) I really need.
- I have my electronic device repaired before deciding to buy another one.
- Whenever possible, I buy them second-hand or favour sustainable brands that pay attention to their impact on biodiversity.
- I resell my electronic accessories when I no longer need them or drop them off at the designated collection points to give them a second life.

**#Be**Biodiversity

