

A COMPANION
PUBLICATION TO
*Sustainable
Lifestyles:
Options &
Opportunities*

SUSTAINABLE LIFESTYLES

options & opportunities

IN THE WORKPLACE

Take actions together in the workplace to minimize
footprints and maximize impacts



IMAGE: ROB BYE, UNSPLASH

INTRODUCTION

Workplaces can support and motivate tangible shifts in their employees' and customers' lifestyles towards sustainability. These efforts target those working with companies, organizations and individuals who are open and willing to adopt sustainable lifestyles practices but need some help or guidance along the way.

Companies can incentivize employees and customers to adopt sustainable ways of eating, moving, consuming, living and engaging in leisure activities, and demonstrate these actions at work.

DEMONSTRATE

Leading by example through green workplace initiatives

Workplaces can show their sustainability commitment through leading by example. Implementing and profiling green workplace initiatives can inspire employees and customers to take similar actions at home and in their communities. For example, workplaces can set double-sided printing as a default, buy from local or sustainable vendors, invest ethically, take energy-saving measures, and use sustainable transportation.

INCENTIVIZE

Enabling sustainable lifestyles through employee and customer programmes

There are also ways a workplace can support employees and customers to lead more sustainable lives. For example, they can offer public transit passes, provide space for goods exchanges (e.g., swapping clothing and lending tools), enable options for more responsible investments, support sustainable habits that can be practiced at home (e.g., re-use), and provide capacity-building opportunities like vegetarian cooking classes and repair skills courses.



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IMAGE: SHANE ROUNCE; UNSPLASH

ABOUT THIS PUBLICATION

The set of actions presented can support employees and customers to enhance sustainability in their daily lives. The target audience is urban workplaces (and the organizations that work with them) that are developing sustainable lifestyle initiatives and campaigns.

The list is meant to spark discussion, generate new ideas and be a “living document” that is modified with experience. The actions have been prioritized because they are more effective at reducing the ecological footprint. Based on ecological and carbon footprint data, we can identify priority lifestyles areas that contribute to ecological impacts such as reducing wasted food or shifting transportation modes. For the highest impacts, link options together, build on existing activities, and partner with others.

A discussion of the footprint findings and priority action areas can be found in the companion publication, “Sustainable Lifestyles: Options and Opportunities.” That publication shares a fuller list of actions that can be taken by urban level intermediaries who want to develop sustainable lifestyle initiatives and campaigns, have limited resources, and are looking for maximum impact (UN Environment, One Earth 2018).

This listing of options and opportunities was prepared by combining case study and literature reviews, an analysis of ecological and carbon footprint data, and a synthesis of expert insights. In addition, the authors and UN Environment reached out to their network of global experts to share action ideas, insights and review drafts.



IMAGE: SHRIDHAR GUPTA, UNSPLASH

WHY WORKPLACES?

Effective sustainable lifestyle campaigns and initiatives avoid placing the responsibility for change on individuals alone. They identify how personal actions can make a difference when they are combined with the actions of others to produce greater impact. Workplaces are a great context for collective change toward sustainable daily living – people already have strong relationships with co-workers and can be supported to take action.

By harnessing workplace assets, initiatives can become positive examples and test what works and doesn't work in a city context. Workplace teams can experiment with advancing more sustainable living – and create 'roadmaps' based on their experience. For example, efforts to engage staff in lighter living and promoting a lighter ecological footprint culture can inspire people to shift their lives at homes and to support others to do the same in their community. Benefits to workplaces include improvements in organizational reputation as a sustainability leader and increased staff retention through positively engaged employees.

SOME QUESTIONS TO ASK

- How can the practices at our workplace inspire or contribute to sustainable lifestyles?
- What infrastructure is already in place in our city that we can build on?
- Are there specific skills or practices around sustainable daily living that we can teach our employees (or customers) at the workplace, e.g., through training events?
- How can we celebrate milestones such as birthdays or retirement in ways that lighten our ecological impact?
- Are we measuring our progress toward sustainable lifestyles?

And how can we adopt **integrative approaches to more sustainable ways of living** and catalyze **long lasting behaviour change** rather than just piecemeal and short term actions?



Use the list below to identify with a tick mark the actions you are prioritizing.

FOOD

Reduce Wasted Food

- Help make food waste collection more visible by placing compost bins close to where employees circulate in workplaces.
- Make soups from cafeteria or restaurant leftovers that employees can take home.
- Develop the skills of employees in reducing wasted food – for example, [WRAP UK](#) creates mini-training videos on kitchen skills for staff.
- Circulate a pledge to reduce wasted food at home and raise awareness of the scale of the challenge, e.g., [FoodShift's pledge](#); the [Global Footprint Network's food waste pledge](#).
- Organize a competition to reduce food waste between workplaces, across hotel locations, or between restaurants. It could be issued by a high-profile person, e.g., the Mayor or a top chef.
- Given coffee's high footprint (by weight), develop systems for ensuring that the right amount of coffee is brewed for the needs of the employees and / or the clients / customers / guests. Link this to information about alternatives to disposable cups and straws.
- If you have a cafeteria (and the space), devote an area for growing a portion of the vegetables and herbs used in their kitchens.
- Where possible, compost food waste from the workplace / cafeteria / lunchroom.
- Redistribute surplus food by setting up connections between the hotel / cafeteria with non-profits that serve food or with individuals, e.g., a hotel might partner with the local food bank, religious, community services charity, or pilot a community fridge program, where leftover food is placed in a fridge in a public location that is accessible to those in need.
- Reduce waste associated with catering, through a move away from buffet service and towards plate service, or by increasing the use of frozen food to avoid spoilage.

- Use food tracking apps or software to monitor workplace food waste in real time, or conduct a one-week waste audit – see, e.g., [FoodSave](#).
- Organize learning sessions about food safety, which translates to increased awareness of food shelf life at home (e.g., best-before dates).

Promote Low-Footprint Diets

- Give coupons for sustainable restaurants, local food delivery services or green grocery stores as incentives or gifts.
- Provide vegetarian and vegan cooking classes after hours or as a team-building exercise off-site.
- Establish a place for employees to share more sustainable recipes (vegetarian, vegan, local, organic, etc.) such as a noticeboard or through an employee listserv or Facebook group.
- Demonstrate low carbon food and sustainable food practices in celebrations, such as eco-themed events hosted by hotels / restaurants or catered receptions featuring vegetarian food.


 *Identify where you have influence.*



IMAGE: KATIE SMITH: UNSPLASH

- Recruit individuals to participate in food challenges / pledges and blog about their experience, which can be shared with all staff.
- Develop relationships with local / organic / sustainable farmers, which can work hand-in-hand with efforts like 'Meatless Monday' challenges. This can be organised by inviting local farmers to come give food education sessions and offer food directly to employees, and also by creating a farm-to-kitchen relationship between local producers and a workplace cafeteria or restaurant.
- Support menu changes towards a plant-rich diet in on-site food services or through catering. This can include offering dairy-alternatives such as almond, oat or coconut milk; replacing red meat with white meat and seafood options; and reducing the proportion of red meat in dishes (e.g., burgers made with a mix of mushrooms and meat).

 *Find allies in your community.*

MOBILITY

Shift Transportation Modes to Increase % of Trips by Walking, Cycling and Public Transit

- Provide employees with information on public transport options and/or with public transit / car sharing and bike sharing scheme / carpooling passes for commuting.
- Where possible, participate in bike-to-work week as a workplace team.



- Celebrate international [Car-Free Day](#) on 22 September.
- Celebrate [World Bicycle Day](#) on 3 June or [World Cycling Day](#) on 17 September.
- Improve the exterior appearance of the office / hotel to encourage walking (e.g., create points of interest along a walk, ensure there is a safe sidewalk, make a "green way" in larger properties).
- Install bike lockers for employees, as well as change rooms and showers for them to use when arriving to the workplace. Bike locks can be provided as gifts or incentives.
- Make use of existing parking lots / bike locker spaces to communicate about sustainable mobility and bicycle / pedestrian safety – including by installing bike racks.


Find Alternatives to Personal Car Ownership

- Allow fleet vehicles to be used for personal trips by employees.
- Support sustainable shopping opportunities in or close to the workplace, e.g., by stocking more environmentally and socially-friendly basics for employees in an office / hotel shop.
- Spread the word about carpool programs or online platforms (such as [Carpool World](#) that has users worldwide) – or start your own internal carpool program. Mobile apps such as WhatsApp and WeChat may serve as useful platforms.
- Promote working from home one or more days a week to reduce (or eliminate) commuting time (and often increase wellbeing and flexibility for the employee). In places where traffic congestion is an issue, an alternative is shifted start / finish times to reduce the length of commuting time by avoiding peak travel hours.



Find Alternatives to Long Distance Travel

- Encourage workplaces to install virtual conference facilities. Make it easier to host meetings without flying, and extend this service to nonprofits or others.
- Experiment with conferencing software and programmes. Try video and online meeting software (e.g., Skype or Zoom) as a replacement for in-person meetings.
- Support inexpensive or free cross-country calling. Staying in touch via telephone (or WhatsApp) can reduce the need to travel frequently.
- Develop a program to encourage (or require) business travel by train, ferry or bus as an alternative to flights for longer-distance travel when possible.

 *Learn and adapt over time.*

▼ TRY THIS

Modify employee commutes (start / end times) or work from home one day / week for fewer GHGs and increased productivity

OUTCOMES

Reduce commuting times through travel in off-peak hours; no commute (working from home one or more days in the week), employee wellbeing, work-life balance, reduced car use.

SAP LABS AND KPMG

(India – high tech company; consulting company) In Bengaluru, India, SAP Labs and KPMG have developed an inno-

vative and flexible work scheduling model that works with their employee's needs and addresses environmental and quality of life concerns. Employees set their own start and end times and are even given the option to choose to work from home one day per week. This allows employees to start and end work at times which allow them to travel during off-peak hours, reducing the amount of time spent in transit and relieving the strain on transit systems. The companies have seen an increase in productivity since implementing the programme, and employees have gained valuable time to spend on their home and personal lives.

SOURCE 1: www.timesofindia.indiatimes.com/city/mumbai/Indian-professionals-prefer-flexible-work-hours-over-high-pay/articleshows/52836392.cms?

SOURCE 2: www.indiatimes.com/news/india/13-indian-companies-that-let-employees-dictate-their-own-work-hours-245196.html

CONSUMER GOODS

Increase Share, Reuse and Repair of Goods

- Provide physical space in the office for a 'library of things' that can be exchanged among employees, e.g., books, media, toys, sports equipment, electronics, household goods, small kitchen appliances.
- Provide an online platform for employees to swap personal items or link existing platforms to well-established sharing economy websites.





- Enable repair for household goods, e.g., by hosting a repair café at the office.
- Give or sell used office equipment or used furniture to employees.

Promote a Zero-Waste Lifestyle

- Model zero waste in workplace practices, e.g., by limiting single-use items (especially plastics) such as disposable cups, using rented plates for special events, etc.
- Make double-sided printing standard company policy on all printers to reduce paper waste.
- Join the movement to stop using single-use plastics at the workplace / hotel restaurant, canteen or bar. This can include implementing alternatives to plastic straws, such as paper or reusable metal straws, reusable bottles and travel mugs, durable containers for bringing lunch to work such as bento boxes, etc.
- Provide ceramic mugs and/or plates as well as dishwashing facilities (from a simple sink or basin to a dishwasher) in the workplace lunchroom.
- Engage suppliers in conversations about limiting packaging on goods that enter the office, leading by example to the employees about consumer purchasing power to shift practices.
- Provide sustainability guidelines for employees in charge of purchasing and managing relationships with suppliers.
- Cut down on packaging related to coffee and tea, e.g., buying loose-leaf tea and shifting away from coffee pods.



Implement actions from different categories for greater impact.

Reduce Textiles Waste

- Host a clothing swap at the office for employees and / or the local community.
- Collect blankets, bed sheets and other household linens for distribution to a charity serving those in need.
- Develop a pre-loved challenge and fashion show. Challenge employees to shop second hand and assemble new outfits to be judged at a community fashion show for prizes (most creative, most fashionable, cheapest, best quality).
- Have an on-site tailor, or partner with a local tailor on a regular basis, who can adjust or fix employee and customer clothing, bags, zippers, uniforms, etc.

▼ TRY THIS

Host a Household Clothing Exchange

OUTCOMES

Reduce textiles waste to landfill; replace shopping for new goods; increases community wellbeing through a fun event.

THE GUARDIAN NEWSPAPER

(London, UK – large office that produces a newspaper)
Clothing swaps are held at the newspaper's offices in the UK and raise funds for charity. One lesson learned in implementation was the importance of asking purchasers to take home what they purchase, or leftover items they brought which did not sell. Organizers found that some people had purchased items out of a desire to contribute funds, only to leave the items behind because they did not in fact want to keep them. This can help to avoid a situation where the organizers are left with a large amount of very heavy items to take to charity shops.

SOURCE: www.theguardian.com/money/2010/apr/12/swap-clothes-swishing

Shift Consumption of Other Goods


- Arrange for employees to collectively purchase sustainable goods and services, including by adding personal purchases as part of a bulk procurement for the workplace.



HOUSING

Increase the Energy Efficiency of the Workplace... and Homes

- Model sustainable energy behaviours in the workplace, from carrying out retrofits resulting in energy savings and efficiency to turning off lights and electronics that are not in use.

 *Report on savings to inspire employees to make similar changes at home.*

- Distribute electronic copies of documents, edit documents online (e.g., using platforms like Google Drive), and move to paperless filing and transactions (instead, email bills or payment slips to customers, clients or employees).

- Use more non-toxic and/or bio-alternatives to standard cleaning products, including detergents for dishes and clothing, and surface cleaners. Engage employees in how to purchase alternatives to standard commercial cleaners or make these products for use in their homes.

- Use fewer aluminum cans, e.g., by buying a carbonated juice dispenser for the office and encourage recycling of all aluminum products.

- Encourage recycling by hosting a bottle drive, with funds from deposits going to a charitable cause, or by connecting with informal recyclers.

- Become a drop spot for recyclable waste, such as aluminum cans or batteries.

- Make less use of plastic bags, shrink-wrap plastics, or single-use plastics.

- Provide alternatives to bottled water. Provide filtered tap water in rooms and at events, if water safety is an issue. If not, tap or filtered water in pitchers with glasses are a great option. Carbonators (e.g., Soda Stream) can make tap water a popular choice when out or at home. To incentivise customers to take this low-footprint option, water could be provided for free. At the same time, where this switch isn't possible, promote plant-based alternatives such as bottles made from sugar cane.

- Reduce the amount of paper that is printed (e.g., run a competition across similar business units or branches and announce the winner periodically).

- Support cooperative energy purchasing for employees.

- Provide support to employees to help map their energy consumption and plan ways to reduce it.

- Provide information on and support more green energy options for the home, including through giveaways of water-saving showerheads or other items.

- Turn the thermostat down (in cold climates) / up (in warm climates) one day a year and encourage employees to wear sweaters / lighter clothing to work and raise awareness of energy use. This may require dress code modifications (e.g., moving away from ties or business suits during the hot season).

- Where relevant, increase ventilation in the workplace, especially when temperatures are high. In many countries, this means adding mosquito netting to windows that open. Conversely, in some climates the addition of an air purifier is a desirable intervention due to high humidity and fungus.

- Ensure that insulation is efficient, which can be done when a building is constructed or retrofitted.

- Install green rooftops and vertical green gardens to contribute to cooler indoor temperatures.

- Switch to ecological electricity / energy providers.

- Groups of employees can plan to make personal upgrades to their homes – like insulation or better windows – to secure better pricing and support a contractor with consistent work.

- Discuss the installation and use of an environmental management system with the workplace's property manager.



- Use environmental (ISO 14000 certified) cleaning products and consider including this as a criterion in the workplace procurement policy.

- Use more lead-free paint.

▼ TRY THIS

Adjust the Workplace Dress Code and Other Norms to Support Energy Savings

OUTCOMES

Lower GHG emissions by 1 million tonnes + per year, increased comfort.

COOL BIZ CAMPAIGN

(Japan, system-wide) Japan faces notoriously hot and humid summers where workers will often rely on air conditioning in offices. Air conditioners, while keeping rooms cool, have a large carbon footprint. To offset the carbon dioxide and energy usage associated with air conditioners, the Japanese government launched a program to primarily permit citizens to dress less formally, with more loose clothing so they can stay cool. The program has evolved and now offsets up to 1.6 million tonnes of CO₂ annually.

SOURCE: www.qz.com/465327/ditch-the-tie-and-reduce-the-ac-japans-cool-biz-gets-summer-hell-just-about-right

Support Better and More Sustainable Neighbourhoods and Housing

- Facilitate access to housing close to the office (e.g., agreements with local apartments for priority rental). This could even extend to building housing for employees, e.g., [Google's investment in modular homes as short term housing in California](#) given the high cost of housing.

- Improve neighbourhood amenities (e.g., corporate ad-free sponsorship of small public places that increase the walkability and enjoyment of a workplace's neighbourhood).

- Contribute neighbourhood safety by increasing street-level lighting.

▼ TRY THIS

Provide Housing for Employees Close to Work

OUTCOMES

Reduce commuting times; support community cohesion.

IKEA

(Reykjavik, Iceland – furniture store) In Reykjavik, Iceland, the home furnishing company IKEA developed a programme to build and furnish low cost housing for some of their employees. The housing is located close by the retail location to help cut costs for employee transport, and to reduce the amount of time that transit to and from work take up in an employee's day.

SOURCE: www.businessinsider.com/ikea-builds-micro-apartments-for-icelandic-employees-2017-5

LEISURE

Encourage Low Carbon Holidays


- Provide gift cards for local experiences / staycations as incentives or gifts as part of employee recognition programmes.
- Start a workplace gear swap for seldom-used sports gear or outdoor gear, such as tents, backpacks, etc. This can be done on a regular basis as a special event, or on an ongoing basis through an internal gear swap email list or Facebook group.
- Develop or find a car-free guide to the city for employees (and tourists if you operate in the hospitality industry). This guide would encourage the use of public transit, as well as other sustainable mobility options such as walking and biking.
- Promote or develop sustainable tours for employees (or tourists if you operate in the hospitality industry) with local producers and services.
- Encourage employees to take a train, bus or ferry – rather than a plane – when possible to business meetings.



- Profile different carbon offset programs that workplaces can use to compensate for their personal or business travel.

Support Alternative Gift-Giving

- Give local food, restaurant coupons and other consumables as incentives or gifts as part of employee recognition programmes.
- Give durable goods or ones that replace a disposable product (e.g., a non-disposable pen, reusable lunch containers, or a travel mug) as part of employee recognition programmes.
- Encourage employees and their friends and family to register non-material wishes for birthdays and weddings at the [SoKind Registry](#), or start a local version in partnership with the Centre for a New American Dream. ([Video](#))
- Promote the growing movement to exchange goods for free within the community (e.g., [Freecycle](#)).

 *Keep going! Take on bigger and bolder actions.*

Support Work-Life Balance

- Provide flexible working hours, part-time options, days working from home, etc.
- Create a social club for employees, organised around promoting sustainable lifestyles and activities.
- Establish a happiness / wellbeing survey that assesses the wellbeing of employees over time (e.g., the [Happiness Initiative](#) survey used in Seattle since 2011).

- Give employees a set number of paid hours or days per year to volunteer for a local environmental group to “give back”.

▼ TRY THIS

Shorter Work Week (e.g., 4-day work week)

OUTCOMES

Work-life balance; reduced car use / commuting. However, not all research points only to positive aspects of a 4-day workweek – see for example: www.cnn.com/2016/09/15/health/four-day-workweek/index.html

DAVID SUZUKI FOUNDATION

(Vancouver, Canada – environmental group with an office)
A 4-day work week as well as work-from-home are both strongly supported by this organization. “We encourage work-life balance with a 4-day compressed workweek and by allowing many staff to work from home.”

SOURCE: www.davidsuzuki.org/story/we-need-to-work-less-to-live-better

GENERAL

Encourage Sustainability Leadership

- Create and support an office sustainability team, which can help employees to go green at home. A useful tool is the WWF Living Planet at Work Community (atwork.wwf.ca/EN) which lists 100 possible actions including on employee engagement.



○ Encourage the office Green Team to work with others at the workplace to suggest business practices that enable sustainable ways of living such as policies incentivizing repairable products and enabling sharing.

○ Support the creation of Services Clubs that collaborate on food, laundry, goods, energy, ridesharing or other services; this can include connecting neighbours to transform their everyday lives, or form links between businesses that can work together to host Service Clubs.

○ Provide opportunities for different generations to learn from one another both within the company and through cooperatives, internships and mentoring schemes. Support young people to have meaningful employment in the sustainable economy.

○ Celebrate those living sustainable lifestyles (e.g., by seeking out nominations of trendsetters from within the employee base) or by giving an award to an individual, family or team.

○ Join certification or labeling efforts, such as the EU Ecolabel, which includes promoting environmental education and communication with employees, guests and partners.

▼ TRY THIS

Reward Healthy, Sustainable Behaviours

OUTCOMES

Better health in employees, fewer smokers, less cigarette waste.

PIALA, INC.

(Tokyo, Japan) A Tokyo-based organization, Piala, Inc., is helping to motivate its employees to quit smoking by giving non-smokers six additional days of vacation per year. The company, situated on the 29th floor, estimated that each cigarette break taken by an employee took around 15 minutes and that the yearly total of time spent on these breaks was equal to six full days of work. Quitting smoking has a significant impact on an individual's environmental footprint by reducing the amount of tobacco grown, transported, burned, and discarded, as well as eliminating the toxic materials and chemicals used in the production process. It also causes indoor air pollution. The global impacts of the tobacco industry are significant, as outlined in a 2017 World Health Organization study. Since the program started, four employees have quit smoking, and more than 30 have taken advantage of the additional holiday time. To note, there is the potential for rebound effects, for example if extra holiday time is used towards environmentally harmful leisure activities (e.g., flights to a holiday destination).

SOURCE: www.boredpanda.com/non-smokers-extra-holiday-piala-tokyo



Invest Money or In-Kind Resources

- Model responsible investment practices (including in employee pension plan investments).
- Model charitable giving, including by matching employees' individual charitable donations.
- Support groups delivering excellent sustainability work with pro bono services, such as complimentary hotel stays, free use of the meeting rooms, technical support or legal services.
- Offer work space as a place for connecting, swaps, training (repair, cooking), gardening, and community events.
- Shift workplace purchasing policies to align with sustainability principles (e.g., sustainable transport, sustainable and ethical goods).

Enhance Wellbeing with Lower Footprints

- Invite specialists to the office to improve the well-being of colleagues (e.g. massage, meditation, yoga).
- Send occasional emails to provide sustainability tips.

Provide Low-Footprint Support During Life Transitions

- Provide employees with more sustainable options and support at moments of transition such as moving to a new house, having a child, changing jobs, and retiring.
- Celebrate and model wellbeing in life and diversity of choice and options in ways of living (e.g., by profiling employees and their lifestyle choices in a company newsletter).

 *Take an integrated approach to sustainable living.*

A FEW TIPS AND PRINCIPLES



Start conversations with people you know.

Exchanging ideas and getting people thinking about the impact of their relationships with their daily lives and food, transport, goods, housing, leisure and personal wellbeing helps better understand the context for change and what can be done. You may find that you already have more allies than you expect!



Identify where you have influence.

Your stakeholders or target audience could be your community, neighbourhood, school, policy-makers, chefs, park rangers, children, dog-owners, librarians, parents, seniors' homes, immigrants, hospital staff, educators, students — identify your 'tribe' and engage them!



Engage and accommodate diversity in lifestyles.

From the start, reach out to the community and target groups in participatory, relevant and grounded ways. Orient around people's needs and wants, build trust and promote actions that are linked to a sense of place and local context. Engage a diverse range of stakeholders and reflect the diversity in ways of living.



Build on existing initiatives. Join with others.

In creating a campaign/initiative, see where you can build on your strengths, your existing work and networks.

- What else is happening in your city? Are there neighbourhood programmes you can build on?
- Which institutions are you connected to, e.g., schools, hotels?
- What non-financial resources can you draw on for support through partners?



Combine actions across domains and general sustainable lifestyles areas.

Take an integrated approach to sustainable lifestyles by connecting actions across domains as well as by working towards more systemic change.



Focus on aspirations and better living.

Create a compelling vision based on stakeholder values. Be clear about the problem but place greater emphasis on how more sustainable lifestyle choices can lead to better lives.



Measure impact: set clear goals and demonstrate sustainability results.

Set achievable ecological, social, and economic goals and outline clear milestones for measuring progress along the way. Clarify how people can contribute in meaningful ways.



Leverage initial actions to pursue bigger, bolder actions.

Use the lower effort actions to facilitate the higher investment actions to shift habits, practices, infrastructure and the social, political, economic and cultural context for more sustainable ways of living.



Be responsive and learn as you go.

Create a culture of learning by listening to participants throughout the life of an initiative, sharing feedback to motivate further action, and adapting initiatives over time.

For more guidance on fostering and communicating sustainable lifestyles see this [UN Environment report](#).



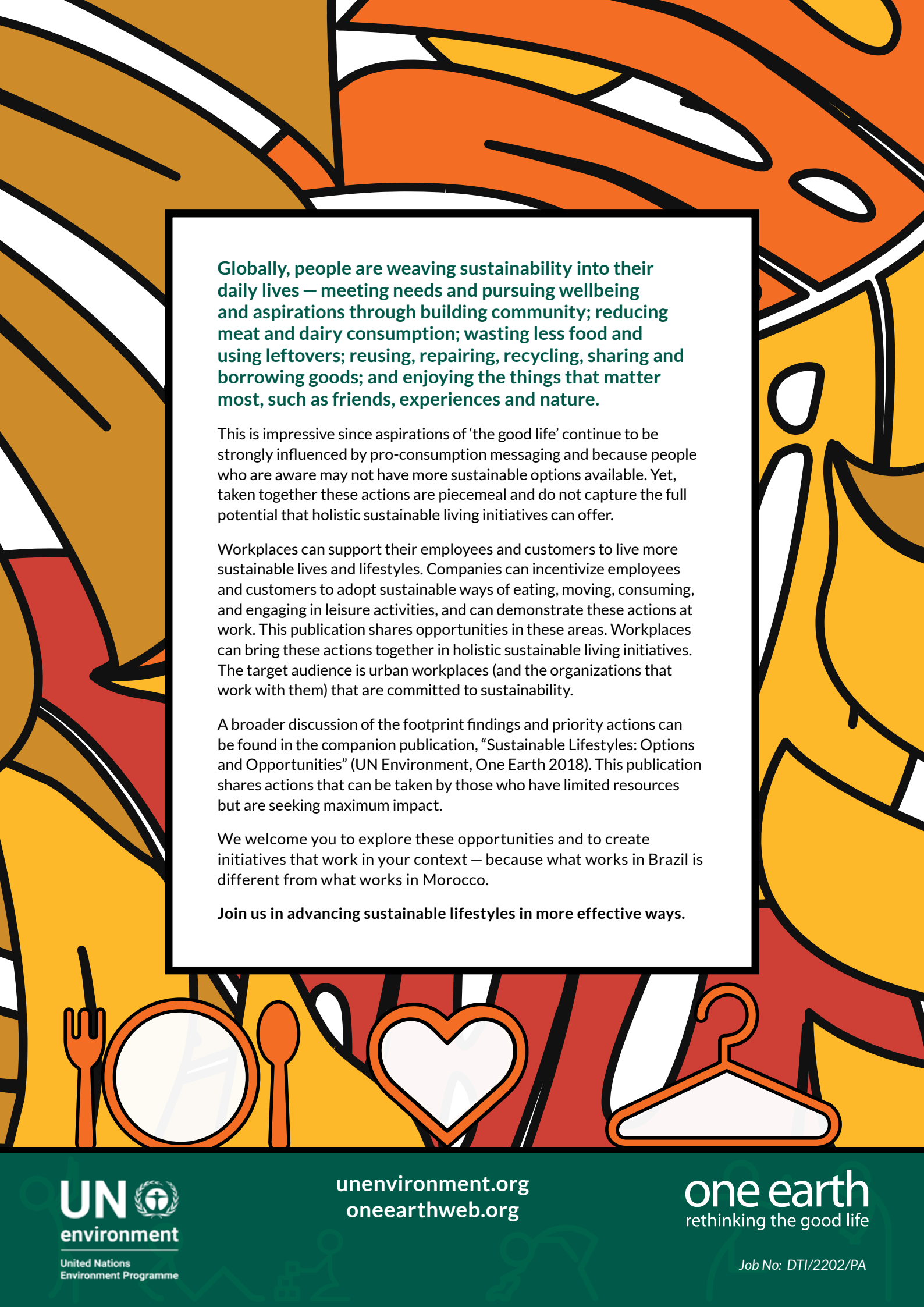
LET'S BUILD THE MOVEMENT

Of course, this is not a complete list of the many actions we can take in workplaces to advance sustainable lifestyles – contribute your own ideas!

We invite you to test, adapt, and improve the actions identified in this publication. Add your own sustainable lifestyles interventions to create entirely new initiatives and campaigns within and across domains.

Share your experiences, ideas and activities on the knowledge platform on Sustainable Production and Consumption – [the One Planet Network website](#) – so that we can all learn together how to advance sustainable lifestyles in more effective ways. The One Planet Network is an implementation mechanism of Sustainable Development Goal 12.

Let's join forces to transform our daily lives to advance global sustainability.



Globally, people are weaving sustainability into their daily lives – meeting needs and pursuing wellbeing and aspirations through building community; reducing meat and dairy consumption; wasting less food and using leftovers; reusing, repairing, recycling, sharing and borrowing goods; and enjoying the things that matter most, such as friends, experiences and nature.

This is impressive since aspirations of ‘the good life’ continue to be strongly influenced by pro-consumption messaging and because people who are aware may not have more sustainable options available. Yet, taken together these actions are piecemeal and do not capture the full potential that holistic sustainable living initiatives can offer.

Workplaces can support their employees and customers to live more sustainable lives and lifestyles. Companies can incentivize employees and customers to adopt sustainable ways of eating, moving, consuming, and engaging in leisure activities, and can demonstrate these actions at work. This publication shares opportunities in these areas. Workplaces can bring these actions together in holistic sustainable living initiatives. The target audience is urban workplaces (and the organizations that work with them) that are committed to sustainability.

A broader discussion of the footprint findings and priority actions can be found in the companion publication, “Sustainable Lifestyles: Options and Opportunities” (UN Environment, One Earth 2018). This publication shares actions that can be taken by those who have limited resources but are seeking maximum impact.

We welcome you to explore these opportunities and to create initiatives that work in your context – because what works in Brazil is different from what works in Morocco.

Join us in advancing sustainable lifestyles in more effective ways.