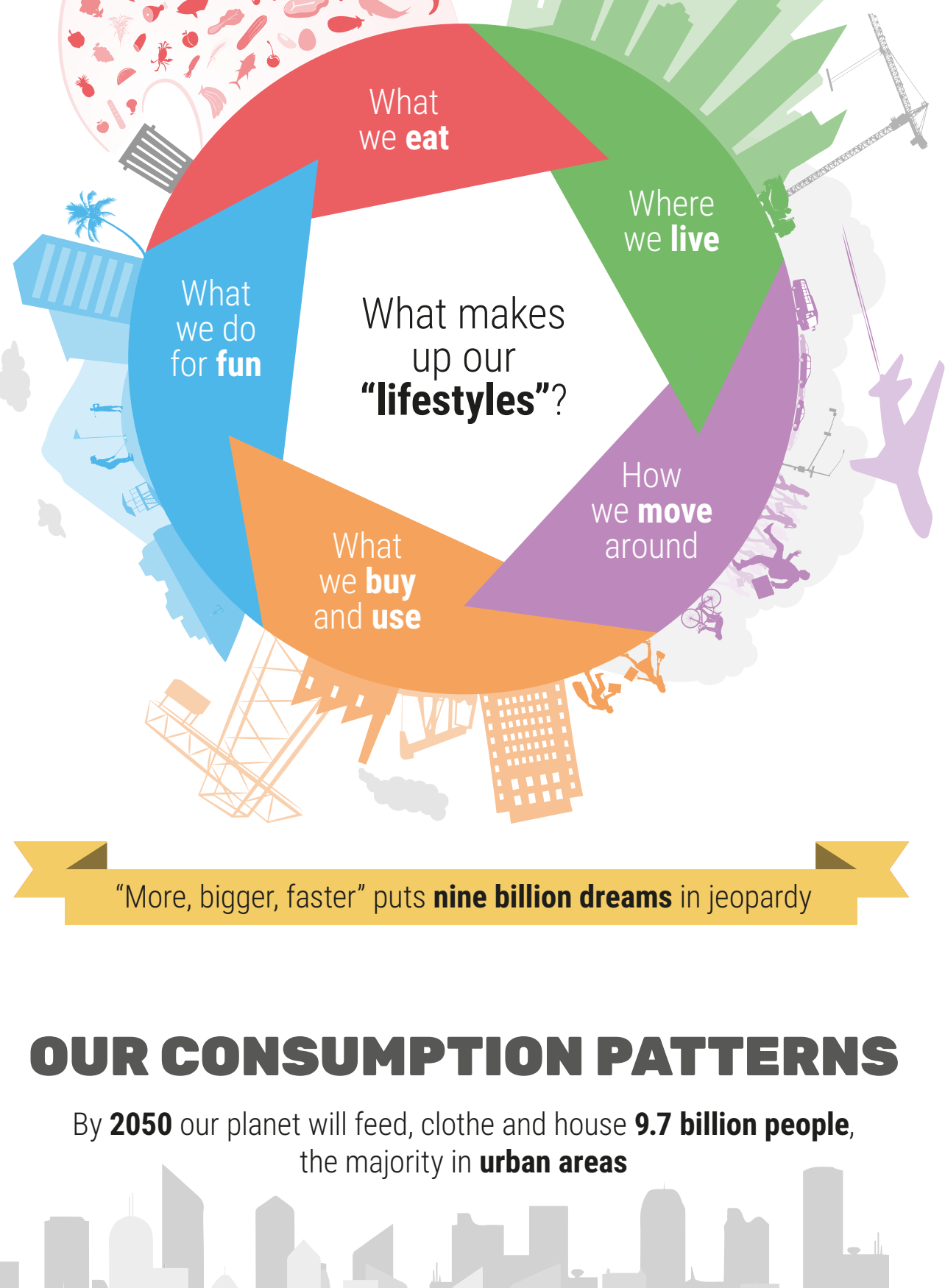


# SUSTAINABLE LIFESTYLES



"More, bigger, faster" puts **nine billion dreams** in jeopardy

## OUR CONSUMPTION PATTERNS

By **2050** our planet will feed, clothe and house **9.7 billion people**, the majority in **urban areas**

Our **cities** produce:

60%-80% of global **greenhouse gas emissions**

75% of **natural resource** consumption

50% of **waste**



If we continue the **same consumption patterns**, by 2030 we would need **2 planet Earths** to support all 8.5 billion of us

**Decisions we make now will lock in our fate** for decades or even centuries

**Act now: Live sustainable lifestyles!** Let's make our consumption cleaner, healthier and smarter

### FACTS

**1 in 9** people suffer from **hunger** while **1 in 5** people are **overweight**

Annually, people in industrialized countries **waste some 222 million tons of food**, almost as much as is produced by sub-Saharan Africa

**30%** of food produced does not reach tables; also **40%** of food produced is wasted

**Diets have been shifting**, particularly in cities, towards more resource-intensive foods such as processed foods and meats

### FOOD

① Think before you buy

② Buy local, seasonal, or organic food

③ Reduce meat consumption

④ Reduce food waste - buy "ugly" produce

### TIPS

### FACTS

The building sector contributes up to **30%** of global **greenhouse gas emissions**

The building sector uses up to **40%** of all **energy**

Every drop counts: **dripping taps** in "rich" countries **waste more water** than what is available each day to more than 1 billion people

**Neighborhood design** affects commuting distances, crime rates, and overall well-being

### HOUSING

① Invest in insulation

② Choose energy-efficient appliances

③ Switch off lights when not in use

④ Fix tap if water is dripping

### TIPS

### FACTS

Globally, 7 out of 8 **urban citizens** breathe air that fails to meet **WHO's safe levels**

The **transport sector** accounts for 25% of CO2 emissions

A single **long-distance flight** produces the same CO2 emissions as **one year of driving**

### MOBILITY

① Carpool or take public transport

② Walk or bike and enjoy the scenery

### TIPS

### FACTS

In the last 40 years our **demand** for the earth's resources has **tripled**

We extract **140 billion tonnes** of **natural resources** every year

The world's wealthiest 10% contribute to 50% of **global carbon emissions**

We use the equivalent of **1.6 planet Earths** in **renewable resources**

**Energy-efficient lighting** saves over 2,500 TWh of electricity each year

### CONSUMER GOODS

① Do not buy if you do not need

② Buy products with long warranties and that can be repaired

③ Do not throw away if still useful

④ Demand that suppliers and vendors meet sustainability procurement standards

⑤ Shop local

### TIPS

### FACTS

**60%** of our **ecosystems** are **damaged**

An **anchor** dropped in a coral reef for one day **destroys** an area half the size of a football field

An average **golf course** in the tropics needs **15,000 kg of fertilizer, pesticides and herbicides** per year

### LEISURE

① Explore vacation options within close reach

② Travel light

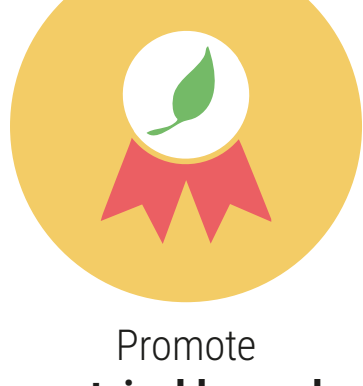
③ Look for hotels that embrace sustainability

④ Fly with airlines committed to sustainable aviation

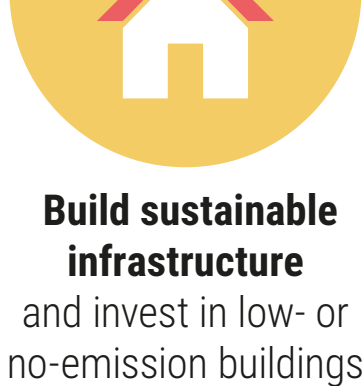
⑤ Opt for online carbon offset

### TIPS

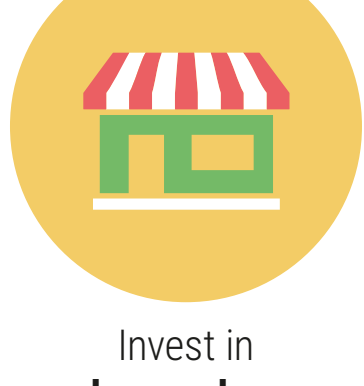
## ASK YOUR LOCAL AUTHORITY TO



Promote **sustainable goods and services**



Build **sustainable infrastructure** and invest in low- or no-emission buildings



Invest in **low-carbon businesses**



Make **cities healthier** and **more livable**



Provide more **sustainable goods and services**



Reduce their **environmental footprint**



Adopt **credible sustainability indicators** including procurement standards

**LIVE LIFE LIGHTLY**

CONSUME WISELY, CONSUME FOR WELL-BEING