

# END CLUTTER

Keep electronic products  
for at least

**seven years**

# HOLIDAY LOCAL

Enjoy local excursions,  
be strategic when  
booking a flight

# EAT GREEN

Eat mindfully,  
**more plant-based,**  
local food,  
compost waste

# DRESS RETRO

Shop **second hand**

# TRAVEL FRESH

Walk or bike,  
carpool and take  
public transport

# SYSTEM CHANGE

At least **one shift**  
to nudge the system

# GET PLANTING

Act to **preserve and protect**  
Aotearoa's unique biodiversity