

# Follow your everyday consumption

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Consider sustainability selections and  
analyze the sustainability effect

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## My week consumption

In supermarket, the fresh products I bought, I searched for the longest expiration date and then I cooked early than expiration date. There are a lot of products which are wasted because the expiration date is overpassed. I should choose an early expiration date products in order to reduce wastes. I did not buy local product so I am causing a transport footprint. I did not bought any staff besides food so my consume habits were more sustainable.

In energy I tried to unplug charger devices when I did not need them. Standby consumption has to be avoiding because we are losing limited resources. Nevertheless some night I forgot to turn off my laptop so I wasted a lot of energy because I do not have any hibernation mode. It is important to remember to turn off but it is also important to leave some energy saving mode. I tried to avoid lights if it not necessary and I had to turn off light in the common area in my flat. Save energy lighting is a way to be more sustainable.

I moved to university by bus. Here, I do not have my car so nowadays bus is more sustainable than car. Sometimes in short distance I tried to ask for I bike because I do not own any bike. Probably I am more sustainable here than in my home country because I am not using car.

I do not waste any food I bought so at least I am not generating more waste but a lot of product I used generates many package wastes. I ate meat but less than I used to consume so I was more sustainable.

I used several hours on my laptop and internet so I used tones of energy in servers I did not even notice. Sometimes it is hard to know what to do if you want to be more sustainable and you do not realize how your footprint is incrementing.

In water consumption I do not have a dishwasher so I washed my dishes by hand. It is less efficiency if you use your dishwasher correctly. I used washing machine always full so this is the way more sustainable to do it.

Finally I am sure than I can be more sustainable and my footprint it is bigger I can imagine.