

# THE EIGHT < R > OF SUSTAINABILITY



## RETHINK

Consider whether you really need it.



## REFUSE

Refuse to buy it if you don't need it.



## REDUCE

Buy less of it, use less of it.



## REUSE

Reuse it instead of throwing it away.



## REPAIR

Repair it if you can still use it.



## REPURPOSE

Find a new use for it, giving it new life.



## REGIFT

Give it to someone who might need it.



## RECYCLE

After all uses for it have been exhausted.

The path towards sustainability starts with understanding what we consume and how our habits trap us into unhealthy lifestyles. Use these eight, practical steps, to lower your use of expendable goods, eat less addictive food, and make your life more purposeful.



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