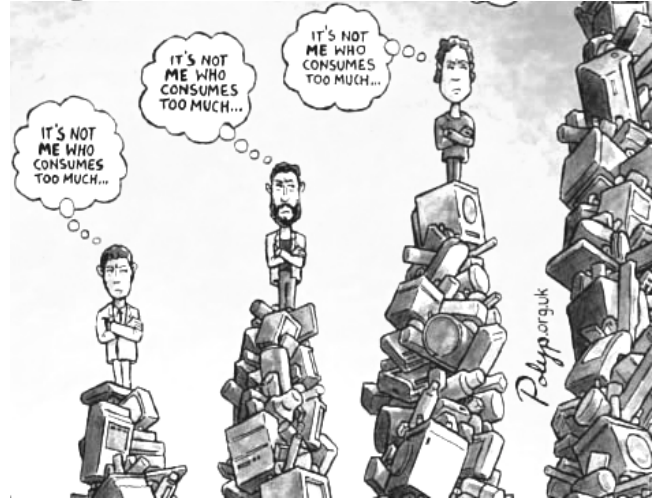


# Buy Nothing Day

Buy Nothing Day is a great way of reminding yourself you don't need to go shopping. In today's world, most of us buy too much, too often. There is really no need for us to buy half the stuff we purchase.

## What is so bad about shopping?

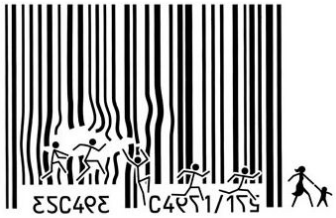
It's not shopping in itself that's so harmful, it's what we buy. The rich western countries - only 20% of the world population are consuming over 80% of the earth's natural resources, causing a disproportionate level of environmental damage and unfair distribution of wealth. As consumers, we should question the products we buy and the companies which produce them.



Supermarkets are the worst offenders offloading tonnes of pointless packaging onto consumers who are then trusted to recycle it. The challenge to supermarkets and big stores is to remove unnecessary packaging from their stores. The raw materials\* and production methods that are used to make so many of our goods have harmful side effects such as toxic waste, destruction of wild life, and wasted energy. The transport of food by air also contributes to pollution especially when much of the food can be produced here.

The supermarket or shopping mall might offer great choice, but this shouldn't be at the cost of the environment or developing countries. Increasingly large companies use labour in developing countries to produce goods because it's cheap and there aren't systems to protect workers.

## Participate by not participating!



**BUY NOTHING DAY**  
participate by not participating

Lots of ideas on how to spend this day are on the [www.buynothingday.org](http://www.buynothingday.org) website. Here, you learn that you actually help save our planet by not going shopping. You consume less and this means we use fewer of Earth's resources. We easily run out of money when we go shopping, but we can also run out of our planet's animals, forests, water and a lot more. The website suggests you lock your credit card away for the day and keep your cash under the bed. You will not be alone. The website says: "Buy Nothing Day is the biggest 24-hour campaign against consumerism. People around the world will make a pact to take a break from shopping as a personal experiment or public statement. And the best thing is that it's free."

Shopping has become an addiction for many people. Companies are experts at making us buy stuff. TV and Internet ads can even make us buy things we don't really want. There is a well-known expression that says: "When the going gets tough, the tough go shopping." I would say only foolish people go shopping to reduce their stress. Anyway, Buy Nothing Day is a fantastic way to avoid crowded stores, save some money (for once) and spend time wisely.

\* raw materials = les matières premières



[www.sebdo.net](http://www.sebdo.net)

**Today is international Buy Nothing Day**

- Take a day off from shopping, let your shopping cart alone today.
- Use this day to think, think if there is really a necessity to consume so many things. Happiness doesn't have to be that expensive.
- Remember:** The really important things in life are free.
- Can we in Europe really keep this way?**
- If everyone in the world would consume as much a European does, we would need ten planets Earth to sustain them.
- BUY ANOTHER DAY** - use today for the really important things!
- Don't buy now and the Earth won't have to pay later.

An action from **FYEG**