

# What... can we do?

- 56 - Read the ideas for consumers and citizens.
- Make a plan at least for one thing you could do as a consumer and one thing you could do as a citizen. Write it down.

## Plan what I can change:

- Eat no or least less meat
  - ▷ Maybe you can import a new rule, like: „Meat only two or three times a week!!!“
- Only buy local and organic products.
  - ▷ Just take the time and look on the packing...
- Talk about the topic in public and inform ~~yourself~~ yourself and commit yourself!!!