A plan to help the planet

There are plenty of things you could do as a consumer to help the planet. I think some of the most effective are eating less meat and learning how to cook. You could maybe start eating meat only once or twice a week. Learning to cook will also help with that because you will discover new possibilities and alternatives to eat healthy and sustainable for the environment.
But you can also help as a citizen. You could vote for parties that support things like organic farming or the reduction of food waste. Maybe even go to protests and overall just be vocal about and share your opinion.