

As a citizen

You can teach kids as a citizen how to proportion your food so you can avoid a lot of food waste and also how to eat healthy. You can also build your own small sustainable garden or with an small amount of people an farm, so food gets produced in small amounts, that would also make trash like plastic of things you would normally buy, less worse. I think the most important thing now a days is to teach younger people how to leave biological correct so they can save the future they will live in.

As a consumer

A consumer should only buy local so carbon dioxide from the shipping is less and if they buy food they should buy in small amounts and small amounts from an biological farmer or no meat in general. As a part of local food shopping, people could grow their own garden with their own vegetables and fruits, so you have an sustainable possibility to get your own food and you don't produce a lot of waste as an example plastic.