

Tips for SUSTAINABLE LIVING



Farmers' Market

Recent research* shows that buying from Farmers' Market is generally cheaper for most produce especially for vegetables and fruits grown locally.

Markets open on Saturdays at Ta'Qali and Birgu.

*Caritas Malta - MINIMEBDL2022

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Shop Smarter

Shopping from Charity Shops gives you the opportunity of finding good quality items at very good prices.

Apart from saving money, it's also great for the environment as you are ensuring that clothes are not going to waste.

Great place for thrifters and craftpersons!

SAJF Bazaar opens Mondays and Wednesdays between 9am and noon.

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**FOOD
AT HALF PRICE!
OR AT A GREAT DISCOUNT**

**LAUNCHING ON
THE 25th SEP**

SEARCH
eatforless.mt
OFFERS POSTED EVERY DAY

Eat for Less

Over the past two years there has been an impact on food prices. Check wisely when shopping.

Eat for Less have teamed up with various business to make sure that food does not go to waste.

Eat for Less application, being launched on the 25th of September, will definitely help you out!

Visit their page for more information:
eatforless.com.mt

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Home Grown Food

A great way to bring sustainability into your life.

Check online on how to grow a sustainable garden on your roof, yard, veranda, porch.

Try it out :)

Teach yourself by following videos on YouTube.

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Sustainable Cooking

Sometimes it's the little things that matter. Decide how best to follow a kinder ecological approach in your kitchen.

Putting lids on pots and pans can reduce cooking time by up to 40%, thus saving on electricity bills and gas.

Prepare your meals in a way that it benefits ones health, environment and ultimately the whole planet.

Avoid disposable containers, eat seasonally, try plant-based meals, freeze any left overs.

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Cloth v Disposable Nappies

The Environmental Impact
Each Infant per Year

REUSABLE NAPPIES	Land for Raw Materials	DISPOSABLE NAPPIES
13-40m ²	Land for Raw Materials	407-829m ²
19-32m ³	Water Resource Depletion	14-28m ³
0.3-0.5GJ	Energy Consumption	1.2-2.5GJ
3-6kg	Solid Waste	288-360kg

Source: LIFE CYCLE ASSESSMENT: REUSABLE AND DISPOSABLE NAPPIES IN AUSTRALIA
Environmental Engineering, School of Engineering
The University of Queensland, Brisbane 2009



Reusable Nappies

Investing in reusable nappies, you will be reducing your financial burden while giving a helping hand to the environment.

"We must admit these nappies are the best thing we have encountered so far. Pity we did not know about them earlier. They are super soft on the inside, comfortable and easy to wash and re-use. Simply perfect for our babies." - GM

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Re-use Stationery items

Investing in a good quality backpack will serve you longer. There is no need to change school bags & pencil cases with every scholastic year.

Thick plastic covers can be cleaned and re-used and will last longer.

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