

Do you know the UN Sustainable Development Goals page?

No ?

Then if you don't (yet) let me guide you first to the actions and levels of commitment you could consider in order to become more "GREEN".

A lazy man's guide to saving the planet is offered on this page.

This title has awakened the lazy, good-willed person in me sometimes (often?).

This lazy person opened one eye and then the other during this little challenge.

I offer you a few selected excerpts of what, as a lazy person, I can commit to doing.

Will "your sloth" do the same?

Follow the guide

Let's start with Level 1:

What you can do from your sofa:

Save electricity by plugging your appliances into a power strip and turning them off completely when not in use, including your computer.

Easy for a lazy person to do, I adopt!

Make your voice heard! Ask your local and national authorities to participate in initiatives that do not harm people or the planet. Ahead of the Climate Change Conference in Paris, you can sign this petition calling on leaders to reach an agreement to reduce their countries' carbon emissions.

Signing petitions...it's up to me (lazy)

Turn off the lights. A warm light emanates from your TV or computer screen, so turn off the other lights if you don't need them.

As a lazy person, I may not even have turned on the other lights... so it's validated!

Do some research online and only buy from companies that you know use sustainable and environmentally friendly practices.

This reminds me of the previous article...(click here if you haven't read it yet)

Level 2

What you can do at home (so from my sofa too...)

Let it air dry. Let your hair and clothes dry naturally instead of using an appliance. If you wash your clothes, make sure the drum of the machine is full.

But but but but, that's totally within my lazy grasp! Go natural!

Eat less meat, poultry and fish. It takes far more resources to produce meat than plants.

Easy... I admit that the lazy man is already a vegetarian. Flexitarian is good too, think about it.

Freeze fresh produce and leftovers if you don't get a chance to eat them before they become unfit to eat. You can do the same with takeaway or home-delivered food if you know you won't want to eat it the next day. You will save food and money.

Saving money is a word that the lazy man loves!

Recycling paper, plastic, glass and aluminium limits the size of landfills.

Compost: composting food waste can reduce the effects of climate change while recycling nutrients.

Not taking out heavy bins is a joy for the lazy person!

Buy products with minimal packaging.

So the lazy person wants to... but you should ask the manufacturers to reduce their packaging...

Avoid preheating your oven. If you don't need a precise cooking temperature, don't start heating your food until you turn on the oven.

The lazy man doesn't plan anything anyway...

Do not rinse. If you use a dishwasher, don't rinse your plates before you run it.

Be greedy like the sloth and lick your plates or adopt a dog.

Find a better way to change your baby. Get your baby to wear cloth nappies or buy disposable nappies from a new environmentally responsible brand.

My baby is 22 years old....moment of nostalgia for the sloth.

Clear the snow by hand. Forget the noisy, polluting snow blower and get some exercise.

So the lazy man rebels at this point...and suggests watching the snow melt while drinking a hot chocolate; all the roads are congested anyway so you might as well wait in the warmth...it's more environmentally friendly, right?

Level 3

Outside your home:

Shop in your neighbourhood. Supporting businesses in your neighbourhood preserves jobs and helps prevent trucks from travelling long distances.

The lazy person is always okay with the least amount of travel possible, that's the basic charter of a lazy person.

Buy unusual fruit and vegetables: many fruits and vegetables are discarded because their size, shape or colour do not meet the usual criteria. By buying these unusual, safe-to-eat fruits and vegetables from the market gardener or elsewhere, you consume food that would otherwise be thrown away.

Diversity is good!

When you go to a restaurant and order seafood, always ask if the seafood has been produced sustainably. Let your favourite shops know that you want to buy seafood that has been produced in an ocean-friendly way.

Only buy sustainably produced seafood. There are many apps like this one that tell you what is safe to eat.

Better still, eat seafood on holiday by the sea; it will taste even better!

If you've read all of these points so far, your commitment is on its way! So I'll leave you to discover Level 4.

If I'm lazy, anyone can do it!

For more information, please go to this page: [link](#)

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