

CONSCIOUS CONSUMERISM

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

Every Purchase is a Choice



Conscious consumerism means making intentional, informed decisions about what you buy —considering not just price or style, but the impact on people, animals, and the planet. It's about realizing that our money has power, and every dollar we spend is a vote for the kind of world we want to live in.

Why it Matters:

The things we buy have ripple effects. Behind every product, there's a story —of materials, labor, pollution, packaging, and waste. Conscious consumerism helps:



01

Reduce plastic waste and pollution

02

Support sustainable and ethical brands

03

Cut down on toxins in our bodies and homes

04

Fight fast fashion and overconsumption

05

Protect workers' rights and animal welfare

How to Be a Conscious Consumer

You don't have to be perfect—just more aware. Start small:

- Check ingredients & labels – Avoid products with harmful chemicals (like parabens, phthalates, and synthetic fragrances).
- Buy less, choose well – Ask yourself: “Do I really need this?” or “Will it last?”
- Support sustainable brands – Look for companies that are transparent about their values, labor practices, and materials.
- Choose quality over quantity – Invest in reusable, durable, toxin-free items.
- Avoid greenwashing – Watch out for misleading claims like “natural” or “eco-friendly” with no real backing.
- Think secondhand – Shop thrift, trade, or borrow before buying new.
- Reduce single-use everything – Say no to plastic bags, fast fashion, disposable decor, or gimmicky packaging.



TO LEARN MORE:



www.beachesgogreen.org

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Ask Yourself Before Buying:

- What's it made of?
 - Who made it?
 - How long will it last?
 - What happens when I throw it away?
 - Is there a cleaner or more ethical alternative?
-

What to Watch Out for:

Cheap = hidden costs (to workers, health, or planet)

Fragrance = often code for toxins

Fast fashion = fast landfill

Plastic = forever in our environment

Your Impact Matters:

You're not just buying a product—you're supporting a system.

Let's support better systems that prioritize health, fairness, and sustainability.

Every purchase is a chance to support the kind of world you believe in.

Start small, stay aware, and shop with purpose.
