

How to leave?

One person, throughout life, produces enough garbage to fill a 50 square meter apartment up to the ceiling (equivalent to a one-bedroom apartment).

#rethink

- If food is left in good condition, it can be used in a pie, sweet or jam.
- Organic waste (fruit peels, food scraps, dirty napkins, etc.) goes to the organic waste container, and then, after processing, can be made into compost for the trees in a park or a source of electricity in a landfill.
- Dry residues must be separated in the selective collection containers and go for recycling.
- If you are in a place that does not have an ecopoint, you have to put the waste back in the basket, bag or backpack, and take it to recycle at home. Never forget to wash everything thoroughly before disposing of it.

What's left?

In the end, what do we keep from a SUSTAINABLE PICNIC? At least that nice feeling of a good time shared with loved ones. The PICNIC is a great opportunity to put into practice what we already know about making our lives more sustainable and harmonious. Emotions, ideas and experiences nourish a life of satisfaction! Enjoy them!



Why to do this?

The PICNIC is, above all, a fun and simple way to enjoy your city with family and friends; however SUSTAINABLE PICNIC can also be a great opportunity to review our consumption habits. After all, when organizing a PICNIC we have to choose the right place, the means of transport, what to buy and take, how to take and discard. In all these stages, it is possible to make more sustainable choices. This is the purpose of this guide: to help you consume better and differently, contributing to a more sustainable world today and in the future.

And now, how to do it?

Of course, in a PICNIC it could be necessary to introduce last-minute changes: a sudden rain that changes the location or the friends who confirm at the last minute and you need to do more shops. Notwithstanding, planning the location, transportation and shopping in advance will help you to make the most of this day and to avoid waste.

Where to do it?

Any nice and safe place is a good place for a PICNIC. It can be in the park, in the square, on the beach, in the condominium, at work, at school, or even at your home.

#rethink

- If you choose a nearby location, perhaps you can go by walking or by bicycle.
- You can also consider public transport alternatives.
- If you go by car, try to bring more people, it is more fun and it will avoid to have more cars on the streets.

What to bring?

From the purchase of food to the choice of the PICNIC basket: everything can be more sustainable. Use your “Snack & Go” bag.

#rethink

- Whenever possible, opt for organic foods that, in addition to being a great option for health, are less aggressive to the environment.
- Prioritise products from companies with socio-environmental responsibility and explore from where your favourite products come from. It is worth keeping an eye on the labels, searching for information on the Internet.
- Give priority to local and seasonal products, which tend to be cooler and cheaper, and have traveled less to you.
- If you choose a park with drinking fountains, for example, you can take recyclable mugs, glasses or jars. So you don't have to buy water bottles.

How to bring?

If you have some charming PICNIC basket, cool! You also have your “Snack & Go” bag. If not...

#rethink

- That reusable bag that you received and don't use, could be a good option. Or the good old trolley, the backpack...
- You can also use your creativity (and manual skills, of course!) And learn to build bags made with the PICNIC's towel.