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# HOW TO USE THIS GUIDE

Hello and welcome to the BBYO and UJS Ethical Living Guide.

It is easy to feel powerless in the face of newspaper headlines about global warming, deforestation and food and water shortages. Many events that hit our TV screens take place thousands of miles from our home.

BBYO and UJS have teamed up to produce this booklet which we hope will be a practical resource to help you identify certain things in your life which you do have control over and have the power to change.

None of us are in a position to reduce the planet's carbon dioxide emissions. However, we can each make small changes in our lives and inspire others to do the same. As Rabbi Tarfon used to say: *It is not upon you to complete the task, but you are not free to idle from it.* (Pirkei Avot, Ethics of our Fathers)

If you look through the book you will see that we have provided many simple, practical ideas to help you make that little bit of a difference. **No wholesale changes are demanded**; we believe that if everybody can be inspired to make small modifications here and there, the collective impact will be huge.

We cover **five main areas of everyday living** and in addition to identifying issues within the topic, tick boxes suggest practical ways to make a difference.

We look at **fashion, food, the home, travel and shopping** as well as providing specific ways for **BBYO chapters and Jewish students** to have an impact on their community and thereby change the world.

We would love to hear from you - let us know how much of the checklist you have managed!

Good luck and best wishes,

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# FASHION

High street fashion has created a society where many people buy clothes, wear them once and then never wear them again or throw them away. Every time we finish a weekend away, camp or tour we often find ourselves with bags of almost-new clothes but are not sure what to do with them. So what is the answer?

## Recycle

Did you know that one million tonnes of clothing is thrown away each year of which more than half can be recycled? If you decide you no longer need some of your clothes, there are plenty of things you can do with them. Below are a few ideas.

## Give to charity shops

Charities always needs bags of good quality clothes that you no longer need.

- Why not take a look through your wardrobe and see what can be donated?

## Swap shop

Get together with friends, your BBYO Chapter or your university Jewish society and organise a charity swap shop. Or alternatively, just swap with friends - you both get new outfits.

## Upcycle

New clothes increase energy consumption and waste. How about reusing your old clothes in a new style? Take old jeans, cut them up into cropped jean shorts for an on trend style.





## Vintage

Vintage clothing is very in vogue. It's a great way to get some original clothes and you can often pick up a bargain. An alternative to vintage shops are charity shops which are a great way to find something original as well as donating money to charity.

## Workers' Conditions

Ever wondered why your top is so cheap? Who was it that made those shoes so beautifully? Many of our high street shops have had a bad history of mistreating workers so make sure you have educate yourself and shop at the right places!

- Check out <http://www.labourbehindthelabel.org/images/pdf/letscleanupfashion2009.pdf>

Reducing consumption is hard but think: do you really need those new shoes?



# FOOD

*The Eternal One placed the human being in the Garden of Eden, to till it and to tend it. (Genesis 2:15)*

## Meat

The UN has summarized the devastation caused by the meat industry as 'one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global'.

Producing meat uses up huge amounts of energy and water. Limiting your meat-intake reduces your environmental impact and can also improve your diet too!

- Pledge to eat less meat @ [www.parttimecarnivore.org](http://www.parttimecarnivore.org)

## Fish

Did you know that the majority of the world's fish species, including favourites such as tuna and cod, are endangered? Bulk fish farming can also be an incredibly toxic process with a piece of farmed salmon containing over 20 types of antibiotics.

- Only buy fish with the Marine Stewardship Council (MSC) logo.

## Seasonal and local

*But like of each thing that in season grows. (William Shakespeare)*

Eating seasonally not only provides you with the freshest and tastiest fruit and vegetables, it also reduces unnecessary energy





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waste whilst supporting the local economy. Buying local food reduces the environmental impact of your meal as opposed to schlepping your apples over from New Zealand.

- Find out what foods are currently in season @ [www.eattheseasons.co.uk](http://www.eattheseasons.co.uk)

### Organic

*One generation goes, another comes, but the earth remains the same forever.* (Ecclesiastes 14)

Organic foods limit or exclude the use of chemicals during production. This means that there are no pesticides used on the plants and no antibiotics given to the animals - these transfer to our food and damage our own immune systems and the environment.

- Grow your own organic food! (Carrot seeds and growing guide are included in your BBYO Ethical Living Pack)



# HOME

## Renewable Energy

Oil and gas are finite resources that are dirty, expensive and dangerous to extract from the earth. In order to reduce our reliance on oil we can each do our bit to encourage the use and development of renewable energy such as wind and solar. There are plenty of devices these days that are solar-powered and it is becoming increasingly cheaper to install solar panels and wind turbines in your house. Perhaps the easiest and most effective method to use renewable energy over fossil fuels is to change your home's electricity and gas tariff to a greener one.

- See what Green electricity tariffs are available in your area or encourage your university to do so @ [www.greenelectricity.org](http://www.greenelectricity.org)

## Water

Did you know? The UK has less available water per person than most other European countries. London is drier than Istanbul, and the South East of England has less water available per person than the Sudan!

After cooking, cleaning, washing and flushing, each person in the UK uses 150 litres of water a day.

Saving water will not only save the environment, but if you are on a water meter - ask your water company to change to one - it will save you money on your water bill and your energy bill if you reduce your hot water consumption.





**Here are some easy ways to save water (amount saved in brackets):**

1. **Install the water-saving toilet device from your BBYO Ethical Living Pack (1 litre per flush)**
2. **Turn your tap off whilst cleaning your teeth (2 litres per minute)**
3. **Take a 3-minute shower instead of a bath (10 litres)**
4. **Keep water in the fridge - don't wait for the tap to run cold (1 litre per day)**
5. **Wash your dishes in a bowl - not under a tap (5 litres per wash)**
6. **Buy a water butt for the garden (100 litres)**
7. **Don't use garden sprinklers (300-650 litres per hour)**
8. **Wash the car with a bucket and sponge - no hose! (up to 50 litres per wash)**
9. **Always report leaks to your water supplier @ [watervoice.org.uk](http://watervoice.org.uk)**

## **Waste**

**Millions of tonnes of waste each year, most of which is toxic or unnecessary, is sent from our homes and dumped into landfill. By reducing the amount we consume, recycling products and even reusing products instead of buying new we can significantly reduce our impact on the environment.**

**Put your food waste into a compost bin at the end of your garden.**

**Buy biodegradable cleaning products.**





# TRAVEL

*Behold my works, how beautiful they are. All that I have created is within your domain. Take care, therefore, that you do not destroy My world, for if you do, there will be no one else to set it right after you. (Midrash Ecclesiastes Rabbah 7:13)*

Road and air travel is responsible for over half of our carbon emissions. Simply by reducing our dependency on cars and planes we can reduce our carbon footprint significantly.

Public transport is often a cheap and easy alternative to driving, allowing you to read or play on your phone whilst travelling! Remember you don't have to make drastic changes straight away - why not start by taking the bus once a week?

- ✓ **BBYO TIP: Share your car journey to your weekly chapter meeting with a friend or even go by bus!**

## On Your Bike

Buying and maintaining a bike is a lot cheaper than a car. So many of our small journeys can be made on a bike and you'll improve your fitness too!

- ✓ **UJS have teamed up with Tzedek and the JCC to organise the first student-led UK charity bike ride. If you want to get involved, email [josh.m@uj.org.uk](mailto:josh.m@uj.org.uk)**
- ✓ **Drive less often - replace one car journey with a bus or bike every week. Don't forget your helmet!**





## Holiday

Have you enjoyed the beautiful highlands of Scotland? Surfed some of Cornwall's best waves in the world? Relaxed in the rolling hills of the Peak or Lake Districts? Discovered the ancient cities of York and Bath? We don't always have to jet across the world when we often forget the beauty that is right on our doorstep - it's better for the environment and our pockets too!

- ✓ **Have a holiday in the UK. Get some ideas @ [www.visitbritain.co.uk](http://www.visitbritain.co.uk)**

## Carbon Footprint

The Earth's temperature is increasing due to increased carbon dioxide (CO<sub>2</sub>) in our atmosphere. This is happening at a faster rate due to human carbon emissions. This unnatural increase in temperature is causing rapid and destructive changes in the Earth's climate that is affecting the world's poorest people and will eventually us. We can slow down this process by reducing our Carbon Footprint, i.e. the amount of CO<sub>2</sub> we produce in our daily lives.

- ✓ **Calculate your family's Carbon Footprint and reduce it @ [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)**





# SHOPPING

The upside of living in a consumer society is our ability to shape the market with our wallets. If we are happy with a product or company we will buy more and if we are unsatisfied with a company's ethical practices we can choose to buy somewhere else or even raise awareness. On this page are a number of topics to consider the next time you hit Brent Cross or the Trafford Centre!

## Palm Oil

Palm oil is in everything. Chocolate, vegetable oil, soap, lipstick, shampoo, sweets: the list is endless and its production is having a massive effect on our environment. This lucrative oil is consistently cultivated on destroyed tropical rainforests with devastating impacts on local ecosystems, biodiversity and polluting effects on the environment.

- Check out the WWF's Palm Oil Scorecard to see which retailers are acting responsibly with Palm Oil: [www.panda.org/palmoilscorecard](http://www.panda.org/palmoilscorecard)

## Fairtrade

*Justice, justice shall you pursue.* (Deuteronomy 16:20)

When you go shopping, do some items just seem a little too cheap? It is commonplace that many of the products that end up in our bags have been produced by underpaid workers in terrible working conditions.

By buying Fairtrade accredited products you can be assured that





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**the person who picked your banana or wove your t-shirt was paid a fair wage.**

- Swap your usual items for Fairtrade items @ <http://www.fairtrade.org.uk/thebigswap>**
  
- Need a Kippah? Buy it Fairtrade! <http://www.fairtradekippot.org/>**

### **Plastic Bags**

**Plastic bags are a menace of huge proportions! Approximately 10 billion of them are used in the UK each year with each taking around 500 years to decompose. Simply, when you go shopping, just use your own bag instead!**

- Use your new BBYO Ethical Living reusable shopping bag or your UJS schlep bag!**



# BBYO

## Tikkun Olam within BBYO



As an active Jewish youth movement, BBYO and its members are excited to embrace their responsibility towards the environment and to ensure that we are a sustainable organisation.

This responsibility stems from the Jewish value of **Tikkun Olam**, an ideal which lies at the heart of our ideologies: **Judaism** and **Activism**.

### How will we do it?

Chapter **Welfare officers** are responsible for the implementation of the **ethical living ethos** within chapters and the **Campaign officers** will proudly promote **causes and worthwhile projects**.

The **Bogrim and office team**, in conjunction with the **National Welfare officer** will educate on and promote the topics and issues that are **relevant to you now and in the future**.

A motion passed on convention ensures that **sustainability is at the root of everything that we do**, and that we take into account the potential impact of all our actions.

For the first time, the **BBYO membership pack will be ethically sourced**; containing this booklet and many other handy items.

We want to help you on this journey. If you have any great ideas or just want to chat about being ethical, then call us up, or send an email to **[ethical-living@bbyo.org.uk](mailto:ethical-living@bbyo.org.uk)**





# UNION OF JEWISH STUDENTS

## Social action on campus



J-Socs across the UK are always looking for people eager to get involved in social action projects. **If you'd like more information, email [richard@ujis.org.uk](mailto:richard@ujis.org.uk) to be put in touch with your nearest project.**

In addition, **UJS is proud to offer its Initiative Fund to all students interested in getting a project off-the-ground. UJS offers seed funding of between £100 and £1,000 to cost-effective sustainable projects anywhere in the UK. To submit an idea or talk through a proposal, email [richard@ujis.org.uk](mailto:richard@ujis.org.uk)**

## UJS Tips for students youth movement bogrim

Planning a student Friday Night dinner? Why not make it green? Use seasonal and organic vegetables, herbs grown in your kitchen and maybe even go meat-free! **Check out [www.jcarrot.org](http://www.jcarrot.org) for some more ideas.** Consider using Vegware - compostable cutlery and cutlery - instead of using plastics! **Go to [www.vegware.com](http://www.vegware.com)**

There are plenty of ways you can reduce your carbon emissions at university. **Getting on your bike is the cheapest and healthiest way of getting around campus** whilst if you book early, the train or bus back home after term time is the cheapest and most environmentally-friendly option!

Most university bookstores also offer the possibility of buying or selling **second-hand course books** saving you hundreds of pounds on new and ridiculously expensive editions.



# CHECKLIST

## Fashion

- Donate old clothes to charity shops
- Organise a swap shop
- Check out <http://www.labourbehindthelabel.org>

## Food

- Pledge to eat less meat @ [www.parttimecarnivore.org](http://www.parttimecarnivore.org)
- Only buy fish with the Marine Stewardship Council logo.
- Eat seasonal @ [www.eattheseasons.co.uk](http://www.eattheseasons.co.uk)
- Grow your own organic food!

## Home

- Check out green tariffs @ [www.greenelectricity.org](http://www.greenelectricity.org)
- Complete some of the easy ways to save water.
- Put food waste into a compost bin in your garden.
- Buy biodegradable cleaning products.

## Travel

- Share car journeys to chapter meetings or go by bus!
- Get involved in the UJS student-led UK charity bike ride.
- Have a holiday in the UK - see [www.visitbritain.co.uk](http://www.visitbritain.co.uk)
- Calculate your footprint @ [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

## Shopping

- Buy products based on [www.panda.org/palmoilscorecard](http://www.panda.org/palmoilscorecard)
- Complete a swap: <http://www.fairtrade.org.uk/thebigswap>
- Buy a Fairtrade kippah @ <http://www.fairtradekippot.org/>
- Use your BBYO reusable shopping bag or UJS schelp bag!



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This guide has been printed on 100% recycled paper on energy efficient printers.

