

# RESPONSIBLE CONSUMPTION TO PROMOTE A SUSTAINABLE ECONOMY

In addition to sustainable production, which concerns all public or private entities working in sectors that exploit natural resources (the proposals are contained in the Position Paper 2020 'Responsible Consumption and Production', drawn up by experts on Goal 12 of the ASviS network), those who consume can also adopt sustainable and responsible behaviour.

According to the Food Waste Index Report, which every year compiles an analysis of food waste data on a global level, food waste must be reduced both at the retail level and in catering services, but also with respect to household consumption, in order to achieve multiple benefits for the planet, but also for its inhabitants.

If we consider the food production sector, according to data about one third of the food that is produced for people's consumption is thrown away as waste and only a small part is recycled.

Thousands of litres of water are consumed in the production of food and beverages, which accounts for 0.1 per cent of the drinking water on our planet for the entire population, along with 30 per cent of the total energy available on earth. Using fossil fuels during production processes also increases the felling of forests and, consequently, the emission of carbon dioxide into the atmosphere.

As far as methane emissions are concerned, the cause is a disproportionate consumption of meat. The Global footprint network (Gfn), which monitors the speed at which resources are being exploited in each country, calculates for each year the Overshoot Day, the day on which we are consuming more than the planet can regenerate.

Sustainable development is a complex issue, but we can establish good practices even in our 'small' daily lives to do good not only for the environment and society, but also for ourselves. We can choose to have a positive influence on our planet to design a future that is truly sustainable for our family.

From this point of view, each of us can promote responsible consumption by encouraging critical and informed consumption, through material or service purchases from sustainable and responsible companies, or in 'fair trade' markets that promote sustainable development while respecting both the environment and people.

A family lifestyle based on responsible consumption, without food waste, can also produce economic benefits in the family budget.