

# « Eco-Friendly Consumer Habits »

(Video transcript)

A quiz to make your purchases more eco-friendly!

**#1 --- To prevent clothing waste, it's better to:**

- A. Buy second-hand clothes
- B. Repair clothes instead of throwing them away
- C. Swap or resell clothes
- D. Recycle clothes

**CORRECT ANSWERS: ALL 4!**

By getting into some simple habits, everyone can help reduce the proportion of waste produced by the textile industry.

**#2 --- 1/3 of food produced worldwide goes to waste or is thrown away. / TRUE OR FALSE?**

**CORRECT ANSWER: TRUE**

To prevent waste:

- Buy food loose rather than already packaged.
- Freeze products that are nearing their expiry date.
- Compost your organic waste.

**#3 --- You need to drill a few holes at home, but you don't have a drill. What should you do?**

- A. Buy one
- B. Rent one
- C. Borrow one from a friend

**CORRECT ANSWERS: B and C**

You don't need to buy everything you use, especially if it's just a one-off need.

**#4 --- How many companies specialized in repairs are there in France?**

- A. More than 10,000
- B. More than 100,000

**CORRECT ANSWER: B**

And having things repaired is the way to go! It's so much better for the planet to give your toaster a second life than to throw it away.

**#5 --- Before buying something, which of the following questions should you ask yourself?**

- A. Do I really need it?
- B. Will it last a long time?
- C. Can I find it second-hand?

**CORRECT ANSWERS: All 3!**

Eco-friendly habits start even before you've bought your item or piece of clothing.

## Summary:

- **Eco-friendly clothing habits: buy second-hand, repair, swap, resell and recycle.**
- **Eco-friendly food habits: buy food loose, freeze products before they expire, and compost.**
- **Eco-friendly DIY habits: borrow or hire appliances rather than buying your own.**

**If something breaks, it's always better to repair it or have it repaired than to throw it away.**

And most importantly, ask yourself the right questions before every purchase: **Is it useful? Will it last?**