## COLLABORATIVE SUSTAINABLE LIVING GUIDE



Tozzini Preire ADVOGADOS

ENVIRONMENTAL

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It is increasingly urgent that the environmental awareness agenda is present in all our daily activities. This guide aims to share our sustainable living best practices in order to increase the adoption of conscientious and sustainable attitudes to reach the greatest number of people.







I would like to color the world

Warming it up with yellow, orange and red where everything is blue

Transforming red, blue and yellow into brown fertilizer

To feed with different colors everyone from the northern and southern hemispheres.

I would like to bring life to the buildings with green hope

And more blue to the waters so that they can continue in their dance

Thus, life flourishes

In this thick watercolor

By coloring to cooperate

With our nature.

Christiane Alvarenga







Tajiana

- I've been a vegetarian for three years (besides the ideological issue concerning animals, I also know that meat production greatly contaminates the environment);
- Almost all personal care products I use are cruelty-free;
- I sort my garbage into recyclables and organic waste, washing the packages before putting them for recycling.









- Cold showers on summer days;
- We do our laundry only once a week;
- We unplug electronic devices when they are not in use;
- At night, we turn on only one low consumption light bulb;
- To clean up external areas (hallway/yard), we use rainwater; when it doesn't rain, we sweep them instead of wasting water.







Ana Paroline

- Reusing the laundry's soapy water to clean the house's external areas;
- Taking a reusable water bottle to avoid single-use plastic bottles;
- Gathering clothes to run the washing machine on a full load, saving water and energy;
- Sorting garbage by recyclables and organic waste, including cleaning the packaging for recycling;
- Reusing plastic packaging, such as vases, pots, containers;
- Using pineapple skin to make juice. And banana peel as fertilizer;
- Transforming used cooking oil into laundry soap;
- Taking reusable grocery bags.



Amarido

Put a two-liter plastic bottle, filled with water, in the toilet tank.

In 1 flush, 2 liters of water are saved.

In 8 flushes, 16 liters.

In 30 days, it is possible to save more than 400 liters of water.





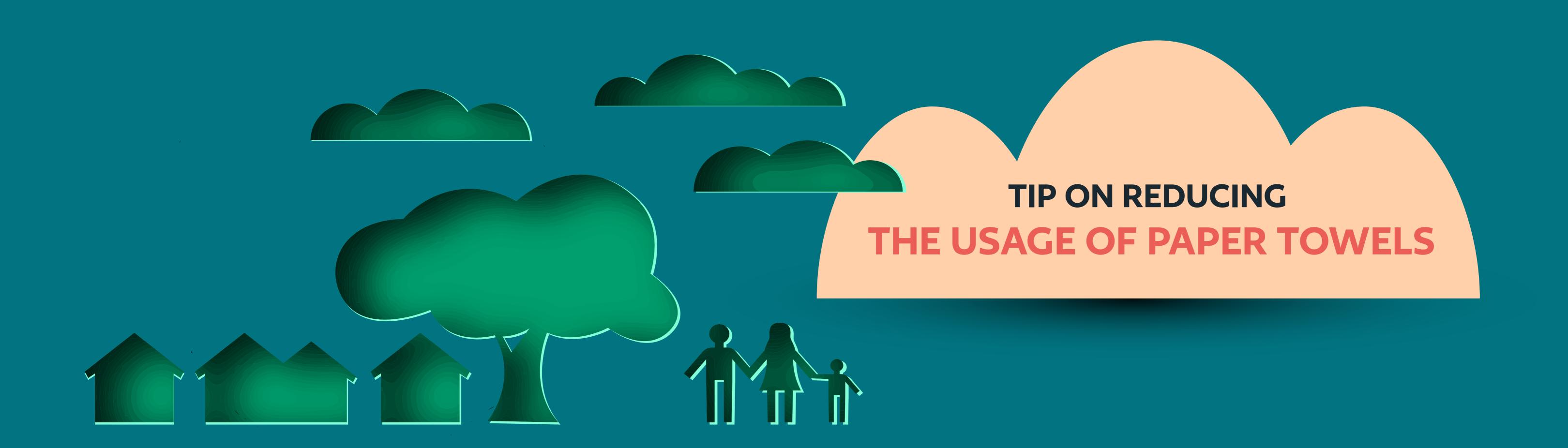


Tiuliana

During the pandemic, my husband and I decided to make a compost bin at home to reduce the amount of organic waste by giving purpose to this waste. Thus, we put all the organic waste we produce (leftover vegetables, fruits, eggshells, coffee grounds, among others) in a worm composter bin. As a result, we now have an organic fertilizer that we use in our houseplants and in a small vegetable garden, and we also share it with friends and family.







John

This video changed the way I use paper towels. Nowadays, I use only one towel. I swear it works. Just follow the 4-minute video tip (link below). The formula is simple: shake and fold: shake your hands 12 times to remove excess water, take a single paper towel and fold it in half. This saves tons of paper (and water used in the wood pulp planting).

https://www.ted.com/talks/joe\_smith\_how\_to\_use\_a\_paper\_towel/transcript







Dianca

For those who do not know me, I am Bianca Antacli, partner in the Environmental Law practice at TozziniFreire. I am 45 years old and from a generation of people who used to brush their teeth leaving the tap on and used to believe that natural resources were infinite. Gradually, I started reading newspapers and magazines and realized that something was not going very well in the world. Then, in 1992, when the United Nations Conference on Environment and Sustainable Development was held in Rio de Janeiro, I was sure of the importance of the action (or omission) of each one of us in preserving the environment. That moment was my "turning point" and since then I have been trying to learn as much as I can.

You may have heard of the "3 Rs" of sustainability – Reduce, Reuse and Recycle – but did you know that there is a logical sequence in their order? Reducing consumption must be prioritized over reuse and recycling. Then, after reducing consumption, reuse must be prioritized over recycling.



Here at home, the "3 Rs" had been a rule for a long time, but in the quarantine, everything fell apart. I was shocked by the increasingly amount of waste arising from online shopping and express delivery.

Despite the discomfort, I did not see much solution. The fear of leaving the house amid the pandemic was such that producing more waste was inevitable. That is when I remembered a very simple guidebook I have written with basic tips on sorting garbage for recycling. I printed a copy for each apartment in my building, because if there was no way to produce less waste, at least a large part of it would be destined for recycling. Some people appreciated it, others did not even answer me, but it does not matter. Every little bit helps.

So, if you have not done your garbage sorting yet, get started today.



In addition, the other change was a new reflection on consumerism. I had a false idea that I was not a "consumerist" until I stayed home all these months. There is no question that we can live on less. We had several family conversations, searching information from a very serious NGO called Instituto Akatu (https://akatu.org.br/). I highly recommend knowing more about them. We are firm in the purpose of not buying anything else on impulse and needlessly. Have we failed? For sure, but we have been trying and we have certainly stopped buying a lot of useless stuff.

Forgive me girls who like slime, but at home it has been banned. This is a good example of waste, besides being a modern and glittery way of generating even more waste for the world. Not to mention the impacts of glitter on the seas, but that is for another testimonial.



I wrap up here with a quote from Instituto Akatu: "There will only be enough for all, forever, if everyone consumes differently, without excess or waste." This is conscious consumption. Start your journey now!





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