Less is More

Part 1: Consumerism Video Notecatcher

Definition of consumerism:	
That's the problem with consumerism?	
uestions to ask yourself when you want to buy something:	

Less is More

Part 2: Apply What You Learned!

There were three suggestions for people to consider in buying less and helping more people (and the environment) in the process.

1. Swap old stuff with a friend: What are some things you could swap with a friend?

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2. Donate old goods to charity: Are there items in your room or home you could give away?

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3. Buy used items: Research companies that sell used goods online or in your community.

