

# How To Be An Ethical Consumer

One of the biggest ways we can impact the world around us is with our wallet\*. Unfortunately, our day-to-day spending habits too often do harm\* without our knowledge.

So here are five consumer habits that can help ensure your green\* does good.

## Buy Fair Trade.

The 'fair trade' designation tells you that whoever grew/built/manufactured the product was paid a sustainable, living wage. When you purchase fair trade products people are given fair compensation for their work, you also help to nourish a fair and growing economy.



## Be a farmer's market regular.

If you're lucky enough to have a farmer's market in your area, GO! Not only is fresh, local food good for you, it also helps support and sustain farming in your community.

What's more : Farmer's markets are often less pricey than the grocery store.



## Shop small business.

You can't complain about your favorite neighborhood bookstore going out of business when you buy 99 percent of your books online. If you care about having local, independent businesses in your area, SUPPORT them.

## Get to know your closet\*.

There's a reason those jeans are \$24.

Our cheap clothing obsession cheats millions of garment\* workers out of living wages\*, safe working conditions and humane treatment. Surprisingly, your \$200 jeans might not be much better.

So how do you buy clothes that don't contribute to tragedies like the garment factory collapse in Bangladesh in April 2013? Take a few minutes to research your favorite brands and stores. Find out for yourself what type of labor practices lead to your current wardrobe and use that information to make more informed decisions the next time you decide to expand it.



## Hold your brands (and yourself) accountable\*.

How come so many brands and companies don't care about their business ethics? Because they think YOU don't care about their ethics... and in a lot of cases, they're right.

If we cared enough to change our habits, if we held ourselves accountable for getting relevant information and acting on it, companies would take note. But horrendous\* labor practices will never change unless we do.

[www.huffingtonpost.com](http://www.huffingtonpost.com) — Feb 18, 2014  
By Carina Kolodny

wallet : *portefeuille*

harm : *faire du mal*

green : *billets verts*

closet : *placard, penderie*

garment : *vêtement*

wage : *salaire*

accountable : *vêtement*

horrendous : *épouvantable*