

(my local library even has a "library of things," a makerspace, and a "seed library!")

USE YOUR LIBRARY!
books to read for free?
low-cost printing?
YES, PLEASE!

LOOK AT FACEBOOK
MARKETPLACE TO
BUY SECONDHAND

FREQUENT THRIFT
STORES, ESTATE
SALES, TAG SALES,
YARD SALES...

JOIN YOUR LOCAL
"BUY NOTHING" GROUP.

GIVE BACK!
got spare veggies?
share 'em!
know how to sew?
teach your friends!

UTILIZE YOUR
COMMUNITY!
borrow from neighbors!
go halves on something
with a friend!

PLEASE CONFER
WITH AN EXPERIENCED
FORAGER AND DO YOUR
RESEARCH BEFORE
EATING ANYTHING
YOU'VE FOUND!

LEARN TO FORAGE
there's free food
all over! you just
need to know what
to look for

if a purchase is
necessary, BUY LOCAL!
small businesses circle
money back into your
local community.

BE GENTLE WITH YOURSELF
there is no true
ethical consumption
under capitalism, so
DO YOUR BEST.

Mylicent
@mylicentaf
@sidneyridgeplayschool
flemingtondiy.org/bird

How To
COMBAT
OVERCONSUMPTION
in
today's

CAPITALIST
HELLSCAPE

TAKE STOCK OF WHAT
YOU HAVE.
what's reusable?
is there something
you forgot you bought?

MAKE IT, MEND IT,
FIX IT!
don't know how?
that's what friends
and/or YouTube is for.

CREATE/BUILD
A GARDEN.
(even if it's tiny!)

JOIN A COMMUNITY
GARDEN OR A
CSA PROGRAM.

COOK FROM SCRATCH
WHEN POSSIBLE.