



**LEGAMBIENTE
PISA**

SUSTAINABILITY BEST PRACTICES

What can you do to help our Planet?

Every change starts from a small action. Activate the change!

LEGAMBIENTE PISA ACTIVITIES

Come visit us:

You will know the local and national activities in which to participate;

You will directly **support the association that takes care of your area**;

You will be able to get “**La Nuova Ecologia**”, the monthly magazine of Legambiente full of news, informations, inquiries and in-depth analysis about environment at 360°;

You will be able to contribute to the **planting of trees**;

You will be able to take part, for free, at the **social hikes**;

You will be able to take advantage of the **discounts** at affiliated stores;

You will be able to take part at Legambiente **volunteering camps**;

You will have **insurance for all Legambiente activities**, including hikes!

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phone number: 353 433 5889

<https://www.facebook.com/circololegambientepisa>

<https://www.instagram.com/legambiente.pisa/>

<https://t.me/LegambientePisaNews>

FOOD

- **Reduce water consumption and avoid wastes.** Do not run the water when you brush your teeth or soap your hands. Leaving the faucet running can consume up to 15-20 liters of water, while no more than 2-3 liters would be sufficient.
- **Have a shower:** is preferable to taking a bath because it consumes less water. Remember to turn off the water when you shampoo!

- **Store food properly.** If possible, reuse food waste.
- **Eat less meat:** did you know that 70% of agroindustry products are intended for animal foraging?
- **Always make sure where the food you eat comes from.** When you can, buy local and seasonal products.
- **When you can, buy bulk foods** over packaged ones. Look for stores that promote bulk foods in your city.
- **Drink tap water:** in Italy it is always potable and checked!

Useful Apps

You can find great leftover food at:

- [Too Good To go](#)
- [Phenix](#)

Useful Stores

You can find bulk food and products at:

- [Bio al Sacco](#);
- [Gli sfusi di Pisa](#);
- [Mercato di San Martino](#);
- Solidarity buying group: [Gas Newroz](#), GAS Circolo Alberone;
- [Alveare Pisa Centro](#).

CLOTHES

- **Extend the life of your clothes:** wash only when necessary, repair and reuse. There are many tailors and shoemakers in Pisa (the dryer is convenient but it's not fundamental!)
- **Read labels accurately:** pay attention to the place of production (avoid clothes produced in countries where workers rights are not respected) and buy not synthetic fibers (the synthetic produce microplastics!).
- **Donate the clothes that you don't use anymore** or recycle them properly.
- Avoid buying new clothes, prefer second-hand. (Swap Party, [Mercatopoli](#), find stores and second-hand market stalls).

Useful Apps

You can find second-hand clothes at:

- [Vinted](#)

Useful Stores

You can find great second-hand clothes at:

- Mercato di Pratale
 - Mercato di San Martino
 - Il Magazzino di Sant'Ermete (free exchange of clothes and objects)
 - [Rifò \(online\)](#)
 - [Oso \(online\)](#)
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TECHNOLOGY

- **Always turn off the light** when you go out of the room.
- **Always turn off the pc's monitor** when you don't use it **and turn off the stand-by mode** of electronic devices. Leaving a device in stand-by results in about **7% more electric consumption** over the year.
- Use multi-socket power strips with switches. **Turn off the power strip** when you don't need it.
- When you buy a technological device, **use it till the end**, do not abandon it when a new model comes out. Choose a brand that you know will last long and allow warranties and repairs.
- **Prefer second-hand over new**: new technological devices have a great impact on the environment and on people who produce them.
- **Evaluate the "reconditioned"**: those devices are much cheaper because they used to have small problems or errors, they have been repaired and put back on the market, and they are practically new and never used by anyone.
- **Move by foot, by bike or by scooter**: use the car only when you need it.

Useful Apps

You can find reconditioned mobile phones and devices at:

- www.refurbed.it
- www.swappie.com/it
- www.ebay.it and other online sites (putting filters "reconditioned" or "certified reconditioned")

Useful Stores

You can find reconditioned mobile phones and devices at:

- [BeApp Pisa](#)