

Participation in the New Bauhaus Project

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**Increase
awareness in**

Financial education for
children & adults

Food waste

Sustainable lifestyle

Health / Mental health:
Prevention

Financial education for children & adults

- Money is essential for living
 - But no one is given financial education at any time: young or old
- Bad financial management
 - Leading to personal bankruptcy
- My proposals:
 - Start as early as possible: role plays in kindergarden
 - Raise awareness in population

Food waste

- In general there's enough food around, but
 - Does not fit the expectancy (farm to grossery stores)
 - Size matters instead of flavours
 - Expiry date
 - Portion size, rest is thrown away
- Plastic container in take-away
 - Get it, eat it and throw it away
- Plastic / paper bags
 - Get it for transport and throw it away
- My proposals:
 - For 'best before' labelled foods: as long as the food is not running away and does not smell bad, you can still eat it, even after the expiry date
 - Get only as much as you need
 - BYOBC (Bring your own bag and container)

Sustainable lifestyle

- Easy availability, low cost
 - Out of fashion -> thrown away
- Kids fashion: Normally still good, but gets with age too small
 - Difficult to give it to other families
 - Everyone wants new cloths
- My proposals:
 - Get less, get better quality, get long-lasting fashion
 - Keep your old Jeans with holes, instead of getting new Jeans with holes

Health / Mental health: Prevention

- My proposals:
 - Early recognition through awareness
 - Physical and mental activity in general
 - Walking small distances instead of taking the bus
 - Integrate a bike ride in your daily commute
 - Gardening instead of going to a shrink