

Animal Cruelty

Over 90% of the 50 billion animals slaughtered every year live cruel & inhumane lives.

Egg Labels

Best - A Humane Certification

Second - Pasture Raised

Third - Free Range/Certified Organic

Fourth - Cage-Free

Worst - Non Label Eggs

Humane certifications - all products



Certifications w/ humane standards



For more info: awionline.org

Find humane meat/dairy near you:
www.eatwild.com

Look for these certifications in clothes, beauty and bath products



Sites to help become vegan

Vegan restaurants- www.happycow.net

Vegan cooking - vegancooking.com

Vegan Clothes - bit.ly/2ijfEWc

Vegan everything - www.veganstore.com

Companies that Supported Trump Campaign

ABC Supply, Forbes , Kushner Properties, Hobby Lobby, Miller Coors, National Enquirer, New Balance, Uline, Yuengling

5 Way to be a Responsible Consumer

1. Pledge to, when possible, only buy products that support your values
2. Survey which stores/online retailers offer products meeting your values
3. Contact the companies and managers that aren't offering these products and ask if they will start.
4. Circulate a petition repeating your request for any stores refusing
5. Create a local campaign w/ petitions, letter or phone drives, social media, and/or boycotts for any stores still refusing

Learn More

For more information on these products and more campaigns

theresponsibleconsumer.org

or for weekly updates follow

www.facebook.com/theresponsibleconsumer1

Questions of want to help?
responsibleconsumer1@gmail.com

“Every time you spend money, you're casting a vote for the kind of world you want .”
—Anna Lappe

The Responsible Consumer Shopping Guide

A shopping guide to help make ethical choices and changes through your every day purchase

The **Responsible Consumer** is an online resource guide on how to change the world with your purchases and actions which includes info on:

- Over 100 products and companies to promote and boycott
- over a 100 national & local campaigns covering over 100 issues
- links to 100s of resources and organizations making a difference
- credible/non credible news sources

-Inspiration to keep on fighting

theresponsibleconsumer.org

Fair Trade

To ensure workers & the environment are treated fairly look for fair trade logos on the following products

- | | |
|-----------------------|------------------|
| Bananas | Herbs and Spices |
| Beauty Products | Honey |
| Chocolate | Nuts and Oilseed |
| Coffee | Package Food |
| Cotton | Rice |
| Clothes/ accessories | Sports Balls |
| Flowers | Sugar |
| Fruits and Vegetables | Tea |
| Gold | Vanilla |
| | Wine |



Where to Find Fairtrade products?

- www.fairtradeusa.org
- fairtradeamerica.org
- www.tenthousandvillages.com
- www.goodweave.org

Toxic Products

Avoid

Toxic cosmetics & bath products
www.goodguide.com

Support

- Dr. Bronners
- Honest Co
- Seventh Generation
- Tom's of Maine

Non toxic & cruelty free cosmetics -
www.lushusa.com

Human & Eco Rights

These products do harm to humans or the environment

Products to Avoid

- Bottle Water
- MicroBead Bath/Beauty Products
- Nestle Products
- Products with Unsustainable Palm Oil
- Thailand Shrimp
- Tyson Foods Products

Stores to Avoid

- Publix
- Wendy's
- Pet Stores/Puppy Mills

Banks to Avoid

- Wells Fargo
- Bank of America

Gas to Avoid

- Chevron/Texaco
- Exxon
- Shell

Tourism to Avoid

- Animal Tourism (Elephants, Tigers, etc)
- Seaworld

Companies Still Using Sweatshops

- Adidas, Fila, Forever 21, GAP (w/Old Navy and Banana Republic), H&M, Nike, Pacific Brands (Berlei, Bonds, Clarks, Dunlop, Slazenger and Volley), Primark, Puma, The Just, Group, Uniqlo, Urban Outfitters, Victoria's Secret, Wal-Mart, Zara

Human & Eco Rights

These products support humans or the environment

Products to Support

Certified Sustainable Palm Oil



Sustainable Seafood - www.seafoodwatch.org

Fair Phone (Conflict Mineral Free)

- Credo Phone Plans
- Canadian Diamonds

Stores to Support

- Chiptole
- Thrift Stores
www.thriftshopper.com
- Animal Adoption Shelters
www.asPCA.org/adopt-pet
- Credit Unions
www.asmarterchoice.org

Clothes Companies Supporting Human Rights and Environment

- Alternative Apparel, Black Diamond, Columbia, Continental Clothing, Eternal Creation, Patagonia, People Tree, Prana, REI, Timberland, Under Armour, 4-rth

Recycling Clothes Companies

- Alchemy Goods, Couch Guitar Straps, Patagonia Recycled Products, Two Thirds

Clothes Supporting a Good Cause

- BitterSweet Monthly, Free Set Global, Made by Survivors, Toms, To the Market

Clothes with Natural Dyes

- Boll and Branch, Industry of All Nations, Jungmaven, PACT

Cultural Clothes: Afrikrea