

Shopping is central to our lives because we are not used to gaining food, clothes and more in other ways than shopping. Most people would struggle to get essential things.

When my family goes to the store we usually buy a little more than we need. For food we buy meat and vegetables but not a lot of dairy products. But when there are some leftovers we give them to our cat. For clothes, we don't buy them very often. And when there are some small ones we give them to family and friends. For cleaners we buy essential ones but there are some extras. Well, we could change the cleaners we use to the environmentally friendly ones and maybe recycle the bottles, not throw them in the trash. Also eating less processed meat and more healthy food.

Healthy and environmentally friendly are crops that we don't spray with chemicals, healthy juices and recycled bottles...

A good life for health and the environment is living on a farm. I personally would need some time to get used to it but I would.

Žan Tkalec, 8.a

Shopping is central to our lives because some things aren't available for us to produce, obtain, have. Like my family we try to grow some food for ourselves but that's at a maximum of 15% of food that we all eat.

We try to buy organic and we do, but some things are just hard to get good and working and organic like cleaners. Yes, there are some eco-friendly ones but 60% of them aren't what they promote to be. When it comes to clothes we like to buy high quality and sustainable ones.

I think there are many things I can and could do better to make it nicer to the environment and better for my health but if I am the only one to do, let's say go everywhere by walking or bike, am I going to make that much of a difference? Or if I go vegan or vegetarian, do I really make that big of a difference, if no one else does it, too? Yes, if I was an adult I could decide that I wouldn't drive cars and eat meat or I could grow all the food myself, but will I have the time or motivation...maybe. Growing your own food is eco-friendly and it can sometimes even taste better. Not only it's cheaper over time but it's also relaxing at times to me.

There are many kinds of lifestyles that are good to your health and the environment but every human has a different lifestyle. It would be better for everyone to get rid of some bad habits but it can be hard and very tricky but sometimes it works but sometimes it doesn't and you/I can or could live that kind of life.

Karmen Caserman, 8.a

Shopping is very central to our lives, because for everything in our lives, we go to the shop. In our family, we normally buy locally produced food at the market and from farmers. But we also have to go to the shop, because you can't buy all important things at local markets. In the shop we normally buy food from our country or naturally produced one. When I was younger we went to the local kids clothes shop. Everything we bought was made there. Now we buy clothes of high quality. For cleaners we shop at eco shop. We usually choose eco cleaners, but sometimes we must buy stronger ones.

I think we don't do enough to be nice to the environment. I think we can produce even more food at home. We can make our pasta ourselves, but we buy it at the local shop, because it is easier. I think we can also make gloves and socks at home. I think we can also make crisps at home. That will be better for the environment and health. I know we can grow more vegetables, fruits and produce more meat ourselves. Homemade food is better for both environment and health.

Things that are better for environment are normally better for health, too. Local and eco produced vegetables are healthier, because they aren't grown with chemicals. Farmers, who don't use chemicals, which are bad for environment and also health, produce eco-friendly and healthy food.

For environment it is better to live simple life, like our grand-grandparents did. But we can't live that life. I think most of us can't live that life, because we normally choose easy way, even if it isn't the right one.

Brigita Kočevár, 8.c

Shopping is central to our lives, because we are a consumer's society. Also everything we want is sold in stores, because we don't make everything on our

own and we can't produce enough food always by ourselves. Shopping also creates a lot of places to work in stores and in production.

In our family we look at the environment and our health a lot. We (if possible) buy local and organic food, that is least processed possible. We do grow our own vegetables and fruit, but we can't produce everything. The clothes we buy are mostly made of natural materials and we also exchange clothes so we don't throw them away as much as we could. Cleaners are not our family's strongest point because we have pets and quite a big house and we couldn't clean all that with natural cleaners. But we do try to use them the least possible.

I surely could improve my habits, because simple life is mostly better in many ways. I could start producing more food of my own which would be better for my health and it would use less plastic and less gases would be in the air from less transportation. I could eat and drink less sugar and junk food, which would generate much less waste and fumes in the air. I could also make a place for a compost to throw away any vegetables that I couldn't eat. An important thing could be electricity. First I could install solar panels, which would save me money and cost for production, because a lot of electricity is bought from other countries or produced in a non-green way which pollutes the world a lot.

If you walk to school or go by bike...you could benefit the environment with less gases in the air and you would also exercise which is good for you. If you don't smoke, drink..., and do anything bad for your body by consuming bad stuff, you could generate much less waste, save money, stop supporting companies that think only about profit and you could also become healthier. In all different aspects, the more simple life we live, the better it is for us and for the environment. Even though it's not easy to live and to keep living that lifestyle it pays off and you could feel good about yourself and also save our planet. I personally can live such life, with some bad things, because it's hard to do everything right. But it's hard and it takes a lot of will and dedication to live it.

Maj Frank, 8.c

Shopping is central for our lives, because we have to buy food for our survival. We also have to buy clothes, electricals, shoes that we need for our survival.

My family and I, we buy local food that isn't processed. We don't buy organic, because organic food is much more expensive and my family has a bit lower

budget for food when we are buying it. We mostly buy aggressive cleaners and the ones that contain chemicals, because the eco-friendly cleaners do not remove the stains and grease very well. When my family buys clothes, we make sure to buy what we need. We buy high quality clothes that last longer, so we don't throw them away that quickly. When I grow up out of my clothes I give them to my cousin, so he can wear them.

We grow vegetables and fruit in the garden. My mom and I take care of it very well. We grow lettuce, carrots, cabbage, spring onions, onions, garlic, tomatoes, potatoes, peppers, chillies, strawberries, cherries, blueberries, figs, raspberries, cranberries and cucumbers.

I think the only thing I could fix about myself, to be nicer to the environment, is to buy organic food and less junk food.

Things that are healthy and environmentally friendly at the same time are: organic food is better for our health and for the environment, because it is produced without harmful pesticides. Clothes that are made out of natural materials like cotton and flax are better for our skin and for the environment, because they don't contain synthetics that can pollute the nature. I can live a simple life like that but I think it's hard to switch from my life to this kind of life.

Matevž Likar, 8.c

In our world lots of people don't seem to care about anything or anyone but themselves. We're constantly searching for what we can take from nature instead of what we can give back. Our actions matter. Our actions can be as small as our weekly shopping, and can make a huge difference. Shopping can be considered a hobby, where you buy things you like or want, but shopping is also a responsibility. It's better if we shop for the things that we need and not for the things that we want. That way we won't be wasteful and we'll save money as well as the environment.

In my family we are very aware of what we buy. When shopping for food, we always check if the goods we consider buying are organic, local and not processed, since it benefits the environment as well as our health. My mom and I are quite into fashion. We value our clothes and its material. Even though we like to shop for clothes, we always check if the fabric is worth the price and if it is plant based. I also wear a lot of my mom's old clothes, so we are not being wasteful and we are reusing still good material. Shopping for cleaners can

be hard to benefit the environment. Cleaners usually have a lot of unfriendly chemicals. We try to buy mostly eco-friendly cleaners.

I care about my health and the environment. If I were an adult, I would organise swap meeting for clothes. I have already been to some and I think it's the perfect idea for reusing material while not spending money. I already have a lot of clothes and I never throw them away. Clothes that are too small and don't fit me any more always end up in someone else's closet. I like to give them to people that can't afford such nice things. As for my health I would buy mostly organic and local food.

Shopping to benefit the environment and our health is not so different. Local food is healthier and doesn't require transport that harms the nature. Organic and not processed food also benefits both. It's better to live a simple life. We don't waste a lot of food with, for example, producing our own food and having less possessions.

Hana Krasnik Smolič, 8.b

Shopping is central to our lives, because we can't live all by ourselves anymore. People in the city don't even have space to grow their own vegetables. People in big cities are also forced to buy processed food, because closest farm to them is too far away.

I think I can say that our family is pretty friendly for the environment. We have a farm and we produce meat because of bulls and cows. For eggs we have our chickens, and we have our own field to grow potatoes and other vegetables. Usually we buy just tomatoes and milk at the grocer's. For clothes we usually look at the price and materials, that clothes are made of. My mom sometimes uses cleaners made from natural materials or apple vinegar. Sometimes these cleaners don't help, so my mom sometimes uses chemicals that are not friendly to the environment.

If I decided, I would grow more vegetables and more fruits at home. But here is the problem. We live near the forest and often deer, foxes and badgers come out and eat some fruits and vegetables, so we need high fence. But we need to pay a lot of money for the fence, because they're really getting expensive.

I think that if you can live by yourself, you are friendly to your health and for the environment. I think we can live such a life, but it's getting harder to do that.

Filip Petrič, 8.a

Shopping is central to our lives because shopping is one of the most important things for everyone. With shopping we buy food and water. And we all know that we can't live without food for more than two and a half weeks and without water we can't live for more than five days. And shopping is also about clothes. And in winter we are in deep need of clothes, because outside it could be minus five or more degrees, and we need warm clothes because we can freeze to death.

Me and my family, we don't clean a lot but if we do we also use cleaners. We mostly use natural cleaners, but if we need something stronger we also buy unnatural cleaners made from chemicals because they are stronger than natural cleaners but also not environmentally friendly. So if we talk about clothes and food it is different. About clothes we try to buy them from natural materials but we also hike, ride bikes, play different sports with ball and all the different sports. We can say that we work out a lot, so we also need clothes for sporting that aren't from natural materials. And with food there are a lot of different options in stores but we mostly pick organic and not processed food because we also care about our health. I also like the way that we shop for our food and clothes because it's healthy and environmentally friendly except the clothes for sporting.

So when I grow up I will have the same system for shopping like my family shops now. And probably I will buy second hand clothes so they don't end up in the trash, and also I could save a lot of money. Also with food, I will keep buying organic food, because farmers don't use chemicals for killing worms and bugs that eat crops but they use natural sprays to keep them away from crops. Also if I have enough space I will plant my own food, most likely fruits and some lettuce, tomatoes or something like that.

And I forgot to mention about organic food. It is a little bit expensive but at the end of the day you don't buy it that much so you will throw it away. You just buy the amount that you know you will eat to the last bite.

Ruben Škorič, 8.b

Shopping is central to our lives because we need to buy things and products for our survival. Like food, shoes, clothes...

We as a family, we try to be environment friendly. We try to buy organic and local food. For eggs, we don't buy them in the store, but we go to a local farmer and get them. And we also reuse the cardboard boxes for eggs. For clothes we like to buy good quality and long-lasting clothes. We also look out for the fabric. We like natural fabrics. I really like cotton. It's very soft and nice to wear. But when it comes to cleaners we are not so careful. We have already tried a bunch of natural cleaners and for us they just don't work. So we use cleaners with chemicals that are harmful to the environment. And I personally don't think that this is wrong because plant-based and natural cleaners just don't work.

If we want to help the environment we should first focus on the packaging. If you buy something in a can, you can recycle it, but if you buy something that is wrapped in multiple layers of plastic there is less chance it will go to the recycling and a bigger chance it will end up in the ocean. And for example we use organic bags. They are just like normal bags, just that they are nicer to the nature because they are biodegradable. There are a lot of little tricks for you to be more environment friendly and have less impact to the nature.

If you want to live environment friendly life it is not going to be easy. But there are a lot of ways to make it less challenging.

You can grow your own vegetables and organic fruit. You can sew your own clothes. It also helps if you have a fireplace instead of an electric heating. You can save the water from the rain and water your plants and garden with it. These are just some ways you can live a more environment friendly life. I couldn't live that life. I'm not used to most of these things and I think it would be too challenging for me. But I try to do healthy and eco-friendly things like I walk instead of asking my parents to drive me, I wear natural fabrics and shoes that are long lasting, so I don't have to always buy new ones.

Overall I think we do pretty well as a family.

Mila Jerič, 8.b

Shopping is central to our lives, because we need a lot of things from shops. If shopping isn't central to our lives, I think, we can't survive because it is important to us.

I will start with my family. When we are in a shop we buy a lot of things. We go to shop twice a week and we don't spend a lot of money. I must clean at home and for cleaning we need cleaners. I know that cleaners are very dangerous for the environment because of the chemicals, so I buy natural cleaners, which are better for the environment. In our family we eat a lot. There are four of us. Every time when I go to the shop with my dad we buy organic vegetables and fruit. He really loves fruit. Then we buy local food and I like local food much better than other. My mom and I go shopping for clothes sometimes together. When I shop I look at brands that I like. But every time I choose some clothes, I look if it is high quality which is good for the environment.

When I grow up I will reuse things. Like boxes, jars, clothes... I will have a house that will have three trashes, and I will recycle the trash. I will have a compost that is very good for the environment. I want to help the world.

With my family I live a good life. We look after the environment and I am very proud of that. For us and for the environment it is good to buy local, organic and eco-friendly food. When we speak about clothes we buy high quality clothes. For cleaners we buy natural cleaners. At home we have a lot of electrical stuff but we don't use them a lot. Every time we turn off the lights and that is very good for the environment.

Zarja M. Mašić, 8.c

Shopping is central to our lives because we are consumer's society, and we are not self-sufficient. When shops appeared we started to grow less food in gardens and became dependant on shops and now there are not a lot of people with gardens.

Me and my family have a garden and we grow some of what we eat, not a lot but something. When it comes to meat, eggs and milk we buy this from local farms as much as we can. For clothes we try to buy the ones with natural fibres like cotton, because they are much better to wear than polyester. The cleaners that my family buys are usually nonorganic ones, because the organic ones are just not as effective when it comes to cleaning. As much as organic cleaners are friendly to the environment they are just not good and usually a lot smellier. I



think my family is quite friendly to the environment. We could be more friendly to the environment by using more organic cleaners, but as I said they are not effective. My family could also grow more food in the garden but we would have to expand it and that is a lot of work.

If I was an adult I would probably do things as I do now. Maybe I would make a bigger garden but this is it. If you grow your own food and buy the things you need from farmers, it is quite friendly to the environment and healthier for you because you don't eat so much processed food. It is good to live a simple life. And I could live such life because I already do.

Jure Jesenovec, 8.c

Shopping takes a very important role in our lives. It is important because we can't grow all the food we need by ourselves or slaughter animals to get meat. Of course it's not all about food, we need to buy clothes and furniture too.

In my family we like to think about environment. We mostly buy organic food and try to buy as little of plastic as we can. We also check the expiration date and quality. We don't like to waste food so we only cook as much as we'll eat. We also recycle the packaging after we eat the food so we don't have litter. We shop for groceries about once a week. It's kind of similar to buying clothes for us. We look at the prices and quality. We don't really buy any brands, not because we can't afford to, but because we find it stupid to buy a shirt with a logo for a lot of money and in a year we'll grow out of it. We are not in contact with any related family of ours so we don't swap, but we do donate to charity when we don't need the clothes any more.

For cleaners we just buy what's more effective. We don't believe environmentally friendly cleaners really do much so we just grab the most effective one. But we still care for the nature around us, so we don't dump them outside. If it's a broken vacuum cleaner we recycle it or try to fix it, but if it's a detergent or some spray we just flush the liquid in the toilet. I am talking about water mixed with them so we can mop the floor. I think we are doing a good job to try and make the environment nicer.

If I was an adult I would do the same as my parents do now. I would want to live such a life.

Veronika Sluga, 8.b

Shopping is central to our lives because in this time all the things we have, we get in stores. If we don't make things at home, like grow our own foods or make our own clothes, we buy them. My family grows its own vegetables and produces its own meat, because we live on a farm. That's why we only buy clothes and cleaners and all the other materials at the store. We don't actually care what our clothes are made from. We just care that they are comfortable and that they are nice for certain occasions. For the cleaners we check if there is anything too dangerous in them and try to find the least dangerous, but most effective cleaners.

But if I was in charge we wouldn't buy quick fashion, like my brother and sister do, but long lasting useful clothes, even if they were off brand. About the cleaners I would really change a thing. We are already trying the least dangerous, that wouldn't effect our health and the environment around us.

But my life isn't as simple as it could be. It's hard to live a simple life but it helps the environment. Like buying second-hand clothes, buying eco food, supporting small businesses and more. It doesn't sound bad but it is tough to live such a life every day in this century. More and more farms are backing out from eco and it's hard to find 100% eco clothes without paying a lot. I don't think I could ever live the simplest life, but I will try in the future.

Ema Jurjevčič, 8.a

Shopping is central to our lives, because we can buy and get things that we need for our survival. Me and my family don't buy that much of local food but we buy high quality clothes and sometimes a little bit bigger, so we can use them for longer time and we buy cleaners that are more eco-friendly and that there is not that much of toxic chemicals in it.

If I was an adult and I could decide what to buy and make something nicer to the environment and better for my health, I would probably buy more local food, clothes that are made from natural materials (cotton), furniture that is made from wood and things we can recycle.

Things that are at the same time healthy and better for environment are most of the eco-friendly, organic. I think I could not live such life.

Zala Marjetič, 8.c

We buy vegetables, fruit, meat (beef, chicken, fish) and some sweets too, not every time. We buy good quality clothes, so they can last longer. We buy cleaners that contain poison, but we also buy eco-friendly ones. We buy cleaners with poison if needed for dirtier stains that won't go off.

When I am an adult, I will make environment nicer with electric cars not to pollute so much, healthier food, more organization for picking trash or waste in nature, growing more trees, planting more vegetables in my garden, on every corner there will be multiple trash cans for recycling and I will donate clothes or swap them.

Things that are at the same time healthy and environmentally friendly are: growing your own vegetables, sewing some own clothes like gloves, buying local food that is also not processed and swapping things like clothes or toys.

It is good to live simple life for health and environment and every one can live that life. You just need to be focused on what you do, have discipline and be organized.

Benjamin Mahić, 8.a

I think shopping is central to our lives because we don't have gardens and materials to make clothes at home. My family buys food that is local or at least from Europe. We buy dairy products from a farmer. My family mostly buys clothes made with cotton. We buy cleaners that work. We don't look if they are natural or not.

I think we shouldn't use plastic bags at all and replace plastic with something else. We should buy more organic, local and food without pesticides. We should drive more by bikes, scooters, rollers, skateboards... instead of cars.

I think more people should build a garden if it is possible because you save money and you also know that it is organic. I think you can live such a life.

Gašper Mesec, 8.c

Humans have a great impact on the environment. We decide for ourselves, how we will eat and take care of ourselves. We must be kind to the nature and grow something by ourselves.

Shopping is very important to our lives. With it we can get what we need. When we buy food we always have to check whether the food is organic, processed or local, because imported food is sprayed with pesticides. We buy clothes made of natural materials, because we feel better in them. It's also important to buy good quality shoes, because it's more comfortable and we wear them for a long time. When the shoes or clothes become too small for me, I give them to my sister. It's better to buy natural cleaners, because they don't contain dangerous chemicals for the environment, animals and our health, so we buy natural ones.

I can make nicer this that I go to the store once a week and buy only what I need. I also can check what kind of packaging it is packed in, so that I don't create too much waste.

It's better to use less electricity, because it can cause radiations, so that harms our health. It's also necessary to buy quality sports equipment, so that we aren't damaged. When we need furniture it is better to buy furniture made of natural materials, so that it is environmentally friendly and makes us feel better.

It's good to live simple life, because I live simple life. It is better to our health and environment.

If we live like this we would be healthier and more ecological.

Neja Tomazini, 8.b

Shopping is central to our lives because we need to buy food, clothes and other things, but we should be careful with our health.

The best way to get quality food is that you grow your own, like fruit and vegetable. When we go shopping for other food we should check if it is local. When we have any leftovers we put them on compost heap. We go shopping once a week.

When we go shopping for clothes and shoes we check if they are made from natural materials. When we buy cleaners we check just price and we don't care about materials.

Many people on this planet can do something nicer to the environment. We don't need plastic bags because they are very bad to environment. Cotton bags are so much better, because you can use them for long time and they are not bad to environment. If you want to stay healthy, buy local food. If you buy meat that is local and in paper packet, it is good for environment and for your health.

We must care for our planet, because if we care for our planet we can make it different and much better.

Jure Jesenovec, 8.b

Shopping is central to our lives because it's easier to buy then to make something. My family buys healthy food and we don't go to fast food restaurants because food is very unhealthy there. When me and my family go shopping for clothes, we look at the design and price of clothes. We don't look at what the clothes are made of. We buy cleaners that have chemicals in them. Yes, there is something we can do. We can start looking at what the shoes and clothes are made of. Bad quality shoes can damage our feet and bad quality clothes can damage our skin. We can also start using natural cleaners because the ones with chemicals can pollute the water. Organic food that you can buy in your local shops and stores. Also sports equipment, if you buy plastic sports equipment it can break and hurt you, also plastic is not good for environment and health because chemicals can pollute the water and some chemicals are toxic which is bad for health. It is good to live a simple life and you can live such a life.

Nik Kokalj Pajsar, 8.a

