

How to Stop Shopping

You've just come to a Stop Shopping Choir performance, or action and you're feeling renewed and invigorated in the energy of Earth Activism! Now how can you carry that love, energy and compassion forward, and live it out in your everyday life??? How can you become an [Earth Warrior?](#)



Here is a guide of how to [Stop Consuming---and Start Connnecting!!](#)

***Exchange things with your neighbors**

-- Do you have clothes, shoes, accessories, toys or knickknacks at home that you're tired of? Swap them with a friend or neighbor! Post a sign in your apartment building, or on a community announcement board and get to know your neighbors!

Or, go online! The Freecycle Network (www.freecycle.org) and it's partner App "TrashNothing" can connect you to people in your neighborhood, town, or city with Free items to give away OR with people who are In Need of things. You can also find a network of neighborhood swapping groups called "Buy Nothing" on [Facebook!](#)

***If you must buy, buy from your neighbors!**

--- Yes, yes, even though swapping and trading is fun, there are definitely times when purchasing items is a must. Before heading out to a store, why not check with friends or neighbors first, instead of with greedy corporations? Advertise in your neighborhood or go online!

- **Nextdoor.com** is a website that connects neighbors for socializing, community building, and more, it also provides listings of items for sale AND to give away! They also have an APP as well! Craigslist and Facebook are also good places to find affordable items in your local community.

Try a Thrift Store! Friends and neighbors don't quite have what you need? Take a step outside and visit a Thrift Store in your neighborhood town or city. Many thrift stores give a portion of their profits to community causes such as services for military veterans, the Blind and Visually impaired, and the un-housed and hungry, they also provide employment. Recycle, Re-use *and* strengthen the community! Thrift stores are good for: clothes, shoes, housewares, furniture, pots pans, linens, blankets, and other odds and ends.

Feel a little squeamish about buying clothes, bedding, or bath towels that have been used by others? (And that's ok, we won't judge) Once you get your items home, toss 'em in the washing machine with some vinegar to disinfect -- leaving your new items fresh and ready to use :-)

Take a peek in a Pawn Shop---These are good places to find: tools, electronics, purses, jewelry, accessories, phones, computers.....

Bring back the Milkman!

Welllll, we might not be able to bring back the original "door to door" delivery service, but remember those re-usable glass bottles? What if other things came in re-usable packages too? An online shopping service called "Loop" seeks to end the world's plastics problems by shipping their items in reusable packages. Check out more info here on CNN.com :

<https://www.cnn.com/interactive/2019/01/business/loop-reusable-packaging-mission-ahead/index.html>

Dumpster Dive---(if you dare).

Not for the faint of heart, BUT if you're willing to do a little digging, you might be quite surprised with what you find. Diving is also referred to as Urban foraging, a method in which individuals respectfully and carefully inspect public waste areas for usable goods. But! before you attempt this---**Be sure to check your local laws.** You might have heard of "Freeganism", Freegans are a group of people who practice "limited participation in the conventional economy and minimal consumption of resources." They have a top-notch guide to Urban Foraging and links to many resources! Check them out here! <https://freegan.info/what-is-a-freegan/freegan-practices/urban-foraging/dumpster-tutorials/>

Lobby your local government! Want to take things up a notch? Put your body and voice into action---join a protest group or start one of your own and share your ideas for resource sharing with your local politicians! What if there was a law that required restaurants or grocery stores to donate their sealed leftover foods to community pantries and food banks? It could happen, but our local law-makers might need a little help turning the dream into reality.



”Know where thy products come from” ---Charlene R, 2019

...and how they were made. What if you learned that the “excellent” price of your brand new "discount" shirt came at the expense of someone else’s suffering. What if you learned that the person who made your shirt worked for hours on end and faced dangerous conditions such as toxic fumes, cuts, blisters, loss of an arm or leg, or even loss of life, so that your shirt could arrive to you quickly, and at the lowest price? Being aware of our “consumer footprint” not only means getting in touch with ourselves and taking stock of our true needs, it also means being aware, in tune with, and appreciating the needs and experiences of the many people who prepare and deliver all the things we request. How can you meet these people? Here are some documentaries recommended by Ecowarriorprincess.net:

The True Cost-- **The True Cost**, a 2015 documentary film about the impact of fashion on the planet and the people, explores the dark side of fashion and exposes the truth behind it.

Alex James: Slowing Down Fast Fashion -- Blur bassist Alex James takes a close look at the Fashion industry and consumers’ insatiable desire for cheap clothing and how it’s taking a huge toll on the environment and the workers making the clothing. However, Alex doesn’t just investigate the horrible impacts and then leave us feeling helpless, through **Slowing Down Fast Fashion** aims to seek fashion solutions.

China Blue-- A 2006 documentary **China Blue** follows the life of a young worker named Jasmine Li from Sichuan province. She works in a blue jeans factory and is exposed to a harsh working environment. In the process, the film uncovers the truth behind denim fashion which China and the international retail companies that manufacture there, have kept hidden from the world.

Now that you know, trace your items back:

Fair Trade Certified---<https://www.fairtradecertified.org/> and The Ethical Consumer--
<https://ethicalconsumer.org> are great places to start learning the origins of your products!



Replace Capitalism with Community

Capitalism has been in place for a very long time, but what if there were other ways to structure the economy? We know about Socialism, and Communism, but what about Circle Economies, public banks, cooperative economies, and more....?

🌱 [The New Economy Project \(neweconomynyc.org\)](http://neweconomynyc.org) is a group that works to explore and advance ideas for “cooperative and community led development.” They have a number of core campaigns on which they focus, but they are also a good way to get connected with people who have new ideas.

🌱 www.circle-economy.com/ is another good resource for specific information.

So.....now you're armed with new information, ready to Ssssttttop Shopping? We hope so, and the Earth does too. And let us know how it goes for you! We'd love to hear your experiences and feelings as you expand to new shores!! revbilly@revbilly.com.

Earthalujah and love,
Chacha and Colista

