

Shifting Consumption

This week, choose one of the following:

- a) Reduce your consumption of non-renewable resources
- b) Make one day a “Buy Nothing” Day
(<http://www.adbusters.org/campaigns/bnd>)
- c) Take the Balle NS 10% Shift Challenge (<http://www.ballens.ca/>)
- d) Shift your consumption of non-renewable resources toward renewable resources

Submit a half-page summary of the activity you selected and explain why you chose this.