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**System Condition 4**

List actions that could be taken (related to your topic) to better meet basic human needs fairly.

* When possible, buy fair-trade items or products I know are made by workers getting living wages here or in other parts of the world.

**1**

**System Condition 2**

List actions that could be taken (related to your topic) to reduce dependence upon man-made chemicals and other unnatural substances.

* Look at the ingredients list on food products I buy to avoid extra additives and colorings.

*

**System Condition 1**

List actions that could be taken (related to your topic) to reduce dependence upon fossil fuels, and other materials dug out of the Earth’s crust.

* Do multiple errands at once in the same part of town to reduce the amount of gas needed to get there.

**2**

Shopping

**Think of a topic from your home or family life to consider from the perspective of *The Natural Step* framework** (ex: using a rain barrel, gardening, home chores, shopping, etc.):

**System Condition 3**

List actions that could be taken (related to your topic) to reduce activities that harm or encroach upon eco-systems (land, water, wildlife, forests, soils etc.) or break nature’s cycles.

* When possible, shop in a downtown area rather than the strip mall outside of town.
* When possible, buy items that are packaged in recycled containers and use environmentally-sourced ingredients or parts.

**3**

**4**