

Sustainable Consumption in Freiburg



The MEG Take Home Guide for Everything Sustainable About Freiburg

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Editorial

Sustainable consumption - but how? In our 2012 student organized event we, a group of 26 students in the Master of Science Environmental Governance Program at the University of Freiburg, examined the role of the consumer in shaping sustainability. We wanted to explore the topic from various perspectives, therefore incorporating many different approaches and media. Altogether, the topic was explored in four ways:

1. A self-experiment on sustainable living in Freiburg, conducted by 5 students of the program and put together in the documentary film “Sustain-Ability: An experiment”
2. A scientific theatre in three acts, covering the topic in an interactive and playful manner: “Science, Society and Sufficiency: Three Acts Towards Sustainable Consumption”
3. A website which comprises all of the information we gathered in the different groups; and finally
4. A sustainable consumption guide for Freiburg especially tailored for young international citizens, who want to know the best way to get along sustainably in Freiburg.

The leaflet that you are holding in your hand at this moment is the fourth element of our journey towards sustainable consumption and shall help you to navigate your way through the consumption jungle in Freiburg. Through firsthand accounts from the participants of the sustainable living experiment, internet searches, the expertise of friends and by simply keeping our eyes open while going through the streets of our beautiful city, we were able to gather a lot of information! The guide is structured along different topics, starting with food and drinks, leading over to clothing, cleaning, transportation and energy and concluding with an overview of the most important labels to consider when shopping sustainably. We hope you find the information useful and have fun exploring new sides of Freiburg.

Get it started! Go **sustainable!**

Your Generation 6 of the Master of Environmental Governance program and the authors

Janina Heim, Melani Peláez and Scott Cettie

Food and Drinks

If you want to make a difference, making “green” food choices is perhaps the easiest and most effective way an individual can contribute. Food consumption occurs on a daily basis and therefore accounts for a substantial portion of your consumption patterns. There are many ways and choices you can make to reduce your environmental impact with what you eat and drink. For example, already a modest dietary shift from meat to vegetables can account for a substantial reduction in the amount of greenhouse gas emissions associated with your food. Especially in Europe, there are numerous certification schemes for organic and eco-friendly products available (à Eco-labels). Of course, not all organic products are the same, but with a little bit of effort, you can find out quite easily what should better be left on the shelves.

Another important aspect is that organic does not equal sustainable. Of course, the reduction of pesticides and fertilizers, amongst other criteria, is already a big step forward, but it is not the whole deal. Even in the organic supermarkets, we can find almost every product all-year round. This often hides the fact that some products might have travelled twice around the globe or have been refrigerated for up to half a year, which contributes a lot to the emission of greenhouse gases and thus, to global warming. Therefore, regional and seasonal food should not be forgotten if you want to consume sustainably.

Most of us are students and it is true, buying local and organic food is costly in both time and money. Everyone has to decide for her- or himself whether opting for “green” food is possible and desirable. Often, it is simply a question of preferences. One thing that we definitely learned during our experiment is that the easiest and best way to consume sustainably is to do it in a group, with your friends and family. Consider that every time you buy something, you have the choice. While elections in the political arena might appear as a waste of time, the election of your food does have an impact and can make a difference.

This section attempts to give you a small overview of options we found in Freiburg and we hope that it helps you to not get lost in the sustainable consumption jungle.



Farmers' markets

Almost every quarter of Freiburg has its own weekly farmer's market, sometimes even twice a week. At the markets, you can find a wide selection of regional and organically produced agricultural products (and sometimes also handicrafts and other things). This is a list of some of the markets that we have found that offer a good variety of products for you to choose from:



Münstermarkt	Münsterplatz, City Center 7:30 - 13:30 Monday to Saturday (14:00)
Herdermer Bauernmarkt	Kirchplatz Herdern 16:00 - 19:00 Tuesday
Wiehremer Bauernmarkt	Alter Wiehre-Bahnhof 14:00 - 18:00 Wednesday
Markt Vauban	Alfred-Döblin-Strasse, Vauban 14:30 - 18:30
Stühlinger Bauernmarkt	Kirchplatz, Stühlinger 8:00 - 13:00 Wednesday and Saturday
Markt Rieselfeld	Maria-von-Rudloff-Platz, Rieselfeld 14:00 - 17:00 Wednesday 7:30 - 13:00 Saturday
Bauernmarkt Littenweiler	Alemannen-Ebnetter Straße, Littenweiler 8:00 - 13:00 Saturday
Markt Landwasser	Platz der Begegnung, Landwasser 7:30 - 13:00 Wednesday and Saturday

Organic supermarkets and small shops

Everyone of you has probably passed by an Alnatura shop in Freiburg, there are quite a few. However, while they might have a wide variety of products to offer, only few are from the region and are hence sometimes questionable in terms of sustainability. We therefore encourage you to try some of the “small is beautiful” alternatives that we found to be attractive as well. Sometimes, the prices are lower than those of Alnatura and even below those of conventional supermarkets such as EDEKA and REWE that offer their own organic brands. There is a great webpage with all the organic shops in Germany, if you want to buy green also outside of Freiburg: www.hiergibtesbio.de

Alnatura	Kaiser-Joseph-Str. 261, 79098 Freiburg Merzhauser Straße 179, 79100 Freiburg Fahnenbergplatz 3, 79098 Freiburg
Avena Naturkost	Burgweg 1, 79112 Freiburg
Brotboutique Faller	Bertoldstr.21, 79098 Freiburg Schwarzwaldstr. 98, 79102 Freiburg www.bb-faller.de
Bioladen St. Georgen	Blumenstrasse 36, 79111 Freiburg
Bionara	Fabrikstr. 2, 79102 Freiburg www.bioistin.de
Bio Top Broche	Zähringer Str. 371, 79108 Freiburg
Bio-Keller	Konradstr. 17, 79100 Freiburg https://biokeller.de
Bran U.	Moosmattenstr. 5, 79117 Freiburg
Die Flocke Naturkost	Heinrich-Heine-Str. 18a, 79117 Freiburg www.dieflocke.de
Marktladen Rieselfeld	Carl-von-Ossietzky-Str. 1, 79111 Freiburg www.marktladen-rieselfeld.de
Naturkost in Herdern	Hauptstrasse 82, 79104 Freiburg

Naturkost Schuchardt	Elbenweg 4, 79114 Freiburg
Schwarzwaldmilch GmbH Freiburg	Haslacher Straße 12, 79115 Freiburg www.schwarzwaldmilch.de Sale on Friday 14:00
Solaris Naturkost	Wentzingerstr. 48, 79106 Freiburg
Soria Natural	Klarastrasse 94, 79106 Freiburg
Verde BioMarkt	Habsburgerstr. 48, 79104 Freiburg
Vita Naturmarkt	Robert-Bunsen-Str. 6, 79108 Freiburg www.vita-naturmarkt.de
Quartiersladen eG	Vaubanallee 18, 79100 Freiburg www.quartiersladen.de



Restaurants and Catering

When you are too lazy to cook but still want to make sure your food is sustainable, there are a variety of restaurants and caterers that offer their services to the responsible customer. In the local beer brewery Feierling, you can for example buy a two liter bottle and get it refilled - good for the environment and your money.



Albert Wöhrle Bio Partyservice & Catering	Simonswälderstr. 50, 79261 Gutach-Bleibach www.albert-woehrle.de
Altstadt-Cafe	Gerberau 12, 79098 Freiburg
Bensels Biocatering & Kochschule	Fabrikstr. 4, 79102 Freiburg www.bensels.de
Bio-Catering Maria Mocellin	Sasbacherstr. 7, 79110 Freiburg http://biocatering-mariamocellin.blogspot.com
Biosk	Schwarzwaldstr. 80a, 79117 Freiburg www.biosk.eu
Busses Waldschänke	Waldseestr. 77, 79117 Freiburg www.waldschaenke.de
Hausbrauerei Feierling	Gerberau 46, 79098 Freiburg www.feierling.de
Steller NaturKOSTBAR - Suppenbar	Merianstr. 30, 79104 Freiburg www.naturkostbar-steller.de
Vegetage	Rathausgasse 4 (Burse), 79098 Freiburg www.vegetage.de

Further Possibilities in Freiburg

Consumption is not only about buying stuff in a store. There are other ways to organize your food supply and there are numerous initiatives around Freiburg that try to break out of the clear producer - consumer division. While some initiatives, such as cooperatives require hands-on participation, others also try to invest in regional development, which includes socially and environmentally sound farm management practices. You can also, for example together with your classmates or your WG, order a "Bio-Kiste", where farmers directly sell their products to the customers, without having to go through the intermediary supply chains. This is especially a good option if you do not have a car to drive to the farms in the surroundings of Freiburg directly and of course, it reduces the emissions. You can normally tailor your wishes however, as the food is regional, do not expect to get cherries in winter.

Biohöfe-Frischkiste	Ferdinand-Weiss-Str. 11, 79106 Freiburg www.biohoeffe-frischekiste.de
Distelkiste	Herrenstr. 12, 79346 Kiechlinsbergen www.distelkiste.de
GartenCoop Freiburg	www.gartencoop.org
Gemüse im Abo	Vörstetterstr. 24, 79194 Gundelfingen www.gemuese-im-abo.de
Luzernenhof Seefeld - Solidarische Land- wirtschaft	Weingartenstr. 18, 79426 Seefeld www.luzernenhof.de
Regionalwert AG - Bür- geraktiengesellschaft	Hauptstraße 140 79356 Eichstetten am Kaiserstuhl www.regionalwert-ag.de
Volxküche Freiburg	Social cooking and get together at dif- ferent locations that offer food against donations. http://volxkuechefreiburg.blogspot.de

Clothes and Other Stuff

Yes, we know, what really counts is the inner value of a person. Nevertheless, don't be fooled: what you wear shows a lot more about you than you think. Being alternative - admit it or not - is a modern, trendy lifestyle. Only wearing dreadlocks and "Hippie clothes" is simply not enough these days, if it is even anything at all apart from belonging to a social group that wears, well Hippie clothes and dreadlocks. We live in a globalized world, and the fact that a pair of jeans has travelled more than an average German couple in the 1980s will probably not shock you anymore. Here is the thing: companies that take workers' conditions and wages as well as their environmental responsibility seriously actually do exist. We, during our self-experiment and for the research of this guide, tried to find some of the shops in Freiburg, which in our eyes take sustainable consumption seriously.

Second hand

What's old for you is new for me. Flea markets are a great way of getting cool things for little money, cleaning up your household and making everybody happy in the end. In Freiburg, there is a flea market almost every week, sometimes they take place at night ("Nachtflohmarkt") and twice a year, the Studentenwerk Freiburg organizes a student flea market in the Mensa Rempartstraße where students do not have to pay any fees for offering things.

If you do not want to depend on the dates of the flea markets, there are a number of second hand shops that play their part in reshaping our way of consuming: consumption is not just buying new things, in fact it does not necessarily have to do with buying things at all. There are even shops where you do not have to pay a cent. There are also some clothes exchange happening every now and then, just keep your eyes and ears open or organize an exchange party with your friends! Surprisingly, we found that the level of satisfaction for your new favorite sweater is about the

same - not a big surprise, but a growing threat for all those producers that would love to see you throw away your T-Shirt after you wore it two times and get a new one of their new collection.

The City of Freiburg gives a vast overview of all the second hand stores in Freiburg that offer everything from clothes to furniture to books (<http://www.freiburg.de/servlet/PB/menu/1173436/index.html>), here are just some that we tried out:

Fairkauf - Gebraucht- warenkaufhaus	Waltershofener Straße 9, 79111 Freiburg
Kleiderladen	Schwarzwaldstraße 31, 79117 Freiburg www.kleiderladen-freiburg.de
KTS Umsonstladen	Basler Straße 103 www.kts-freiburg.org
Kleine Hexe	Vaubanallee 22, 79100 Freiburg
Recycling Kaufhaus	Schusterstr. 1, 79098 Freiburg Ferdinand-Weiß-Straße 55, 79106 Freiburg
Recyclinghof St. Gabriel	St. Gabriel, Liebigstr.: Exchange Mon- day 14:00 - 16:00 www.abfallwirtschaft-freiburg.de/ recyclinghoefe/recyclinghoefe.php
Second Hand Kostüm- haus	Gerberau 19, 79098 Freiburg
Second Hand	Eschholzstr. 19, 79115 Freiburg

First hand

If you cannot find what you need and want in the second hand options mentioned above, there are definitely options in Freiburg where you can find clothes and other consumption products that are produced in a sustainable way. There are also many places in the Internet where you can buy more specific products according to your needs (for example vegan clothes, shoes, etc.).

Freiburg shops:

Anna Madée Merianstraße 5, 79098 Freiburg

Good True Beautiful Oberlinden 10, 79098 Freiburg
www.goodtruebeautiful.de

Malina Herrenstr. 49, 79098 Freiburg
www.naturmode-malina.de

Weltladen Freiburg Gerberau 12, 79098 Freiburg
www.weltladen-gerberau.de

Weltladen Herdern Urbanstraße 15, 79104 Freiburg
www.weltladen-herdern.de

Zündstoff Global Streetwear Adlerstraße 12, Grether-Gelände
www.zuendstoff-clothing.de

Online stores (Germany based):

www.fairstyled.de

www.hess-natur.de

www.fairtragen.de

www.organicc.de

www.glore.de

www.rootsofcompassion.org

www.grundstoff.net

www.true-fashion.com



Household and Cleaning

When you think that sustainable consumption begins and ends at the doorsteps of the shops, this chapter will further open your eyes on where you can get your green head spinning again (and your cleaning towels as well). The first rule in the household haven is: not all that glitters is gold. Detergents these days are shining with colors and they promise that they will protect those of your clothes as well. But most of the time, you do not need to use that many chemicals to get your things clean. Some producers have developed cleaning detergents that are effective even without a high number of chemicals in it. Even so, since we are not forgetting the knowledge of previous generations we also bring back to life some old but far from forgotten tips from our grandmas, which will help to get your surroundings clean without harming the environment too much. And if you have to buy something new, make sure to check out the product certification (see Eco-Labels section). Alnatura, dm and organic shops are probably the best sources of ecological cleaning products (and cosmetics, too, by the way).



Grandma's Tips



- All-round cleaning agent** Bring 1 liter of water to a boil and let it cool a bit. Then fill it in a bottle and mix it with 1 tablespoon each of diluted acetic acid ("Essig-Essenz"), soda ("Natron" from dm, etc.), essential oil (orange, lemon, etc.) and tea-tree oil.
- Scouring agent** Mix one can of buttermilk with half a package of salt and half a bottle of acetic acid. Cleans everything that you have not managed to clean before.
- Window cleaner** Tea, lemon and water - could it be simpler? Stir a cup of black tea in 2 liters of water and squeeze in a lemon. Your windows are going to shine and it does not harm the environment at all.
- Laundry detergent** Pour 350 ml of boiling water over 15 g of ground curb soap and add 2 tablespoons of soda. Mix well. Once the paste is getting solid, add again 350 ml of boiling water and some essential oil. After one day add another 350 ml of water and mix everything well. Shake the detergent every time before you use it!
- Coke** Yes, it actually does help! Just rub in a little bit of Coke in your sink or anything metal and it will shine like new!

Ecological Brands

Frosch

One of the oldest ecological producers in Germany, Frosch has been advertising for decades with the slogan “Ohne Tenside” (without tensides). Offers a variety of products from laundry detergent to toilet cleaner.

www.frosch.de

Ecover

An international brand that started to produce ecologically since 1980 in Belgium. The company opened the first ecological factory worldwide in 1992.

www.ecover.com

Ökoclean100

Online shop of another ecological brand:

www.oekoclean100-shop.de

WiBa Vertriebs GmbH

Online order shop for cleaning products:

www.wiba-gmbh.com

Half Cat

Vegan cleaning detergents and also cosmetic products:

www.half-cat.de

Energy



Freiburg is the home of many research institutes and companies that have dedicated themselves to the question of our future energy supply. It would be surprising not to find a lot of alternatives here to the conventional energy supply.

Alternative Energy Providers

Switching your electricity provider is easier than you think, and it will not cost you that much more, since Germany is subsidizing a lot of the renewable energies sector. Check out the alternatives that you have and talk to your housemates - they might be glad that you took the initiative and will support you in your plan.

Our list gives an overview of providers that have been certified by TÜV, Öko-Test, Stiftung Warentest, and other institutions that test and compare the reliability of products and services. You can also check out the web page www.gruenerstromlabel.de, to find out more about green energy alternatives.

Elektrizitätswerke Schönau www.ews-schoenau.de

Lichtblick www.lichtblick.de

Wemio (WEMA AG) www.wemag.com

Greenpeace Energy www.greenpeace-energy.de

Secura Energie www.secura-energie.de

Naturstrom www.naturstrom.de

Ökostrom der Badenova www.regiostrom.de

Saving Energy

Even if you are not able to change your energy and gas provider you can still make the difference and save energy at home with our smart and easy tips.

Shower cold

At least in the summer time, consider taking a cold shower, your pocket and the environment will benefit for sure! Also, a good cold shower to start the day can help you not only to fully wake up, but also to normalize your blood pressure, improve your immune system, improve blood circulation and alleviate muscular pain.

Shower fast

Taking long showers are neither good for you nor the environment. Challenge yourself and try taking a max. 5 minutes shower. You will save about 400 liters of water a week. Or: shower with somebody. 😊

Lower your thermostat temperature

If cold water 'scares' you, you can also lower the temperature of your thermostat at least 2°C. In winter, try to not leave the heating on while you have the window open and better dress in a couple of layers more than having a private sauna party with your heating.

Laundry

Only towels and sheets need a 40°C fast cycle. The rest of your clothes will be super clean with a 30°C program (unless you went rubbing yourself on a lawn or diving into some mud pond!).

Batteries

Try to avoid appliances that need batteries. If you still need to use batteries, go for a set of rechargeable ones. You will save a lot of resources, toxic chemicals and money.

No more stand-by

Switch off your computer, TV, etc. completely when you do not use it anymore. You can get a connection plug board to have more control of your electronic devices with just one 'click'.

Energy efficient light bulbs

Pay attention to the energy-saving labels of all bulbs you buy.



Transportation

Compared to other German cities, Freiburg is known for being a bike-friendly hot spot. Also called “the German Amsterdam”, Freiburg’s infrastructure offers approximately 500 km of bike lanes and a comfortable and efficient public transportation system. 89% of households, including 1-person households, own at least one bike per person. Even though almost 90% of family-households own a car, 24% prefer to go by foot, 28% by bike, 18% by public transportation, and just 23% by car.

Going by bike is definitely an intelligent choice that helps you not only to eco-mobilize wherever and whenever you want, but to keep up a healthy life style! If you need to go long distances, the public transport system of Freiburg provides you with some good offers, especially for students. If you really need a car, try out some of the car sharing and pooling alternatives.

Bikes for rent U-Asta Rent-a-Bike:
www.u-asta.uni-freiburg.de/service/fahrradverleih/

DB CallBike
www.callabike-interaktiv.de

Bikes for sale (2nd hand) Online platform for used bikes in Freiburg Zähringen.
www.gebraucht-fahrrad-freiburg.de

Die Radgeber und der Tandemladen,
 Schnewlinstr. 5, 79098 Freiburg
www.radgeber-freiburg.de

Almost every 6 months the Studentenwerk Freiburg organizes an auction of lost-and-found items including bikes. If you live in a student residence, pay attention to the information boards where these auctions are announced.
www.studentenwerk.uni-freiburg.de

The Fundbüro also offers auctions: Fundbüro, Merianstr. 16, 79104 Freiburg
www.freiburg.de/servlet/PB/menu/1162677/index.html

Bike repair shops

Everywhere in Freiburg, you will find bike lovers that repair bikes for low prices or you can even repair it yourself with some instructions.

Reinhard Freitag, Rennerstr. 4, 79106 Freiburg

Die Fahrradwerkstatt, Habsburgerstr. 9, 79104 Freiburg

www.radgeber-freiburg.de

Critical Mass Freiburg

This is a group of bike lovers that actively advocate for a bike-friendlier Freiburg. By joining this civil society group, you can get to know many cool Freiburg citizens, discover the whole city by bike, and support good living.

www.critical-mass-freiburg.de

Car sharing Südbaden-Freiburg e.V.

Wentzingerstr. 15, 79106 Freiburg

www.car-sharing-freiburg.de

Mitfahrgelegenheiten

Check out the information boards of KG III and KG IV for people that offer a space in their car. The most common Internet platforms are:

www.mitfahrgelegenheit.de

www.mitfahrzentrale.de

www.raumobil.de



Semesterticket VAG

If you are a student and want to discover not only Freiburg but the whole Black Forest region, we definitely recommend you to get this ticket. You can go hiking or skiing to Feldberg or Schauinsland, discover the Zoo in Munzingen, have a fast adventure in Neustadt, etc. With this ticket you can catch the train, tram and bus for the entire Freiburg-Breisgau region, and sometimes you can even take your bike with you!

www.vag-freiburg.de

www.breisgau-s-bahn.de

www.rvf.de

Baden-Württemberg-Ticket

You can share a Baden-Württemberg train ticket with 4 other people and travel within all the state. This is a great and cheap opportunity if you want to plan weekend trips outside the VAG zone.

Flights

For almost all international students, especially those from overseas, it is nearly impossible to not take a plane to travel home and thus contribute to CO₂ emissions. We therefore recommend evaluating and considering flying CO₂ neutral. Almost all big airlines like KLM, Lufthansa, Iberia, etc. offer compensation programs. We know this can get expensive, but it gives you an opportunity to compensate your carbon footprint. If the airline does not offer this compensation, you can also do it via

www.atmosfair.de

Eco-labels and Certifications

Every time you go shopping, keep your eyes open for the labels printed on every product. Although the abundance of information might be a little bit confusing in the beginning, it will help you to figure out more easily which product is more and which is less sustainable. Be careful - some labels are only self-proclamations, while others correspond with honest certification processes developed by well-known organizations. Inform yourself about the products you buy on a regular basis as well as on the labels shown on their packages. An informed citizen holds the power to influence producers, companies, and markets.

Our list gives an overview of the most important labels for Germany. Keep in mind that organic does not necessarily equal fair trade! A “green product” might only include standards that foster a better environmental performance, while a truly “sustainable” product should include environmental, social and economic standards.

If you want to know more about eco-labels around the world, visit the web page of the “Ecolabel Index” with information available in English. You may find out that in your home country there are already several certifications trying to educate consumers:
www.ecolabelindex.com

Food and Drinks

EG-Bio-Siegel



This certification assures that the producer is following the German and European normative on organic farming and agriculture, and the German Eco-labeling regulation. The products follow various guidelines, such as restrictions in pesticide and mineral fertilizer use, as well as animal health standards.

www.bio-siegel.de/english/homepage/

Bioland

The Bioland label represents a large association of organic farmers in Germany. The organic standards set by this label seek to avoid the use of antibiotics, hormones, growth regulating chemicals, mineral fertilizers, genetically modified food, and supports the maintenance of a healthy soil and closed production farming cycle.

www.bioland.de/bioland/startseite.html

Naturland

Another organic farming and agriculture association founded in 1982 that sets certification standards higher than those set by the EU regulation. This certification promotes a holistic farming management, avoiding genetically modified organisms, heavy chemical fertilizers, and other criteria. It also includes social responsibility standards for all associated farmers, as well as organic forestry management and organic aquaculture.

www.naturland.de

Demeter

The oldest German organic agriculture organization that seeks to incorporate biodynamic and anthroposophical criteria into agriculture. Standards include ecosystem preservation, care of seeds and seeds propagation, animal husbandry and manures, and the use of special homeopathic supplements for the soil and animals.

www.demeter.net

Ecovin



Founded in 1985, this German association of organic wine producers strives for synthetic pesticide- and insecticide-free vineyards. They also avoid the use of nitrates and phosphates in order to keep their soils and water safe and healthy. Tip: you can check out this link and find out which farms near Freiburg produce certified wine. You can organize a bike-trip with friends and visit the vineyards!

www.ecovin.de/de/oekologische-weinkultur-google-map.htm

Fairtrade



This label represents a market-based social movement that seeks to secure fair income and prices for producers in developing countries that export to developed countries. The products covered by this socially responsibility certification are: coffee, cocoa, sugar, tea, bananas, cotton, honey, wine, fresh fruit, chocolate, flowers and gold. The standards set by this certification ban child labor, slavery and seek to guarantee a fair price, safe working conditions and respect for human rights.

www.fairtrade.net

GEPA



GEPA is an alternative trade organization that was founded in Germany in 1975. The principles and standards seek to secure fair income for producers in developing countries, as well as the achievement of the goals set in the Agenda 21 (strategic action plan to achieve the Millenium Development Goals and Sustainable Development). GEPA also fosters access to health care, women empowerment, organized working hours and breaks, reduction of child labor, etc.

www.gepa.de

MSC



Pay attention that the fish you buy is certified by the Marine Stewardship Council (MSC). This non-profit organization has been working since 1997 to help monitor fish stocks in the oceans and to certify fisheries that comply with sustainable fishery management, that is, avoiding overfishing, using appropriate nets, tracing back all fish products, limiting by-catch (e.g. turtles, dolphins, sharks) etc.

www.msc.org

Before you choose to consume fish, please check out the guides for sustainable fish, compiled by various organizations (www.slowfood.com/slowfish/pagine/eng/pagina.lasso?-id_pg=94)

ECOCERT



A French organic certification body that specializes in environmentally friendly agriculture that has also expanded its certification to cosmetics and textiles. Since we are living on the border with France, it is good to remember this certification and get more info about it at their web page.

www.ecocert.com

VEBU



The VEBU label represents the standards set by the Vegetarian Association of Germany (“Vegetarierbund”). Since 1892, this group of vegetarians and vegans has been working to set high standards for food production and consumption around Germany. Whenever you see this label on any food product, you can be sure that no animal products have been used in its production. You can also find VEBU certified products for vegetarians i.e. when just milk and eggs have been used in their production.

<https://vebu.de/lifestyle/essen-a-trinken/v-label>

Energy, Household and Cleaning, Transportation, Wood and Clothes

Blauer Engel



The first independent eco-label for non-food products created in the world. Since 1978, the voluntary standards set by this certification institution strive for the improvement of the life-cycle of products and their reduced environmental impact. Products and services like televisions, paper, computers, clocks, cleaning products, toys, textiles, tires, household appliances, showers, car-sharing, etc. can be certified by the Blue Angel.

www.blauer-engel.de

European Flower - EU Eco-label



Since 1992, this voluntary certification scheme sets high production and management standards to reduce environmental impact and improve environmental quality. This label is aimed at EU-based producers, but can also be obtained by non-EU producers.

http://ec.europa.eu/environment/ecolabel/index_en.htm

Öko-Text Standard 100/1000



Whenever you see this label on textiles, you can be sure that the whole life cycle has been improved to have the least environmental impact possible. It also deals with the performance of textiles while being used and washed by consumers, as well as with the recycling or disposal of clothes.

www.oeko-tex.com/OekoTex100_PUBLIC/index.asp?cls=02

Öko-Test



Öko-Test is a consumer magazine that tests products on their components and production chain. It is important to know that this is not an eco-label. The Öko-Test logo just tells you that if the product has a good ranking, it probably contains less harmful substances.

www.oekotest.de

Stiftung Warentest



This independent consumer magazine focuses mainly on the quality of products and services and not much on the ecological or social aspects.

www.test.de

Grüner Strom Label



**GRÜNER
STROM
LABEL**

In 1998, the 'Green Electricity Label' Association was founded in Germany, with the support of other civil society organizations such as Friends of the Earth Germany and the Consumers Initiative Germany. The standards of this label ensure that renewable energy providers assign at least one cent of each kW/h to foster further innovation and expansion of renewable energy companies, not only in Germany but also in developing countries.

www.gruenerstromlabel.de

FSC



The Forest Stewardship Council (FSC) was established in 1993 as a non-profit non-governmental organization promoting responsible forest management. FSC fosters socially and environmentally responsible production and management of forests around the world, helping to monitor endangered forests species and protect against overharvesting and deforestation.

www.fsc.org

PEFC



Another sustainable forestry organization that also includes requirements on prohibition of child labor, equal remuneration, abolition of forced labor, etc.

www.pefc.org

Rainforest Alliance



This non-profit organization was founded in 1987 and fosters the protection of biodiversity and wildlife in rainforests around the world, including schemes on sustainable forest agriculture and sustainable tourism, among other criteria.

www.rainforest-alliance.org

Other initiatives in Freiburg

While this guide aims at providing you with an overview of how you can change your individual consumption patterns, we think it is just as important to combine our forces and act within a group of like-minded people. Freiburg offers a variety of initiatives and environmental groups to choose from. It is not only a great way of meeting new people, but also a good motivation to not give up - if we combine our efforts, we can really make a difference!

www.ttfreiburg.wordpress.com

The Transition Town Freiburg initiative wants to prepare the city for climate and energy change and has different thematic groups open for participation.

<http://lebensdorf.net>

This group also wants to trigger change from the bottom up with the creation of a sustainable village with respect for all living beings and in harmony with nature.

www.greencity-cluster.de

The Freiburg Cluster “Green City Freiburg” is a networking platform for green products, housing, research, education and tourism.

www.ecotrinova.de

Association of Freiburg’s environmental institutes, groups, offices and citizens that focuses on environmental research, education and consultancy to create a future-oriented model region.

www.oeko.de

Institute for Applied Ecology in Freiburg.

www.co2libri.freiburg.de

Climate campaign of the City of Freiburg and a platform for information sharing.

www.bund-freiburg.de

German Friends of the Earth group in Freiburg. They have their own environmental education centre and herb garden in Seepark (www.oekostation.de)

www.greenpeace-freiburg.de

Greenpeace group in Freiburg.

www.nabu-freiburg.de

Naturschutzbund (Alliance for Nature Conservation) group in Freiburg.

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