

A small guide to take along when you shop

We have listed the seals and symbols cited in the Sustainable Shopping Basket in compact form to assist you in your daily shopping and for your less frequent purchases in DIY stores, furniture stores, etc. Just cut it out, fold it and take it with you. Each list is provided in duplicate – in case one goes missing or you want to pass one on to a friend.

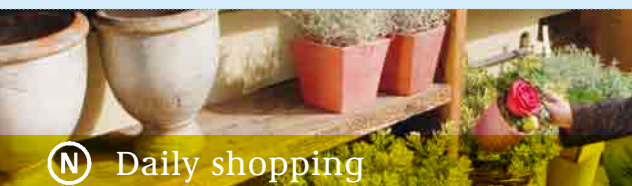


N Daily shopping

	Food Genetech-free		Eco-Label
	FairTrade		EU label for organic agricultural products

	Food "Bioland"		"Biopark"
	"Demeter"		"EcoVin"
	"Naturland"		"Neuland"
	"Gaa e.V." organic agricultural products		Marine Stewardship Council (MSC)

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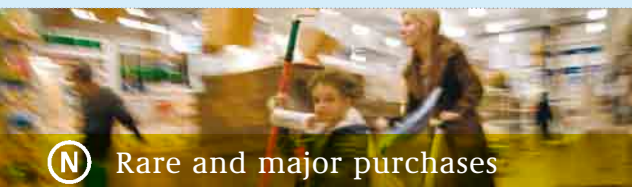


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N Rare and major purchases

	Television, computers, etc. "Der Blaue Engel" / The Blue Angel		TCO seal
	European Eco-Label		Energy Star

	Travel "Viabono"		"Der Blaue Engel" / The Blue Angel
	"Biohotels"		"Natureplus"
	European Eco-Label		European Eco-Label
	cdm Gold Standard		"eco-INSTITUT"

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	"Natureplus"
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	Food
	Rainforest Alliance
	“Biokreis”
	“Ökoqualität garantiert” / Guaranteed Organic Quality
	Washing & cleaning Charter for Sustainable Cleaning






	Cosmetics
	NaTrue
	“BDIH Kontrollierte Naturkosmetik” / BDIH Controlled Natural Cosmetics
	Textiles
	“IVN Naturtextil” / IVN Natural Textile
	“IVN Naturleder” / Trust in Textiles





	Textiles
	Global Organic Textile Standard
	“Textiles Vertrauen” / Trust in Textiles
	European Eco-Label
	Useful items “Der Blaue Engel” / The Blue Angel

	Forest Stewardship Council
	Programme for the Endorsement of Forest Certification Schemes
	European Energy Label
	Flower Label Program

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	Renovation
	Forest Stewardship Council
	Programme for the Endorsement of Forest Certification Schemes
	“Naturland”
	“GuT-Signet”

	Furnishing
	“Der Blaue Engel” / The Blue Angel
	European Eco-Label
	“ÖkoControl”
	Programme for the Endorsement of Forest Certification Schemes

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	Forest Stewardship Council
	“Naturland”
	“eco-Institut”
	Goodweave RUGMARK

	Green electricity
	“Grüner Strom Label” / Green Electricity Label
	“EnergieVision ok-power”
	“TÜV (EE01, EE02, UE01, UE02)”
	Household appliances European Energy Label

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The seasonal calendar for fruit and vegetables

The best policy is always to choose foods that meet all three of the following criteria: organic, regional and seasonal. Make sure that at least one of these criteria is met. Fruit and vegetables are best purchased in season. Freshly harvested fruit and vegetables are tastier and usually very low in price. The seasonal calendar shows you which types of fruit and vegetables are best and freshest at which time of year.

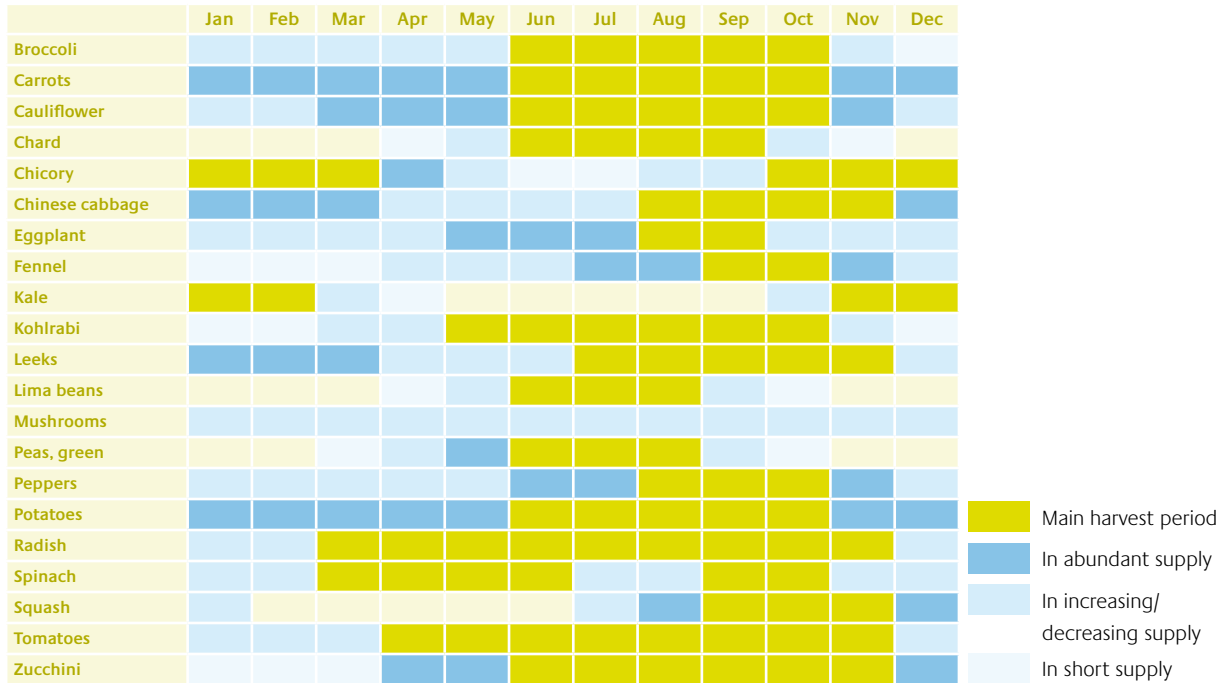


How about some fresh, crisp vegetables?



How about some juicy fruit?

Seasonal calendar for vegetables



Seasonal calendar for fruit

