

Consumption or Over-Consumption?

7.4.5

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Record and total the quantity of goods consumed unnecessarily by members of your group over the course of a week. Note that all items wasted or thrown away are part of consumption.

| Category | Quantity |
|---|----------|
| Food | |
| Unnecessary packaging, bags, boxes | |
| Paper and books | |
| Clothing | |
| Energy consumption (car, electricity, heat, etc.) | |
| Water | |
| Other consumer goods | |