

More information @
 decolonization.coven.com
 decolonization.coven on TikTok
 you can find more zines
 like this one about
 - Decolonization - Jury nullification
 - Abortion
 - Emergency prep - Free health care
 - Cyber security
 - Immigration + many more
 - Mending clothes

BEST
 Farmers Markets, Thrift Shops, DIY Projects, local POC or Woman owned stores

BETTER
 Ethical Chains (Aldi, Trader Joes, Winco, Costco)
 Quality stores
 Online small businesses (Beware scams)

GOOD
 Ethical brands in grocery stores (Ben & Jerry's, Tony's Chocolate, J+J)
 • Less Packaging / Recyclable
 • The Cheapest option

How to FIGHT CAPITALISM and SAVE the WORLD

ECO-friendly SWAPS

THIS ✓ not x THAT x

- Plastic wrap
- Beeswax wraps
- Reusable bags
- Plastic grocery bags
- Single use plastics
- Glass storage-ware
- Individually wrapped items
- Bulk stores

Buying a big bag of snacks and portioning it out at home
 Can save a lot of money and plastic

Where do I put my money

Big Banks like Wells Fargo or Chase use your money to play the stock market which is highly volatile

Putting your money in a local credit union ensures your money is safe. Their investment save in your neighborhood and you know EXACTLY where your money goes.

Credit Unions are not-for-profit

Getting off social media ...

I know. It's hard.

Getting off social media can help in so many ways

- Stop Comparing yourself to others
- Limits exposure to ADS
- Can improve mental health
- You can be productive if you stop DOOM SCROLLING
- Set time limits on apps or only go on to check specific profiles - NO SCROLLING

THINK before YOU SPEND

Think of your money in terms of time spent earning it

If you make \$10/hr, is that \$20 shirt worth 2 hours of your time?

QUALITY over Advertising

Buying durable, timeless items will save you money and reduce waste

ASK YOURSELF

Is this a well-made product? REALLY NEEDED?

Has this product been advertised to me by social media trends?

Is it something you WANT or something you've SEEN?

LOWER YOUR SPENDING

- Don't use credit cards (if possible)
- AVOID window shopping that can lead to impulse purchases
- Don't Rent (if possible)
- No TikTok Shop
- Use what you have before buying more
- Don't get a bunch of the same thing
- Start a garden, even in small spaces (container garden)

ALTY UP

Capitalism is designed to keep you wanting MORE.
 If you don't keep up with trends you are "uncool". If you use damaged items instead of buying a new one it's "shabby". THIS IS FAKE!!! Don't let societal pressure shame you into buying pointless things you don't need that will be in a landfill next year.

Invest in Yourself

eat healthy and stay active, Now - the better shape you are in now is money saved on doctors later. You get 1 body, 1 life. take care of it and enjoy it. Don't forget about mental health too! it's essential to loving life.

ORGANIZE

Get out there! talk to your neighbors, local homeless people, coworkers, anyone. Help anyone you can. you can donate TIME or MONEY when we focus on our local community, it strengthens and you directly benefit. ♥
 Find the humanity in every person you see. this will make us all kinder and build a foundation for a better world. ♥

SO... How CAN I spend my MONEY?

GOOD-BETTER-BEST
 It's impossible to be perfect

If you can't get the BEST option look for a BETTER one. If you can't get a BETTER choice, get what you need. Inflation is crazy. we can't always afford to get the most ethical option. give yourself GRACE and try when you can.

QUICK GUIDE →

NOV NOV NOV

- Saves you MONEY
- Helps the ENVIRONMENT
- Can improve your general mental health
- Your money will support your values
- NOT BILLIONAIRES
- helps build community

WASTE

Feeding America estimates

38% of food is thrown away

- 145 BILLION meals worth \$473 BILLION annually
- Buy food with intention
- Meal Prep to avoid eating out
- Compost what MUST be thrown out
- Batch cooking and freezing can save you time, money and food.
- Buy local or start a garden

QUICK TIPS \$

Find your style

Use public transportation

Think before you spend

They won't pay you more for doing more work. BARE MINIMUM ONLY

Reduce, Reuse, Recycle

give yourself GRACE

SHOP LOCAL

REDUCE

REPAIR

Did you know there is enough clothes on earth to clothe the next 6 generations?
 Source: British Fashion Council
 Learning how to do basic sewing can save you a ton of \$ and keep your clothes out of landfills

IS IT BROKEN OR JUST UGLY?

Amug with a broken handle still holds liquid. Can the handle be fixed? Can you plant a plant in it? Is there any other use? Don't throw things out just because they don't look as nice. Don't buy things that you already own.