

Do you consider the environment when you make choices in your everyday life?

Nutrient load from industry and agriculture is the main polluter of the Baltic Sea. Still, households' everyday consumer habits do count.

Build-up of people's - including yours - environmental consciousness is the prerequisite for a better environment.



S Y K E

Biggest polluter of the Baltic Sea is us, that is, what we eat

Lighten your fingerprint on the environment: eat less food of animal origin.

A diet consisting mainly of meat causes twice the nutrient load into the sewage than a diet consisting mainly of vegetables.

Cattle feed cultivation

about 0.7 million hectares, that is, the area of Pohjanmaa region.

Meat consumption

has doubled since 1970

2x

Cultivated area
about 2.2 million hectares, that is, the area of Kainuu region.

What else can I do?

- ✓ Use eco-friendly detergents
- ✓ Do not wash carpets on the shore or on the pier
- ✓ Manage properly your cottage's sauna and toilet waters
- ✓ Be a responsible boater

