



CLIMATE, FAIRTRADE AND YOU

CHOOSE THE WORLD
YOU WANT



CHANGE THE WORLD THROUGH YOUR CHOICES FILM TRANSCRIPT

My name is Claire and I work for the Fairtrade Foundation. Today I'm going to show you how you can make a big difference through the choices you make every day.

The only thing you need for this activity is you!

You have so many chances throughout your day to make a difference to people around the world and to the planet that we live on.

One way to make a difference is through the things that we choose to eat, drink or wear.

Everything you buy – every t-shirt, every pen, every bar of chocolate – has a story, stretching back months or even years before it came to you!

From its very beginnings on a farm or a mine to the shelf of a store in your town, the things we buy to eat, wear and use have been through lots of places and sometimes lots of processes.

At every step of the way there are people.

Your products can have a big effect on the people and the places along the way. The companies who make and sell the products often don't pay the farmers very well for their hard work. The farmers end up trapped in poverty.

These companies will try harder with their farmers if they think their consumers (that's you!) care about the farmers and their lives.

Choosing farmers that have been produced giving farmers a better deal is a way that you can choose to change the world.

So, buying Fairtrade products is one way that you can make a huge difference in the world, but how else can you make a difference in the world through your choices?

Today, I'm in Cupar, a Fairtrade town in Scotland, and I'm going to meet some amazing change makers to help get some ideas.



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Choose to grow organically

Our family are really concerned about all of the chemicals going into the air so I've been researching ways to stop it. One of the ways is to grow organically. An example is, in lockdown, me and my dad made a herb business and it was organic. All the chemicals from not being organic is going into the atmosphere and damaging the planet. It's letting too much sunlight in and melting all of the icebergs so that polar animals have nowhere to live anymore.

Choose to reuse your rubbish

I've decided that I'm going to reuse that rubbish. I could use a plastic bottle into a bird feeder to help the birds or I could change leftover cardboard boxes into games like this one. I think if everyone does a little it can do a lot.

Choose to cut down on plastic

Hi. Me and my family really like the ocean so we've decided to cut down on plastic as much as we can. When we do use plastic and we can't recycle them, we put them into big bottles like this so that when they go to landfill they don't blow away into the ocean and animals don't get hurt.

We also use beeswax wrapping like this so we don't use plastic wrapping and it doesn't go into the ocean and animals get hurt. So let's save our oceans!

Choose uniform made with Fairtrade cotton

I wear Fairtrade school uniform because I think that the Indian cotton farmers that grow the cotton should be paid properly to feed their families and themselves, also to buy medicine and clothes. I think we should encourage people to buy more Fairtrade items. The quality of the cardigans that the farmers produce is also very good and lasts a very long time. Even teachers wear them!

If we all work together to make choices that help both people and planet, we can change the world for the better.

Thank you for watching. Now you've finished this video and had some great ideas, we'd love to hear how you chose to change the world today!

You can choose the world you want!