

This matters to each of us because we are all responsible for being part of the change.

Our actions today affect our children tomorrow and everyone deserves a fair and equal chance in life.

The Department of the Environment, Climate and Communications is responsible for the whole of Government approach to achieving the Sustainable Development Goals.

The National Implementation Plan 2022-2024 sets out the overarching national governance, coordination and monitoring framework for the SDGs.

This leaflet is for the private citizen and provides a short guide on individual action that can be taken to help progress the SDGs.



To learn more about the SDGs and Ireland's response and commitment to the UN, visit:

[www.gov.ie/SDGs](http://www.gov.ie/SDGs)

#SDGsIreland



Rialtas na hÉireann  
Government of Ireland

## Sustainable Development Goals

# 50 Daily Actions

To help transform our world



Rialtas na hÉireann  
Government of Ireland

# These simple actions can help you stay on the road to a prosperous planet

## 1 NO POVERTY



1. If you can, buy fair-trade products and support sustainable trade
2. Try to buy clothes from shops that help charities
3. Consider donating food to a food bank

## 2 ZERO HUNGER



4. Educate yourself, understanding hunger can help us solve it
5. Support local farmers and buy your food at farmer's market
6. Help support companies providing food to developing countries

## 3 GOOD HEALTH AND WELL-BEING



7. If you can, be more active and go for a walk or a cycle
8. Get a good night's sleep and eat healthy
9. Make time for yourself, your friends and your family

## 4 QUALITY EDUCATION



10. Support charities that are working in education in poorer parts of the world
11. Donate old books to your local library or school
12. Share your skills with someone who needs them

## 5 GENDER EQUALITY



13. Practice and demonstrate to children equal decision making processes at home
14. Support equal gender representation in the workplace, including in leadership
15. Encourage gender equality at home and in our schools

## 6 CLEAN WATER AND SANITATION



16. Fix broken taps at home. Get a leak fixed quickly
17. Turn off the tap when brushing your teeth
18. Never flush toxic liquids down the drain, it can pollute our lakes and rivers

## 7 AFFORDABLE AND CLEAN ENERGY



19. Cover the pan when cooking, it lowers the energy needed to boil water by 75%
20. Only fill the kettle with the amount of water you need
21. Turn off plug switches when going on holiday

## 8 DECENT WORK AND ECONOMIC GROWTH



22. Support businesses that promote decent employment and gender equality
23. Encourage more job opportunities for young people
24. Ensure safe working conditions and healthy work environments

## 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



25. Don't throw away. Give away! Pass on your working electronics or recycle them
26. Download an app on sustainability
27. Try to buy sustainable products

## 10 REDUCED INEQUALITIES



28. When you see discrimination in Society, speak up against it
29. Learn to respect all kinds of people who may do things differently to you
30. Talk to children about different cultures

## 11 SUSTAINABLE CITIES AND COMMUNITIES



31. Learn how to help make your village, town or city more green
32. Promote car-pooling in areas with limited public transport
33. Make use of your local recreational spaces

## 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



34. Donate or recycle any clothes you're not using
35. Eat and shop locally and support associations committed to fair trade
36. Do a cold wash, warm water uses more energy

## 13 CLIMATE ACTION



37. Take re-usable bags to the shop and only buy what you need
38. Maintain your car, it will let out less toxic fumes
39. If possible think about making your home more energy efficient

## 14 LIFE BELOW WATER



40. Only use the dishwasher and washing machine when they are full
41. Respect laws relating to over fishing
42. Use fewer plastic products which often end up harming ocean life

## 15 LIFE ON LAND



43. Encourage wildlife by allowing sections of your garden to grow wild
44. Eat seasonal food, it's cheaper and environmentally friendly
45. Recycle used paper and go paperless where possible

## 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



46. Demonstrate a peaceful environment at home
47. Use your vote and participate in your countries decision making process
48. Be respectful and peaceful when standing up for what you believe in

## 17 PARTNERSHIPS FOR THE GOALS



49. Practise teamwork at home and share activities among family members
50. Together we can make the SDGs a reality