



# 5 STEPS TO A SUSTAINABLE GALLEY

## 1

### DEFINE THE ISSUES:

Write down your 5 most anti-sustainable galley actions.

This could be anything from unsustainable food sources, single-use plastics, to cleaning products, to wasting water etc.

## 2

### BRAINSTORM THE ALTERNATIVES:

Next to each one, list your alternative options (introduce plant-based meals, use a filter for tap water, buy local or at the market, buy in a bulk, buy from the deli counter, provide your own reusable plastic containers.

## 3

### CREATE AN ACTION PLAN:

Choose the easiest, quickest alternative action to implement. Write down what happens when you choose the alternative action. How will the situation be improved? Is there good reason to change?

## 4

### ACCOUNTABILITY

Write "I choose (alternative action) instead of (anti-sustainable action)". Commit to a date when you can implement the action. Set an alarm, write it in your diary or share it with a colleague!

## 5

### CHECK IN & REVIEW:

Did you complete the action? How easy was it to complete? Did you have to overcome any obstacles? Don't forget to celebrate your win for a more sustainable galley and the planet!



Talk about the action in the present tense. Don't use *will*, *can*, *must* or *should*, this helps to foster a positive mindset, increase motivation and bring about goal-orientated thinking

**SIGNIFICANT CHANGES START WITH ONE SMALL STEP — ONE ACTION ROLLING INTO ANOTHER WITH MOMENTUM AND A FORCE THAT CREATES MEANINGFUL TRANSFORMATION.**



At Small Vegan Kitchen we believe that Plant-based nutrition is the optimal choice for nourishing our bodies, preserving our oceans, nurturing our minds, and caring for the planet.

**DISCOVER HOW WE CAN SUPPORT YOU IN YOUR JOURNEY FOR A GREENER GALLEY**



**JOIN US ON OUR PLANT-BASED REVOLUTION**