

Charities and Ethical Shopping

What are charities?

Charities are a special type of not-for-profit organisation that helps others. This could include helping the elderly, sick, poor or disabled; assisting people in poverty-stricken or war-torn countries; protecting children or animals or the environment; or working for a particular cause, such as peace, human rights, education or health.

There are many different ways to support charities. You can donate money or goods, organise fundraising events, do volunteer work or sponsor a child or animal. They're called 'not-for-profit' because any money they make goes towards running costs and the cause they support.

Ethical shopping

Ethical shopping means buying products that are made without causing any harm to people, animals or the environment:

- Buying from charity shops – This not only saves you money but also supports the charity.
- Supporting local businesses – Buying directly from local farmers and small, independent businesses can help the local economy - and you can walk to the shops to cut down carbon emissions from transport!
- Buying animal-friendly products – These are products made without harming animals, e.g. free range eggs, dolphin safe tuna, grass fed beef and makeup that has not been tested on animals. Read the labels before you buy.
- Buying Fairtrade products – Many products, even those made by big name brands are made abroad in 'sweatshops', where working conditions are extremely poor and workers are paid very little money. Fairtrade products have been investigated to make sure workers have not been exploited and have been paid fairly. Look for the Fairtrade Foundation logo.
- Buying recycled and recyclable goods – Buying recycled products (such as recycled paper and toilet paper) helps the environment to be sustainable. Buying goods that can be recycled helps avoid the problems of landfill.
- Buying organic products – These are made without pesticides or artificial fertilisers, so they are better for the environment.
- Buying green products – Environmentally friendly products, like energy-saver lights and appliances, reduce energy costs and help the environment.
- Reusing shopping bags – Cut down on the number of plastic shopping bags needed by taking your own bags with you when you shop.
- Remember, none of these 'good' things come free. You may have to pay more.

