

There are over 7 billion people on Earth. Our ever-increasing thirst for 'stuff' is scarring our landscapes, polluting the air we breathe, affecting biodiversity and pushing our climate ever deeper into crisis.

We currently live in a make-use-throwaway economy, in which the 'stuff' we consume makes up the majority of our carbon footprint and that uses up finite resources at an alarming rate, to the point where some important materials such as copper will run out in our lifetimes.

As we challenge this climate of consumption, champion circular economies and highlight the need to reach net zero (fast!), CONSUMED asks what can we do – both individually and collectively – to reverse this trend. Can we make more responsible choices about the things we 'consume' in order to tread more lightly on planet Earth?

From the food we eat to the clothes we wear and our lifestyle and energy choices, CONSUMED sets out to show how the decisions we make about the things we buy, really matter.

CONSUMED asks you to question what and how you 'consume' and aims to prove that you can help tackle the climate crisis and protect Earth for future generations by consuming less, consuming differently and wasting less, whilst not compromising on taste, quality, lifestyle or choice.



