

CONSUMER IMPACT

Vol. 15 No. 1 April 2025



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SUSTAINABLE LIFESTYLE EXHIBITION

The Prices and Consumer Affairs Division hosted a Sustainable Lifestyle Exhibition on March 27, 2025, on Independence Drive. The exhibition was an engaging platform to showcase practical and accessible ways to embrace sustainability in our daily lives.
(Photo by Kisean Joseph)

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Hon. E. P. Chet Greene
Minister of Foreign Affairs,
Trade and Barbuda Affairs

MESSAGE

from the

MINISTER

As we observe World Consumer Rights Day 2025, we are reminded of the vital role each of us plays in shaping a more sustainable and equitable future. This year's theme, 'A Just Transition to Sustainable Lifestyles,' underscores the importance of ensuring that the shift towards greener practices is fair and inclusive and leaves no one behind. It calls for fairness, inclusivity, and responsibility in building economies.

Consumers play a pivotal role in driving this change. With each informed decision, we push industries towards more ethical practices, greener production, and greater accountability. A sustainable lifestyle is more than just a goal, it is a collective journey. As consumers, every choice we make has the power to drive change. Whether by supporting eco-friendly products, advocating for responsible business practices, or demanding transparency, we each contribute to building a healthier planet and a fairer society.

As a country, realizing our commitment towards attaining the UN Sustainable Development Goals, calls for changes in consumer behaviour. There must be lifestyle changes across many sectors such as mobility, food, buildings and construction, textiles, and tourism and we must consider local, regional and international differences.

Consumers have a vital role to play. Firstly, through their purchasing power – this means that as consumers we need to purchase sustainable brands and be willing to pay more for sustainable brands. Secondly, consumers must push for supply chains to produce sustainable goods and services, bearing in mind that consumer demands drive production. We must realize that sustainability begins at home. Therefore, I encourage us to look around our homes and see what sustainable swaps we can make. We must all develop the habit of recycling, reusing, reducing, refusing, and repairing. We must also rethink our approach to goods and services and our outlook on waste.

As attention around sustainable production and consumption increases, we must upgrade our legal framework to protect consumers. Consumer rights are crucial in attaining sustainable development, as these rights promote a fairer, safer and healthier society and a more equitable economy. The new Consumer Protection Bill to be enacted shortly will give the Prices and Consumer Affairs Division the power to test alleged goods for defects, mandate the disclosure of re-conditioned goods, uphold the consumer's right to select suppliers and products and ensure goods or services are of a reasonably acceptable quality. It will also safeguard consumers against unfair trade practices including false, misleading or deceptive representations, unfair or unjust transactions and unconscionable conduct.

I take this opportunity to commend the staff at the Prices and Consumer Affairs Division, for their hard work and creative ways of educating and engaging the public on this year's theme. I hope the Division will continue its efforts in this respect as informed consumers are more likely to demand sustainable goods and services thereby incentivizing businesses and service providers to adopt more sustainable practices.



MESSAGE FROM THE DIRECTOR

In observance of World Consumer Rights Day, which takes place annually on March 15, consumer groups around the world join forces to bring attention to important concerns that individuals face. This year's observance was particularly significant, as it emphasized the urgent need for sustainable lifestyles.

The Department spearheaded a month-long initiative to educate, engage, and empower consumers around the theme of sustainability. Our eating habits, travel habits, household energy use, and product and service purchasing decisions were major points of interest. There was no mistaking the message: if we want to build a better, more sustainable Antigua and Barbuda, fundamental changes in consumer behaviour are needed.

Nevertheless, this change cannot be achieved by individuals working in isolation. Consumers will only adopt sustainable lifestyles if solutions are available, affordable, and easy to access. This necessitates fundamental shifts on the part of the government and businesses alike, to make sustainable choices the norm rather than the exception.

A fair shift to sustainability is not only essential, but also totally feasible, as we consider the results of this year's campaign. We can build a future where everyone can live sustainably and consumer rights are protected if we work together and make educated decisions.

Let us continue to work hand in hand to protect our rights, Antigua and Barbuda, and our future.

Orrin Steele



Panellists (l to r): Samantha Moitt, Registered Dietitian, Victor Wade, Agriculture Extension Officer/ABAFY member, Dorothy Graham-Charles, Nutrition Consultant and Moderator, Jomica Carbon, Senior Trade Policy Analyst during the discussion.

Transitioning to Sustainable Diets

On Monday, March 3, 2025, the Prices and Consumer Affairs Division hosted a panel discussion on the importance of Transitioning to Sustainable Diets. The event, held at the Vila Community Centre allowed consumers the opportunity to garner much food for thought along with practical ways they can begin making lifestyle changes.

Panellists were Dorothy Graham-Charles, Medical Benefits Scheme, Nutrition Consultant, Victor Wade, Ministry of Agriculture, Agriculture Extension Officer/ABAFY member and Samantha Moitt, Ministry of Health, Registered Dietitian. Jomica Carbon, a Senior Trade Policy Analyst in the Ministry of Foreign Affairs, Agriculture, Trade and Barbuda Affairs, moderated the discussion.

One of the first topics discussed was the definition of a sustainable lifestyle and notably the role individual consumers play in achieving sustainable lifestyles. The panellists defined sustainable lifestyles as involving making conscious choices and practising behaviours that promote the overall long-term well-being of the individual. They noted the importance of understanding that to make a change to a healthier lifestyle, the shift needs to begin with the consumer.

“Consumers need to be more aware of what they are putting into their bodies,” Moitt said. “Eating three meals a day does not mean that you are eating ‘healthy’”. The Registered Dietitian advised



Director of Prices and Consumer Affairs Division, Orrin Steele.

The Registered Dietitian advised consumers to make a conscious effort to include more fruits and vegetables in their diet and avoid more processed foods”, as these are more nutritious options.

Consumers were cautioned to have well-balanced meals with all the necessary nutrients. Even when dieting or eliminating certain foods, the consumer should ensure that the missing nutrients and vitamins are being supplied by an alternate food source. Consumers should also be aware of the nutritional content of the foods being consumed. The food dietary guidelines are to be used to ensure consumers are receiving the necessary nutrition. The nutrition experts also highlighted the need for consumers to substitute sugar-sweetened drinks with healthier options like water and juice. Further, mothers are encouraged to breastfeed as a way to reduce obesity in infants.

The discussion highlighted one of the challenges consumers experience with locally-made goods as a lack of nutritional labels which can deter consumers from purchasing these goods. Moitt

advised consumers to have an awareness of the ingredients of the products they are interested in purchasing and to read labels carefully.

The panelists also discussed the implications of climate change which greatly affects the availability of food for consumers.

To reduce some of the challenges Graham-Charles encouraged consumers to practice habits to conserve food instead of wasting or throwing it away. Further, Wade called on consumers to support local farmers instead of importing the “bigger and better” produce from overseas. “These imported products are not always the healthier alternative due to added chemicals or because they may be genetically modified.”

Wade noted that the Ministry of Agriculture has put in place some measures to boost agriculture in Antigua and Barbuda.

“A few initiatives include supporting local egg farmers, investing money into meat production, and assisting with training persons who are interested in the agriculture sector,” he said. Another initiative is



Moderator, Jomica Carbon.

educating the public about proper farming techniques for example crop rotation. “Farming practices such as crop rotation are very valuable as they allow the land to be enriched with nutrients”, Wade explained.

Water conservation was another important discussion point. Consumers were encouraged to ration their water supply, especially those living in areas where running water is scarce. Investing in a water tank is a useful way to conserve water for everyday use.

Reduce your Carbon Footprint by Shopping Locally and Seasonally



Transporting food over long distances contributes to greenhouse gas emissions. This is a great area to consider if you want to lower your carbon footprint when cooking. Buy local and seasonal produce to reduce the transportation carbon footprint associated with your meals. This also supports local farmers and promotes biodiversity.

When we eat fruit or vegetables that are not in season, they have often travelled a long way around the world before ending up in our hands.



To avoid this, shift to eating locally, and therefore in season, by picking up your produce yourself at the market, for example.



photo: <https://environment.co/6-sustainable-food-choices-you-can-make-today/>

Submitted by: Dorothy Graham
Nutrition Consultant

Embracing Sustainable Food Choices for the Future

As we observe World Consumer Rights Day, we reflect on this year's theme: "A Just Transition to a Sustainable Lifestyle." Our planet faces growing threats from pollution, climate change, and environmental degradation. These challenges impact public health, slow economic progress, and hinder the achievement of the Sustainable Development Goals (SDGs). We must adopt more sustainable habits to foster a healthier future, particularly in our diets. This article explores practical strategies for promoting sustainable eating, focusing on nutrition for older adults.

Increase Plant-Based Consumption

A plant-based diet enhances nutritional intake while reducing the environmental impact of food production. Fruits, vegetables, legumes, and whole grains are rich in vitamins, minerals, and fiber that support overall well-being. Incorporating beans, nuts, seeds, and leafy greens like spinach and kale ensures a well-balanced diet.

Eat a Diverse Range of Foods

Dietary diversity supports biodiversity and provides a broader spectrum of nutrients. Consuming a mix of whole grains, vegetables, and proteins contributes to both personal health and ecological balance. Opt for seasonal produce such as carrots, cucumbers,

beets, guavas, soursop, and watermelon. Explore alternative grains like barley, quinoa, and millet to expand your nutritional profile.

Choose Heart-Healthy Fats

Fats are essential for maintaining cardiovascular and cognitive health. Include healthy fats from avocados, extra virgin olive oil, nuts, and seeds. Omega-3 fatty acids in fish like sardines, mackerel, salmon, doctor fish, and chub promote heart and brain function. Reducing saturated and Trans fats while incorporating healthier fats into daily meals has long-term benefits.

Minimize Food Waste

Food waste remains a pressing environmental concern. Strategies such as meal planning, proper food storage, and creative use of leftovers can help reduce waste significantly. Preserve seasonal produce by freezing excess and repurposed scraps for soups, smoothies, or baked goods. Composting organic waste also contributes to a more sustainable food system.

Grow Your Own Food

Home gardening offers a rewarding way to access fresh, chemical-free produce. Small steps, such as growing tomatoes in a pot or herbs on a windowsill,

can lead to healthier eating habits. Additionally, homegrown food reduces reliance on imported products, saving money and reducing transportation emissions.



Eat Seasonally and Locally

Choosing seasonal foods supports local farmers and lowers the carbon footprint associated with food transportation. Seasonal produce tends to be fresher, more flavorful, and richer in nutrients. We contribute to personal health and environmental sustainability by prioritizing locally grown ingredients.

Use Sustainable Cookware and Food Storage

The cooking and food storage materials impact both health and the environment. Choosing natural alternatives helps reduce exposure to harmful chemicals and minimizes waste. Consider these options:



Wood and Bamboo: Opt for bamboo utensils and containers for meal prep and serving instead of plastic.



Cast Iron and Stainless Steel: Durable cookware materials that prevent chemical leaching and ensure food safety.



Glassware (Pyrex): Ideal for food storage and reheating, glass containers help maintain freshness and avoid plastic contamination.



Ceramics (Earthenware and Stoneware): These materials retain heat well, enhance flavor, and reduce energy consumption by minimizing the need for reheating.

Promoting Health and Sustainability

Sustainable eating is not just an environmental concern—it's also a key component of healthy living, particularly for older adults. A well-balanced diet should include whole grains, lean proteins, and abundant fruits and vegetables while limiting added sugars, saturated fats, and sodium. Consulting a nutrition professional can provide guidance on integrating healthier choices into daily routines.

By making small, conscious decisions about the foods we consume and the materials we use, we can create a lasting impact on both our health and the planet. Let's take charge of our well-being and embrace a sustainable approach to nutrition!

A Just Transition To Sustainable Lifestyles: Powering and Cooling Our Homes

**Highlights of Virtual Panel Discussion
held on March 11, 2025**



The panellists were Winston Whyte, Renewable Energy Engineer and a NABCEP (North American Board of Certified Energy Practitioners), Itajah Simmions, Senior Energy Officer, Energy Unit, and service provider and local supplier, Jace Irish. Dwight Laviscount, Civil Engineer/Energy Officer in the Ministry of Public Utilities, Civil Aviation, Transportation and Energy, moderated the discussion.

THE FUTURE OF SUSTAINABLE LIVING IN ANTIGUA AND BARBUDA

Sustainable living is becoming increasingly essential for the future of Antigua and Barbuda. Significant progress has already been made through the efforts of APUA, especially in the areas of renewable energy and cooling technology. Innovations such as standalone solar-powered air conditioning systems—unavailable just a few years ago—are now accessible and effective. Similarly, solar backup generators are growing in popularity, providing households with a sense of normalcy during power outages or natural disasters.

Renewable energy is proving to be a game changer. Antigua, blessed with year-round sunlight,

has been able to harness solar energy effectively for powering and cooling homes. While policy adjustments are still underway to encourage broader adoption, the country is undoubtedly moving in the right direction toward a more sustainable future.

WHAT DOES POWERING AND COOLING A HOME MEAN TO A TECHNICIAN IN THE FIELD?

Traditionally, residential and commercial power consumption has been supplied by APUA. However, with advancements in renewable energy, homeowners and businesses now have the option to supplement their energy needs through solar systems. Renewable energy is now used not only for backup power but also for heating, cooling, and reducing overall energy consumption.



APUA's interconnection policy provides a framework that enables both residential and commercial customers to install renewable energy

systems, with guidelines in place to ensure proper integration and safety.

Power and cooling have become critical aspects of daily living, particularly due to rising temperatures caused by climate change. As a result, energy consumption for cooling has significantly increased. Today, cooling systems are among the highest energy consumers in homes and businesses, largely due to extended operating hours. This makes efficient cooling solutions a top priority.

HOW DOES THE WAY WE POWER AND COOL OUR HOMES BENEFIT THE ECONOMY?

The growing demand for cooling systems has had a positive economic impact by creating new job opportunities for suppliers and installers. It has also improved productivity in workspaces, contributing to overall economic development. As people invest in solutions that enhance comfort within their homes and offices, financial activity increases, supporting local businesses and encouraging sustainable growth.



Winston Whyte, Renewable Energy Engineer.



Service provider and local supplier, Jace Irish.



Itajah Simmions, Senior Energy Officer, Energy Unit.



Dwight Laviscount, Civil Engineer/Energy Officer.

BE A SUSTAINABLE CONSUMER

Use Less Energy

Unfortunately, most of our energy – even electricity – is still generated by burning fossil fuels. So, the less we use, the better. You can make a difference by installing solar panels and water heaters, fitting LED lights, choosing energy-efficient appliances and properly insulating your home.

Of course, these solutions will cost money but you can also take action without spending extra cash – for example, by air drying laundry and turning off lights and other electrical appliances when nobody is using them.

Photo: <https://www.newlifeonahomestead.com/how-to-install-a-permanent-clothesline-metal-vs-wood/>

A Just Transition to a Sustainable Lifestyle

By The Department of Energy

Each year on March 15th, the global community observes World Consumer Rights Day, a momentous occasion dedicated to raising awareness about consumer rights and advocating for fair, safe, and sustainable practices. In 2025, the theme, "A Just Transition to a Sustainable Lifestyle," highlights the crucial role consumers play in fostering an equitable and environmentally responsible future.

As Antigua and Barbuda continue their journey toward sustainable development, the Ministry of Energy remains committed to ensuring that citizens are empowered with the knowledge and resources to make informed choices. A just transition is not just about shifting to greener alternatives; it is about making sure that this shift is inclusive, equitable, and beneficial for all, particularly vulnerable communities.

Understanding a Just Transition

A just transition ensures that as economies move toward sustainable practices, no one is left behind.

This means:

- Promoting policies that encourage clean energy use while protecting jobs and livelihoods.
- Ensuring accessibility and affordability of sustainable products and services.
- Encouraging businesses to adopt ethical and environmentally friendly production methods.
- Educating consumers on their rights to sustainable choices and responsible consumption.

The Role of Consumers in a Sustainable Lifestyle

Consumers hold immense power in driving change.

By making informed decisions, they can influence industries to adopt greener practices.

Here are some practical steps consumers in Antigua and Barbuda can take:

- Opt for renewable energy solutions: Investing in solar energy or energy-efficient appliances reduces carbon footprints.
- Support sustainable businesses: Choosing products from companies that prioritize sustainability encourages ethical production.
- Reduce, reuse, and recycle: Minimizing waste is a direct contribution to environmental conservation.
- Advocate for change: Consumers can voice their concerns and push for policies that support sustainability.

The Ministry of Energy's Commitment

The Ministry of Energy continues to drive initiatives that support a just transition. These include promoting renewable energy projects, creating awareness on energy efficiency, and collaborating with stakeholders to ensure affordability and accessibility of sustainable options.

As we celebrate World Consumer Rights Day 2025, let us reaffirm our commitment to a sustainable lifestyle. Through informed consumer choices, robust policies, and collective action, we can pave the way for a greener and fairer future for all in Antigua and Barbuda.

Together, let us embrace a just transition and make sustainable living a reality





Photo: <https://www.caribank.org/>

A Just Transition into Sustainable Lifestyles in the Antigua & Barbuda context

While one may hope that a quiet hurricane season is positive news for the future, the reality is, a bad hurricane can happen at any moment. We in the Caribbean remain susceptible to dangerous hurricanes, earthquakes and even possible tsunamis. Our lives and livelihoods are forever hanging onto threads of hope, but assurance for a future safe from disaster is inexistent. This is why prompt action is necessary.

Just Transition refers to the gradual but urgent shift to renewable energy and climate change best practices. For us in Antigua, this looks like adopting sustainable practices into our day-to-day lives. This is particularly important as we as a small island nation continue to grapple with the unpredictable effects of an unstable climate.

For these reasons, the nation of Antigua and Barbuda, through meticulous plans from the Department of Environment and other stakeholders passionate about the mitigation of climate change effects, now seeks to uncover our own strategies to lower our carbon footprint and make our contribution. Just Transition encompasses several approaches:

1. Advocating for renewable energy

While Antigua and Barbuda have made significant strides in adopting renewable energy, particularly solar power, there is much more to be done. This includes securing investments into infrastructure to support more micro grids and developing policies that will ensure the nation's commitment to utilising renewable energy. It is also imperative for public education to be given on this subject.



2. Prioritizing sustainable living

As a small island developing state, our future lies in embracing our roots. Sustainable living is the only way we will be able to accomplish a safer environment. This speaks to the protection of our marine and coastal ecosystems, and the implementation of smart modern agriculture technologies.

3. Climate-resilient infrastructure solutions

our communities face a yearly threat of devastation from extreme weather conditions and rising sea levels. The Just Transition plan addresses affordable, hurricane-resistant infrastructure for vulnerable families as well as women-led households. One approach is to encourage the use of polycarbonate and other environmentally friendly materials in construction.

All things considered, the transition into a more sustainable culture will not only help in mitigating climate change, but will also secure a more resilient economy.

Highlights of the
Panel Discussion
held on March 25,
2025, at the Villa
Community Center



Sustainable Travel

The future of transportation



L to R: Sherrylaine Bowens and Kelly Hazlewood, Antigua and Barbuda Transport Board, Nikyle Mohammed, Chelsea Carter (moderator) and Dwayne Simmon, Department of the Environment.

ELECTRIC VEHICLES AT A GLANCE

EVs run on electricity alone. They are powered by one or more electric motors and a battery. The battery is charged by plugging the vehicle into an electric power source and through regenerative braking.

TYPES OF ELECTRIC VEHICLES

- Battery Electric Vehicles (BEVs)
- Plug-In Hybrid Electric Vehicles (PHEVs)
- Fuel Cell Electric Vehicles (FCEVs)

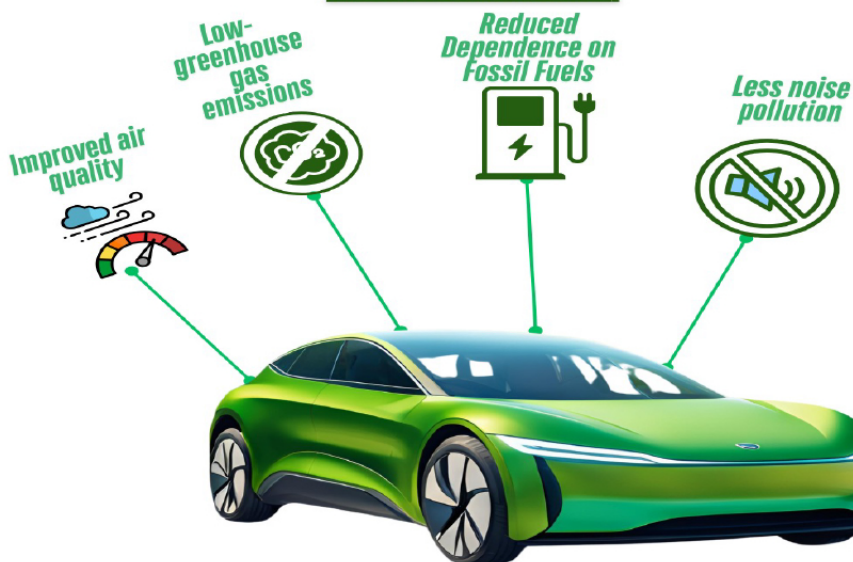
WHAT MAKES EVS SO APPEALING?

- Cost Savings – Lower fuel costs, reduced maintenance expenses
- Environmental Benefits – Zero emissions, improved air quality, and the ability to use renewable energy
- Advanced Technology & Performance – Instant torque, smooth acceleration, smart features, and futuristic designs make EVs exciting and innovative.





Main benefits of Electric Vehicles on the environment



Advantages & Disadvantages of Electric Vehicles



ADVANTAGES



No carbon emissions so ecofriendly



Reduces reliance on fossil fuels



EVs have impressive torque & performance



EVs operate silently so reduces noise pollution

DISADVANTAGES



Charging time of EV is quite high.



Limited number of EV models



Electric vehicles have high initial cost



Limited number of EV charging stations

TAKEAWAY

EVs offer savings, sustainability, and innovation—driving us toward a cleaner, smarter future.
The road ahead is electric!



Why Shift To Sustainable Vehicles?



Submitted by the
Antigua and Barbuda Transport Board

Transitioning to a sustainable lifestyle may not be easy, however, it is a decision we must make as a people, as a country, and as a global community.

In Antigua and Barbuda, there are over 47,000 vehicles. There are more motor vehicles per square kilometre on our shores than ever before. This increases the harmful by-products emitted into the atmosphere. These by-products include nitrogen dioxide, carbon monoxide, hydrocarbons, benzene, and formaldehyde. These are referred to as greenhouse gases. This harmful substance being emitted into the atmosphere from vehicles operating on fossil fuels, depletes the ozone layer resulting in an increase in atmospheric temperature which in turn causes global warming. Other effects of vehicular pollution include smog and acid rain formation, a reduction in the quality of air which affects tourism and causes health problems and lung-related diseases such as asthma.

We can reduce motor vehicle pollution by:

1. Using fuel-efficient vehicles such as electric.

Electric vehicles offer several advantages, including zero tailpipe emissions, lower running costs, reduced maintenance, and quieter operation, contributing to cleaner air and a more sustainable transportation future.

- Performance:
 - o Instant Torque: Electric motors provide instant

torque, leading to quick acceleration.

- o Regenerative Braking: Some EVs have regenerative braking, which captures energy during braking and uses it to recharge the battery.

2. Reducing the number of miles, you drive and the number of vehicles being driven

Persons can walk or bike to their destinations. For long distances, persons should use the bus or consider taking a taxi especially if travelling as a group. This would significantly reduce the amount of pollution.



Carpooling is also an option. Carpooling involves multiple people sharing a single car journey to the same destination, offering a sustainable and potentially cost-effective transportation option. When persons within the same community are attending the same event or going in the same direction, pollution is reduced by travelling together. Hence, the school bus provided by the Antigua and Barbuda Transport Board is an excellent idea.



The school bus provided by the Antigua and Barbuda Transport Board is an excellent carpooling idea.

3. Drive a cleaner vehicle

A cleaner vehicle means one which is more fuel efficient and burns less fuel. This means emitting less of the harmful products by combustion and reducing air pollution. This can be achieved by using hybrid models and all-electric vehicles which are presently on the market. Some states in the U.S. such as Washington have what is called Clean Car standards hence the traditional gasoline which is used runs cleaner.

4. Vehicles left idling should also be avoided.

5. Maintain your vehicle:

Regardless of what you drive, you can make sure your car runs as clean and efficiently as possible. Maintain your vehicle and keep it in good repair. Follow your owner's manual and make sure you schedule regular oil changes and other maintenance.

Newer vehicles have very complex emission controls to keep them running as clean as possible. If any of these controls are not functioning as designed, your vehicle will pollute more than it should. 1. A check engine light on your dashboard means your vehicle is not operating as designed and needs repairs or maintenance. You should

take your vehicle to a qualified automotive technician. 2. Keeping your tires properly inflated makes your vehicle run more efficiently and burn less fuel. You will find the correct tire pressure for your vehicle in your owner's manual.

Drive smarter:

How you drive can also influence how much pollution comes from your vehicle.



1. Observing posted speed limits is one way to reduce pollution, and it's safer.
2. Driving faster burns more fuel and emits more air pollutants.
3. Accelerating gradually also burns less fuel. Getting a vehicle moving from a complete stop uses the most energy, so go easy on the accelerator.
4. Try to anticipate the road ahead and avoid racing from red light to red light. Instead, strive to maintain a steady speed with less stop-and-go driving. Not only do you need to drive safe but you also need to drive SMART.



Participants in the Sustainable Lifestyle Exhibition included local farmers, suppliers and service providers of eco-friendly power and cooling solutions, advocates for sustainable transportation, insurance companies, and eco-conscious crafts (Photos by Kisean Joseph).



Division Holds Successful Sustainable Lifestyle Exhibition

This year, the Prices and Consumer Affairs Division hosted a series of impactful events, one of which was the Sustainable Lifestyle Exhibition on March 27, 2025, at Independence Drive. The exhibition, under the theme “A Just Transition to Sustainable Lifestyles”, was an engaging platform to showcase practical and accessible ways to embrace sustainability in our daily lives.

Participants included local farmers displaying sustainably grown fruits and vegetables, suppliers and service providers promoting eco-friendly power and cooling solutions such as solar panel generators and energy-efficient air conditioning units and advocates for sustainable transportation, including electric vehicles aimed at reducing our carbon footprint. The event also featured insurance companies offering guidance on acquiring sustainable vehicles, eco-conscious crafts, and a natural cane juice vendor highlighting healthy, local refreshment options.

One of the exhibition's standout successes was its ability to attract attendees of all age groups from curious schoolchildren and young innovators to adults and seniors





eager to learn and share. This wide participation helped foster rich conversations across generations and sectors emphasizing that sustainability is a shared responsibility and opportunity for everyone.

In addition to the educational exhibits, the event emphasized community well-being by offering free health screenings, including glucose, cholesterol, and blood pressure checks. This health component underscored the holistic nature of sustainable living not only caring for the environment but also nurturing our physical health.

The exhibition stood as a meaningful step toward raising awareness and encouraging practical changes in lifestyle that align with both environmental goals and social fairness. It reminded us that a just transition is not only about new technologies or policies but also about empowering communities to live healthier, more sustainable lives together.





Ms. Greenage, a teacher at Christian Union Junior Academy collects the top prizes in the Sustainable Vehicle Challenge from Mr. Clarence Pilgrim, Permanent Secretary, Ministry of Foreign Affairs, Trade and Barbuda Affairs (left) and the representative of Harper's (right).



Ms Nation of Charlesworth T. Samuel Primary School collects the second place prize in the Sustainable Vehicle Challenge.

WCRD Awards Ceremony



Permanent Secretary Clarence Pilgrim (above) and Ms. Parker of Alke Publishing (below) present students of the Antigua State College with their prizes.

To mark World Consumer Rights Day 2025, the Division hosted three competitions. Each competition allowed participants to highlight practical ways consumers can transition to sustainable lifestyles in Antigua and Barbuda. The ceremony to award the winners was held on March 31, at the Villa Community Center.

In the primary category, the Sustainable Vehicle Challenge, students were to go on an imaginary journey and then turn their ideas into a model with an accompanying poster indicating the route, the vehicle and how they will adapt the route to overcome any impacts due to climate change.

Capturing second place was the Charlesworth T. Samuel Primary School. They received a \$200 gift voucher from Courts and a trophy from Cool & Smooth.



The Christian Union Junior Academy was awarded first place. The school received a \$250 gift voucher from Paperclips along with gifts from Harpers, a \$200 gift certificate from Shoul's Toys Gifts & Houseware and a trophy from Cool & Smooth.

In the Model Home Competition, participants were to plan, design, and build their modelled homes incorporating sustainable systems, technologies and designs that suit Antigua and Barbuda.



Models homes submitted by the Antigua State College Engineering Department I & II.



Permanent Secretary Clarence Pilgrim delivers gifts to second place winners in the Essay Competition, Neilisha Maragh and Joshua Stoute.

The judges awarded second place to Antigua State College Engineering Department II. They received a \$300 gift voucher from Courts. Their fellow students, Antigua State College Engineering Department I, captured the top spot. They received a printer from Alke Publishing and a gift basket from Gourmet Basket.

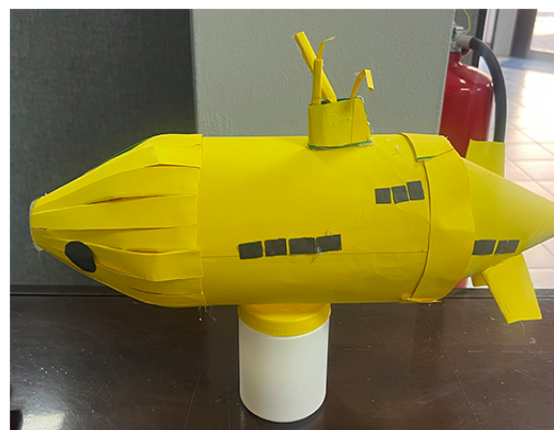
In the Essay Competition, Participants were invited to author an essay of between 500-700 words describing how consumers in Antigua and Barbuda can transition towards a sustainable lifestyle. In this competition, Joshua Stoute and Neilisha Maragh tied for second place. Stoute received gifts from Automotive Arts and The Akhimo Group Inc., while Maragh received gifts from APUA and A S Bryden & Sons (Antigua) Ltd.

The winning essay was submitted by Razonique Looby. She received the grand prize of a day pass for two from Galley Bay along with a gift basket from Hutchinson Antigua Ltd.

Judges for the competitions were Mr. Churchill Norbert, Mrs. Onika Haynes-Dover and Mr. Kendra Beazer.



Above: The Christian Union Junior Academy's winning entry in the Sustainable Vehicle Challenge. Below: Second place submission by the Charlesworth T. Samuel Primary School.



Winner of the Essay Competition, Razonique Looby, collects her prize from the representative of Galley Bay.

WCRD Essay Competition

Winning Entries



Topic: Transitioning to Sustainable Lifestyles in Antigua and Barbuda



Razonique Looby accepts one of her gifts from Mr. Clarence Pilgrim, Permanent Secretary, Ministry of Foreign Affairs, Trade and Barbuda Affairs.

RAZONIQUE LOOBY 1ST PLACE

As the authors of the 1987 Brundtland Report, entitled “ Our Common Future,” aptly stated, “ Sustainability is meeting the needs of the present generation without compromising the ability of future generations to meet their own needs. There has been much buzz around sustainability recently as the deadline for the United Nations' 2030 agenda draws near and Antiguan leaders have taken their place in the global conversation. Antigua and Barbuda, like many small island developing states, faces unique challenges related to climate change, resource management, and environmental conservation. As we strive to build more sustainable lifestyles for our children and ourselves, we must focus on government-led policies, individual consumer choices, and grassroots initiatives that collectively contribute to long-term environmental and economic resilience.

Strong governmental action and policy reform is crucial for creating a sustainable future in Antigua and Barbuda. The government must implement national strategies that align with the UN's 2030 Agenda for Sustainable Development, ensuring environmental, economic, and social sustainability. A key area of focus should be sustainable agricultural infrastructure, as this directly impacts food security, economic stability, and climate resilience.

The government can introduce policies that incentivize sustainable farming practices, such as rainwater harvesting, organic farming, and permaculture techniques, which reduce dependency on imported food and decrease the carbon footprint. Additionally, providing subsidies and grants for farmers to invest in solar-powered irrigation systems and composting methods can further encourage environmentally friendly practices. Investing in community-based agricultural cooperatives can also empower small-scale farmers and create employment opportunities, fostering a self-sufficient local economy.

Beyond agriculture, the government can implement strict waste management regulations, including the construction of a full-scale recycling plant on the island. While government policies lay the foundation for sustainability, individuals must act to create lasting change. Everyday consumers can make a significant impact by adopting eco-conscious habits and making better use of the resources available in Antigua and Barbuda. One of the most impactful lifestyle changes is supporting local farmers and businesses that prioritise sustainability. Instead of relying on imported goods, consumers can purchase fresh produce from local farmers, reducing the carbon footprint associated with



In addition to government and consumer-driven efforts, organizations and individuals across Antigua and Barbuda are actively working towards a more sustainable future. One such example is Good Humans 268, a nonprofit organization dedicated to environmental sustainability and supporting individuals with disabilities. (Photo: Antiguaobserver).

transportation. Home gardening is another excellent way to promote sustainability, as individuals can grow their fruits, vegetables, and herbs, reducing dependency on processed foods and packaging waste.

Waste reduction efforts, such as participating in recycling programs, composting food scraps, and using reusable bags and bottles, are also essential. By making conscious purchasing decisions—choosing sustainable brands, ditching fast fashion and reducing food waste—consumers can help minimize environmental damage. Additionally, promoting awareness and engaging in community clean-up efforts can contribute to a cleaner, healthier environment for all.

In addition to government and consumer-driven efforts, organizations and individuals across Antigua and Barbuda are actively working towards a more sustainable future. One such example is Good Humans 268, a nonprofit organization dedicated to environmental sustainability and supporting individuals with disabilities. Good Humans 268 has implemented various initiatives that promote recycling, education, and environmental stewardship. One of their most notable programs is the school recycling initiative, which successfully placed recycling bins in over 80 schools across Antigua and Barbuda, diverting thousands of plastic bottles and aluminum cans from landfills. This program not only helps reduce waste but also teaches young students the importance of environmental responsibility from an



In 2021, Antigua and Barbuda was named Lonely Planet's Emerging Sustainable Destination of the Year for our innovative Green Corridor of environmentally friendly businesses in the northeast and our ban of single-use plastic. (Photo: Ministry of Health & The Environment).

early age. Beyond Good Humans 268, local farmers, eco-friendly tour operators, and sustainable businesses are also making a difference. Initiatives like eco-tourism ventures that emphasize conservation, renewable energy projects, and sustainable fishing practices are reshaping Antigua and Barbuda's environmental landscape. These efforts highlight how local action can drive significant progress toward sustainability. In 2021, Antigua and Barbuda was named Lonely Planet's Emerging Sustainable Destination of the Year for our innovative Green Corridor of environmentally friendly businesses in the northeast and our ban of single-use plastic.

Transitioning to a sustainable lifestyle in Antigua and Barbuda requires a multifaceted approach that involves government action, individual responsibility, and community engagement. The government can lead the way by enacting policies aligned with the 2030 Agenda, investing in sustainable agriculture, and promoting renewable energy. Consumers can make more eco-conscious choices by supporting local farmers, reducing waste, conserving water, and adopting sustainable living habits. Meanwhile, grassroots initiatives like Good Humans 268 are already making an impact, inspiring individuals and communities to take meaningful action. Every effort, no matter how small, contributes to a larger movement toward sustainability—ensuring that the islands remain beautiful, livable, and thriving for generations to come.



Joshua Stoute accepts his second place certificate from Mr. Clarence Pilgrim, Permanent Secretary, Ministry of Foreign Affairs, Trade and Barbuda Affairs.

JOSHUA STOUTE 2ND PLACE

Sustainability goes beyond recycling and reducing waste; it is a way of life that influences everything from how we travel and eat to how we consume goods and services. In Antigua and Barbuda, where economic growth relies heavily on the tourism industry, sustainability is not just an option but a necessity. Adopting sustainable habits is crucial to preserving the nation's economy, protecting its natural beauty, and ensuring long-term prosperity. As a small island developing state, Antigua and Barbuda faces the consequences of climate change, including rising sea levels, pollution, and resource depletion. This highlights the urgency of shifting toward a sustainable lifestyle as a necessity rather than a choice. As Alexandra Stoddard stated, "What we do today, right now, will have an accumulated effect on all of our tomorrows." The transition to a sustainable economy requires changes at both governmental and individual levels, including sustainable transportation, waste reduction and recycling, eco-friendly food choices, and sustainable shopping.

Understanding sustainability is key to recognizing its importance. According to the World Commission

on Environment and Development (WCED, 1987), "Sustainability means meeting the needs of the present without compromising the ability of future generations to meet their own needs." This definition highlights the necessity of sustainable lifestyles in preserving resources for the future.

A pivotal government policy introduced in Antigua and Barbuda in 2017 aimed to reduce plastic waste and encourage sustainable shopping through biodegradable alternatives. The ban on plastic bags, which accounted for a large portion of plastic pollution, prohibited their importation, distribution, sale, and use. To ensure the ban's success and promote the use of eco-friendly alternatives, fines were implemented, and an awareness campaign was launched under the tagline "Make a Difference One Bag at a Time." Free reusable bags were distributed to the public, encouraging behavioral change. Within the first year, the policy led to a significant reduction in plastic waste in Antigua and Barbuda's landfills, demonstrating the effectiveness of government-led sustainability efforts.

Beyond government policy, sustainable habits at an individual level play a crucial role in waste management and eco-friendly food choices. Locally sourced produce is harvested at peak ripeness, ensuring fresher, higher nutritional value, fewer preservatives, and reduced spoilage, which limits food waste and carbon emissions from imports. Eating locally maximizes health benefits and supports local farmers, further encouraging organic and sustainable agricultural practices that benefit both the environment and the economy. A diet rich in fresh, local foods strengthens immune systems and reduces the risk of diet-related illnesses. As Winston Churchill stated, "Healthy citizens are the greatest asset any country can have." Additionally, mindful consumption reduces food waste, as seasonal produce is fresher and less likely to spoil. Composting fruit and vegetable scraps enriches the soil, promoting home gardening and food security. These small yet impactful choices contribute to a healthier population and a more sustainable Antigua and Barbuda, proving that sustainability starts with daily habits.

Another step toward a sustainable lifestyle is the

adoption of eco-friendly transportation in Antigua and Barbuda. Reducing reliance on fossil fuels and improving air quality can be achieved through the use of electric and hybrid vehicles, as well as e-bikes for tourists looking to explore the island. Alternative transportation methods, such as cycling and walking, further promote sustainability by cutting carbon emissions while improving physical well-being. The World Health Organization defines health as a state of complete physical, mental, and social well-being. Active transportation lowers the risk of heart disease, obesity, and diabetes while reducing traffic congestion and improving air quality. Encouraging these practices fosters a healthier population and a cleaner environment for future generations.

While some may argue that transitioning to a sustainable lifestyle requires significant effort and financial investment, the long-term benefits far outweigh the challenges. Sustainability is not just an environmental responsibility but a commitment to a healthier, more resilient society. By integrating sustainable habits into daily life through responsible consumption, eco-friendly transportation, and waste reduction, Antigua and Barbuda can build a future that balances economic growth with environmental preservation. Though change may seem difficult, the cost of inaction is far greater. As Mahatma Gandhi once said, "The future depends on what you do today." True progress requires a shift in mindset, where sustainability is viewed not as a sacrifice, but as an investment in the future.



Neilisha Maragh accepts one of her gifts from Mr. Clarence Pilgrim, Permanent Secretary, Ministry of Foreign Affairs, Trade and Barbuda Affairs.

NEILISHA MARAGH 2ND PLACE

Sustainable living is a way of life that satisfies present needs while safeguarding resources for future generations. It means using resources to their full ability, minimizing waste, and making the necessary choices that sustain the environment without compromising a high standard of living. In the turquoise waters and sandy beaches of Antigua and Barbuda, the natural environment is a source of pride and means of economic stability. But as the temperatures rise, and the environment degrades, protecting this paradise has never been more urgent. Sustainability must be adopted by consumers.

Firstly, the Caribbean sun is a blessing and a curse. It nourishes and warms the islands, but it also raises the level of energy used to stay cool. Air conditioning is a savior for all consumers, but convenient as it is, it is costly and highly reliant on foreign fossil fuels. Fortunately, the same sun that heats the islands can also be part of the solution. Both Antigua and Barbuda are perfectly positioned to harness and utilize solar energy. Installing solar panels may seem like a major investment, but over time, it pays off by lowering electricity bills and reducing reliance on imported fossil fuels. In addition government incentives and financing options make the clean source more feasible.

Secondly, other than the change to solar energy, there are simple daily practices that can have a large impact. Leaving windows open to facilitate airflow, keep the house cool without using as much energy. LED light bulbs, energy-efficient



Photo https://www.sjdcana.com/public_market/

Food in Antigua and Barbuda is culture. Markets overflow with vibrant fruits, freshly caught seafood, and spices that have been part of the islands' heritage for centuries. Yet much of the food consumed today is imported...

appliances, and switching off electronics when they are not being used all reduce electricity usage. Maybe individually, every one of these is a minor change, but together they have a strong effect.

Thirdly, food in Antigua and Barbuda is culture. Markets overflow with vibrant fruits, freshly caught seafood, and spices that have been part of the islands' heritage for centuries. Yet much of the food consumed today is imported, travelling thousands of miles, arriving wrapped in plastic, with a huge transport carbon footprint. Consumers choosing locally grown produce and supporting small-scale farmers keeps money in the local economy while also reducing the environmental impact of long-distance transportation. Additionally, food waste is something people are not always conscious of. Instead of throwing away fruit peels, vegetable remnants, and eggshells, they can be composted to create a nutrient-rich fertilizer for home gardens or community farms. This simple practice reduces landfill space while making plants strong and healthy.

Furthermore, tourism is the economic driver of Antigua and Barbuda. Sustainable tourism is not an exercise in sacrificing experience but rather an exercise in doing things that will do the least



Another challenge is throwaway culture that causes consumers to toss out things instead of being repaired or used. (Photo: Ministry of Health & The Environment).

possible harm. Tourists are also consumers. Both tourists and residents can help green tourism by lodging in environmentally friendly hotels. Simple actions, such as participating in a beach clean-up, carrying reusable bottles, and avoiding touching coral reefs when snorkeling or diving, help to protect the natural environment. Green tourism ensures that the natural beauty of Antigua and Barbuda will be left intact for future generations.

In addition, every consumer purchase makes an impact and plays a major role in environmental sustainability, from the resources needed to produce the item to the emissions created during production and transportation. Reusable bags, refillable bottles, and biodegradable packaging reduce waste. Purchasing from local businesses that emphasize sustainability benefits the environment as well as the local economy.

Another challenge is throwaway culture that causes consumers to toss out things instead of being repaired or used. Instead of buying new clothes all the time, spending money on quality items that will last is less wasteful. Instead of throwing out broken things, having them repaired prevents landfills from being full. Recycling programs, when used correctly, keep precious materials out of the waste stream as well.

Ultimately, sustainability is about making conscious choices. However, the responsibility is not solely on consumers, but on business, community, and policymakers as well to make a more sustainable future. Antigua and Barbuda can set an example, and prove that a healthy environment and a healthy economy can work together. Every decision, regardless of how small affects the future health of the islands and future generations.

How SUSTAINABLE *are* YOU?

Take this quiz to find out if you're maintaining a sustainable, environmentally friendly lifestyle.

1. When grocery shopping, I bring my own bags.	NEVER	SOMETIMES	ALWAYS
2. If given the option, I use a hand dryer over paper towels.	NEVER	SOMETIMES	ALWAYS
3. I turn the water off when I brush my teeth.	NEVER	SOMETIMES	ALWAYS
4. I turn lights off when I'm not in the room.	NEVER	SOMETIMES	ALWAYS
5. I refill my water bottle.	NEVER	SOMETIMES	ALWAYS
6. I use energy efficient light bulbs.	NEVER	SOMETIMES	ALWAYS
7. I recycle cans, bottles and newspapers.	NEVER	SOMETIMES	ALWAYS
8. I use cool or cold water to wash my clothes.	NEVER	SOMETIMES	ALWAYS
9. I use public transport or carpool with friends or co-workers.	NEVER	SOMETIMES	ALWAYS
10. I choose products with minimal/re-usable packaging.	NEVER	SOMETIMES	ALWAYS

NEVER = 1 POINT

SOMETIMES = 3 POINTS

ALWAYS = 9 POINTS

YOUR SCORE _____

10-29 POINTS

FOSSIL FUEL FANATIC!

If everyone took one small step towards a more sustainable future, the planet would be in a much better place. Look at the list above and pledge to make at least one environmentally friendly lifestyle change.

30-59 POINTS

GREEN GURU

You demonstrate a good environmental conscience—you're making some of the right choices, but there's still room for improvement. Look at the questions where you scored badly and decide if this is an area you can make a change.

60-90 points

MEAN, GREEN SUSTAINABLE MACHINE

Wow, you certainly know your Greens. If you scored this highly, you can rightly call yourself a Green Champion—well done and keep up the good work!