

Consumers and Chemicals: AGENCY, STRUCTURE, AND AWARENESS

Why should we care?

As consumers, many of the products we buy could contain harmful materials that can affect our health.



- Disposable Income
- Family/Personal Responsibilities
- Safe shopping



As MacKendrick (2018) says, **precautionary consumption** allows you to make informed choices on what you buy [3]

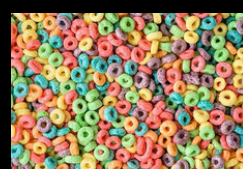
These realities can be complex

Toxic chemicals, consumer awareness, and precautionary consumption = 3 key tenets of environmental sociology

- Green or Nontoxic shopping [3]
- Individual sense of safety
- Navigating environmental issues as a family

Implications of Agency and Structure on Environmental Awareness

- Agency is the **ability** to act as an individual [2]
- Social structures both **enable and disable** such action [2]
- Their interplay produces **social change and collective/individual mobility**
- We can express **agency** to choose healthy options and research the effects of mainstream offerings
- Take action and consider alternative products that don't contain **PFA's, artificial food dyes, BHT,** and many more dangerous chemicals [1]



Ways of Sustainable Shopping

Social and Online Forums

Due Diligence in Research

Reading about what goes into certain foods, clothing like shirts and pants, and appliances like stoves and pans.

- People should actively engage in discussions online and in public spaces to share experiences and knowledge
- Learn what ingredients to look out for, how to identify them, and spread the word
- Warn people of what corporations and products to avoid, and how to shop smart for cost-effective and wellness solutions

Encourage others to do the same

By talking with family and friends, spreading the message of safe, sustainable shopping can yield beneficial results both in the short and long-term.

Health Awareness: The Bigger Picture

The Individual

- When people act to make personal decisions regarding their health, they actively exercise agency to navigate society and structures like stores and supermarkets.

The Family Unit

- Parents play a role in determining what they and their children eat. Although there is pressure to find affordable options, families have to make an effort to live healthy and take care of each other

Push against corporate and societal convention

- Don't settle for mainstream options; understand the narrative, voice your concerns, and be part of the movement to advocate for health, transparency, and proper environmental care

The time is now



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