**Nature For Health Sustainability Policy**

We from Nature For Health (NFH) are driven to make this world better, and more sustainable, in all aspects of sustainability, ecologically, socially and economically. We aim to integrate sustainability in all of our strategies and actions. We want to assist in making steps towards a healthy, green and fair planet. We support societal transformations that aim for sustainability, including in the field of climate change, circular economy and nature based innovations.

We encourage our NFH bodies, our associates, partners, and everyone else we work with, including suppliers, and other stakeholders to do the same.

* We aim to focus our sustainability policy on the UN sustainability goals and will work to fine-tune our sustainability policy with those goals.

**Our Sustainability Policy is based upon the following principles**:

* To practise what we preach.
* To comply with, and exceed where practicable, all applicable legislation, regulations and codes of practice in the field of sustainability, environment, nature, climate adaptation and circular approaches.
* To integrate sustainability considerations into all our decisions.
* To ensure that all NFH people are fully aware of the NFH Sustainability Policy and are committed to implementing and improving it.
* To minimize the impact on sustainability of all office and transportation activities.
* To make partners, clients and suppliers aware of our Sustainability Policy, and encourage them to adopt sound sustainable management practices.
* To review, annually report, and to continually strive to improve our sustainability performance.

**Practical steps in order to put these principles into practice**

**People & social inclusion**

**●** We respect people and we respect nature. ● We do not think that we only possess "the wisdom and the complete truth." We are, however, convinced that contact with nature is generally very good for people. ● We think and act as ethically as possible with an eye for and respect for everyone's role, position and opinion - our NFH interactions with people must not harm others. We will not undertake any activities that run the risk of harming others. ● We are for cooperation and for building bridges between opposites. We want to be a positive and honest force in society. ● We aim to benefit social inclusion and social innovation in all of our relevant activities. Everyone is important, we do not exclude anyone, except when people or businesses cause intentional harm to other people or nature and refuse to reconsider their behaviour.

**Working practice** ● We aim to fully implement in our working practise both the Sustainability Policy as our NFH Principles. ● We undertake voluntary work with the local community and / or local citizens organizations and make donations to seek to offset carbon emissions from our activities ● We ensure that any associates that we employ take account of sustainability issues in their advice to clients. ● We aim to include in our activities people that went through hard times and that try to get their life back on track. We value their expertise and experience as “experience experts”.

**Economy ●** We believe that economy should serve both people and nature, and not the other way around. ● We aim to initiate new "business opportunities" in the field of nature and health, with start-ups, new methodologies, services and products. **●** We assess the economic and financial implications of new initiatives, approaches and products we promote in the field of nature & health. **●** We favour working with businesses that have a clear sustainability policy and that are open towards promoting public values. **●** We enter, without delay, into contact with the management of businesses we work with if we have evidence or indications that those businesses may harm people, health or nature. In case the harmful behaviour of businesses is structural or intentional we withdraw from working with them.

**Suppliers and office supplies** ● We carefully assess the need for new products/services and consider environmental impacts in purchasing. ● We favour more environmentally friendly and efficient products, and companies with high social responsibility standards. ● We green our office space and direct surroundings with plants to improve indoor air quality. ● We purchase fair-trade and/or organic beverages. Minimize our use of paper and other office consumables, for example by double-siding all paper used, and identifying opportunities to reduce waste. ● As far as possible, we arrange for the reuse or recycling of office waste, including paper, computer supplies and redundant equipment. ● We seek to purchase electricity from a supplier committed to renewable energy. ● We seek to maximize the proportion from renewable energy sources, whilst also supporting investment in new renewable energy schemes ● We ensure that timber furniture, and any other timber products, are recycled or from well-managed, sustainable sources and are Forest Stewardship Council (FSC) certified. ● We aim to reduce plastic consumption when buying office supplies,

**Nature ●** We will practise what we preach as regards the conservation and wise use of nature, and the importance of nature for our health, including in and around our offices ● We will help to keep the direct surroundings of our offices green and healthy and help to remove litter ● We will help to create nature-friendly micro-environments for birds, insects and other parts of nature and will prioritize non-artificial ways of fertilizing and soil improvement.

**Energy and water** ● We use renewable energy providers. ● We reduce energy and water use by being careful with the use. We switch off lights and electrical equipment when not in use. ● We adjust heating with energy consumption in mind. The thermostat will be set to "night mode" when the office is closed. ● We aim to use the most environmentally and health friendly lights ● We do not buy bottled water for the office or external events where possible. ● We open the office windows to allow fresh air to circulate, whilst observing the need to conserve energy in winter.

**Paper** ● We buy recycled and recyclable paper products. ● We avoid printing documents needlessly ● We reduce, reuse, and recycle all paper. ● We prefer digital distribution over printing publications wherever possible.

**Chemicals** ● We use the least hazardous chemicals, and the smallest amount necessary. ● We seek eco-alternatives to conventional cleaning and disinfecting products and soaps.

**Transportation** ● We will avoid physically travelling to meetings, where alternatives are available and practical, such as using teleconferencing, video conferencing or web cams. We will prioritize efficient timing of meetings to avoid multiple trips. These options are also often more time efficient, while not sacrificing the benefits of regular contact with NFH team(s), partners, funders and stakeholders. ● We monitor and continually strive to reduce CO2 emissions of NFH events. ● We use public transport or bicycles/walking when practical. ● We will reduce the need for NFH co-worker to travel by supporting alternative working arrangements, including home working etc.

**Food** ● We prioritize sustainable and region-specific food. ● We will use the left-over food as much as possible for composting. ● We aim to reduce plastic consumption when buying food.

**Waste** ● We reuse and recycle everything possible. ● We sort our recycling waste by composting waste if possible and by preparing it for recycling by waste collectors in the most efficient and eco-friendly way ● We aim to reduce the volume and toxicity of waste produced in the office, during events and catering ● We favour more environmentally friendly and sustainable venues and hotels, wherever possible. ● We favour caterers that can demonstrate high social and ecological responsibility standards, using seasonal and locally grown organic products. ● We ask caterers to provide a high proportion of fresh, healthy products, fresh fruit, and vegetarian/vegan options.

**Raising environmental awareness** ● We will regularly discuss in the NFH bodies our sustainability commitments and ways to improve our sustainable behaviour. ● We share best practices/tips to reduce our individual environmental footprint. ● We will annually update this policy in consultation with other stakeholders where necessary. The next update will focus on full compliance with UN global sustainability goals.