

HOW TO START LIVING A SUSTAINABLE LIFE



REDUCE, REUSE, AND RECYCLE

Since we were kids, we've been taught the 3 Rs – reduce, reuse, recycle. Sticking to the 3 Rs will help reduce waste production.



CONSERVE ENERGY

The most important part of sustainable living is reducing your carbon footprint and you can achieve this by conserving energy. Don't leave your appliances on standby and switch off everything that's not in use.



DITCH PLASTIC

Plastic is in every single aspect of our lives and it's not very good for our environment. In order to lessen plastic wastes, you can bring your own grocery bags and avoid buying bottled waters.

SWITCH TO LED BULBS

LED bulbs are far more efficient and long-lasting than conventional bulbs, which means less power consumption and need for replacement.

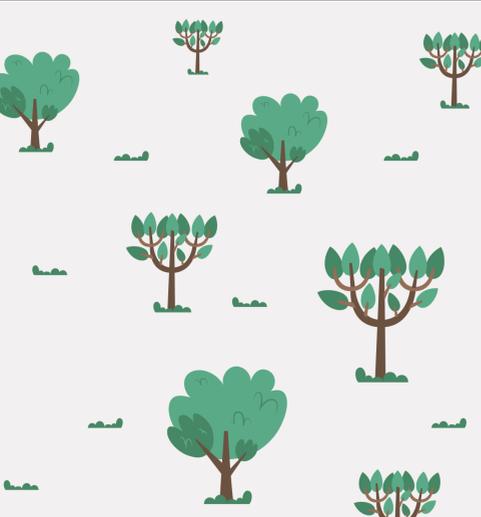


WALK OR BIKE TO YOUR DESTINATIONS

Vehicles, with the exemption of electric ones, aren't eco-friendly and add to your carbon footprint, so try to travel by foot or bike.

GROW YOUR OWN PRODUCE

A lot of benefits come with growing your vegetables. Sure, it's hard but it's worth it. Windowsill boxes offer a lot of space for herbs and vegetable patches and they will brighten up your view and filter the air coming in your home.



PLANT TREES

Year after year, forests are being felled to make room for other structures like malls and condominiums. As a result, our ecosystem is destabilized and the planet is put at risk. To restore the balance, we must replace the trees that were cut down by planting new ones.

BUY LOCAL PRODUCTS

It requires a lot of carbon to import products from foreign lands, so it is advisable to support locally-produced items.

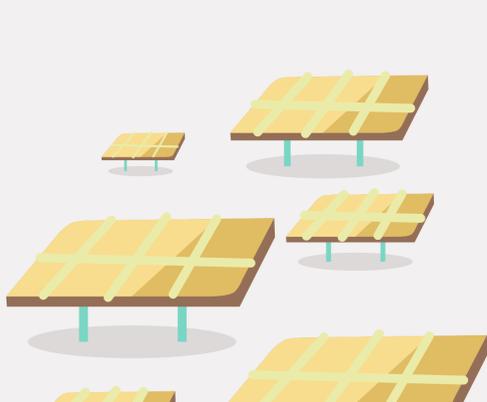


ELIMINATE OR REDUCE MEAT CONSUMPTION

Production of meat is one of the driving forces behind climate change and the only way to stop this is by reducing demand. Admittedly, this is one of the most difficult parts of sustainable living, but you don't have to completely cut meat out of your life. Simply reducing your consumption to two or three times a week will be enough.

GO WITH RENEWABLE ENERGY

Before anything else, you have to know that this is something you can do, but not something you have to do. It would be great for the environment if you can choose renewable energy over fossil fuels, but if you don't have the finances to, then you can just stick with other ways.



KEY TAKEAWAY

Sustainable living isn't as hard as everyone thinks. Yes, it requires sacrifice and it does take a little bit of getting used to, but it's also something that grows easier with time. The most difficult part of any task is the beginning, so hopefully these sustainable living ideas could make it easier for you to get started!

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