

# WHAT IS SUSTAINABLE LIVING?

It's a lifestyle. Sustainable living is making daily decisions to use as few resources as possible and in turn cause little damage to the environment to ensure Earth is around for generations to come. It has been described as living lightly on Earth.

Before you turn in your car for a bike, here's a few daily steps you can take toward sustainable living.

1

**On the go?** We live in a busy world and yes, we want our coffee to go and a bottle of water always available. Why not invest in a reusable travel mug or water bottle? A perk: Many coffee shops offer discounts if you bring a reusable mug.

2

**Recycle.** This is the easiest step. Check your town's recycling rules and get in the habit of recycling daily.

3

**Water waster?** Since childhood we've been told to not run the water while brushing teeth. Let's think of other ways to conserve water. The water used to rinse vegetables can easily be used to wash dishes later or for the plants you grow. Before it goes down the drain, think about other ways to use the water.

4

**Did you remember your bags?** Reusable shopping bags are trendy, fashionable and of course, part of sustainable living. Keep these bags in the trunk of your car or on a hook near the door, so you remember to bring them to the store.

5

**Lights out.** From iPads to toaster ovens, everything we use daily requires electricity. When you aren't using an appliance, unplug it from the wall to conserve electricity use, or use a power strip with a switch to make it more convenient.