



Sustainable Lifestyle Goals

1. Reduce kitchen waste

- Have a week where you do not throw away any food- have fun coming up with new recipes to utilize leftover ingredients!
- Plan your meals based on what food you have will expire first.
- Bulk shopping tends to not only cut down/eliminate packaging waste, it also can be a money saver too!

2. Conscious consumerism practices

- Shop local!
- Pack your own breakfast/lunch so that you do not get tempted to stop for fast food or take out! I personally find it helps to do it the night before.
- Buy soaps, shampoo, and conditioners in bar form to avoid plastic bottles.
- Keep reusable bags in your car so you don't forget them!
- Join a Buy Nothing or other online share group.

3. DIY projects

- Make your own cleaning spray by putting orange peels, vinegar, and essential oil into a jar. Let the mixture infuse for at least a month, and then dilute with water before using it to clean!
- Start a garden.
- Start composting/indoor vermicomposting.
- Eco-friendly gift wrapping: use scrap fabric to do furoshiki wrapping, packing paper, or re-use gift-bags instead of using single use wrapping paper.

- Forage for decorations!
- Make your own plant based milk
-

4. More tips!

- Wash clothes on the cold cycle every time and/or air dry clothes and sheets.
- Scan the house every day to unplug anything not in use.
- Try taking 5-minute showers.
- Start bringing a bag and glove/litter grabber on your walks to pick up litter.
- Sign up to be contacted with volunteer opportunities near you through Earthday.org
- Switch to bamboo toothbrush & toothpaste tabs