



8 Ways to Live Sustainably to Help Improve Our Environment

BY: MOLLY PRENDES

First: Reduce

► Landfill Waste

Everyday items are filling our landfills and polluting the environment. If we choose sustainable options as a replacement for these items, we will create much less waste.

- plastic cups v. multiuse cups
- plastic bags v. reusable bags
- Styrofoam
- food containers
- plastic water bottles



Second: Reuse

► Paper Recycling

Paper items can be recycled and reused which helps prevent cutting down more forest trees for paper products

- Pizza Boxes
- Cardboard
- Newspapers
- Paper bags
- Mail and envelopes
- Wrapping paper



Third: Recycle

- ▶ Recycling is a way to refurbish old products into something completely new which is a process of not only reusing but prevents further detriment to the environment

- Glass bottles
- Plastic bottles
- Metal Cans
- Juice Boxes
- Metal Caps
- Aluminum foil
- Metal cans



Fourth: Don't Use Straws

- Straws are plastic and often polluted because they are so small and easy to throw away but they often land in the noses of our beautiful sea turtles. Now you can purchase a reusable metal straw for everyday use.



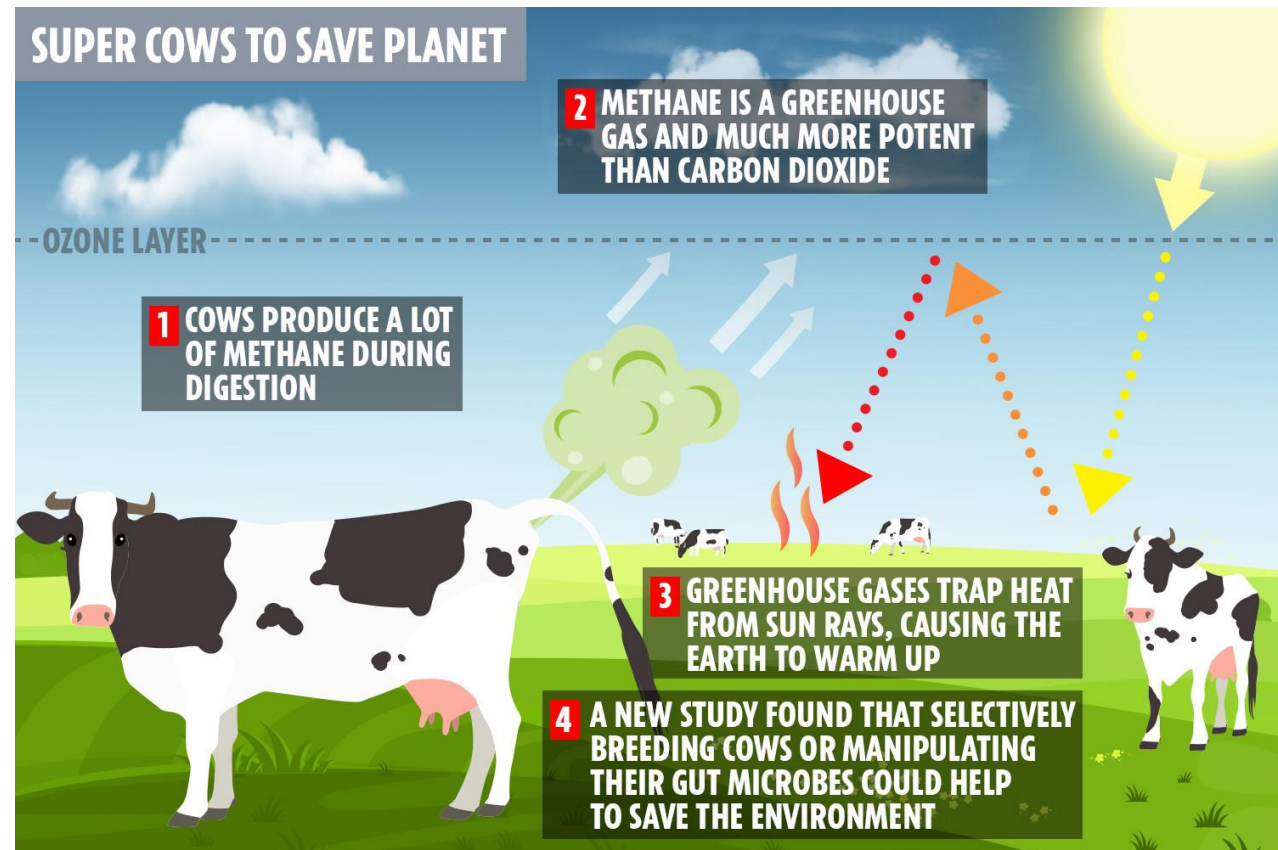
Fifth: Alternative Transportation

- Many of us drive to work, school and for social events. If we were to switch to public transportation, bicycles or even carpooling less carbon emissions would be produced and our environment and ozone layer would improve



Sixth: Consume Less Meat

- ▶ Meat consumption and the cattle industry as a whole is the one of, if not the largest contributor to negative environmental effects. The cattle industry not only harms animals but is responsible for deforestation and methane gas release.



Seventh: Buy Local Produce

- ▶ Local farmers tend to be smaller and safer because they do not use pesticides that large corporations use on their crops
- ▶ Local produce improves the genetic diversity and maintaining a healthy crop rotation which keeps the soil nutrient rich
- ▶ Contributes to the economic health of a local community



Eighth: Reusable Menstrual Cups

- Specifically for the ladies, reusable menstrual cups are a great way to reduce waste by purchasing paper products such as pads and tampons. Both pads and tampons are single use and are very expensive. Menstrual cups can save money, the environment and are recyclable.

