

# How to Be More Sustainable

***Being more sustainable means meeting our own needs without compromising or with minimal disruptions to our environment.***

Small actions by us can have a large impact on our environment! Read below to find out how we can live more sustainably:

1. ***Switch to reusable grocery bags:*** Plastic bags are difficult to recycle and take a very long time to break down completely. Once they break down, tiny plastic particles remain, which can enter waterways and cause pollution.
2. ***Buy less and throw away less:*** Create a list before you go grocery shopping. This will help you buy less food, reducing food waste and controlling expenses.
3. ***Turn off the water while brushing your teeth:*** This small action effectively conserves water. Leaving water running while brushing can waste an average of four gallons each time. Using less water means less wastewater impacting the environment.
4. ***Limit ordering food and prioritize home cooking:*** Greenhouse gases trap heat and contribute to global warming. Transportation is a major source of these emissions, so cooking at home and reducing food delivery can help.
5. ***Bring a reusable cup to your favorite coffee shop:*** Many coffee shops accept clean reusable cups. This reduces single-use waste and is cost-effective.
6. ***Swap out single-use plastic items:*** Items like recloseable poly bags, cotton buds, and disposable cutlery are used once and then discarded, contributing to environmental harm as plastic does not fully biodegrade.



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