

SUSTAINABLE LIFESTYLE

Sustainable living means understanding the lifestyle choices and its impact on the environment and finding ways to live environmentally friendly. Our future depends on our behavior and how we choose to live, work and play as global consumers – how we run our homes, the kind of food we eat, how we travel, how we relax, what we buy and how we care for our planet.

Reduce your consumption: Reducing consumption can reduce harmful emissions associated with the production of goods and services. Buy things that we really need. Reuse & recycle goods.



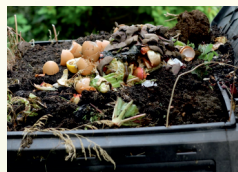
Reuse and Recycle: This will prevent pollution by reducing the need to produce new raw materials. Reuse and recycle material as much as possible because it reduces the amount of waste that is sent to landfills and incinerators.



Water Harvesting: The rainwater collected can be stored for direct use. It not only decreases the demand of water but also helps in reducing the water bill.



Composting: Organic waste in landfills generates methane, a potent greenhouse gas. Methane emissions are significantly reduced by composting left over food and other organic waste. It also reduces the need for chemical fertilizers.



Save Water: Adapting few habits like, turning off tap while brushing, switching to water saving faucets, spending less time in the shower, reusing waste RO water for cleaning, gardening etc. can help in saving water. Install water meter to track water usage



Save Electricity: Switch to energy saving LED lights. It consumes less energy as compared to incandescent lights. Alternatives like Solar based power is a good way to reduce carbon footprint.



Go plastic free: Refuse plastic as it remains for thousands of years on the Earth. There are many alternatives available in the market that are environment friendly.



Green Fashion: Green fashion clothes are made using organic raw materials like cotton grown without pesticides or clothes which are certified with eco-label mark. Look for labels before buying. Opt for sustainably produced garments for betterment of environment.



Ecofriendly Cleaning Products: Soaps, detergents, floor cleaners etc. contaminates water bodies. Manufacturing of chemical based or synthetic floor cleaners also harm the environment to a great extent. Choose eco-friendly cleaning products.



Organic Food: Conventional farming uses chemical fertilizers which causes severe environmental problems. Organic food is grown without the use of synthetic chemicals and organic farming results in numerous environmental and health benefits.



Green Celebrations: Choose to celebrate festivals in an eco-friendly way. For example, choosing Eco-Ganesh idol over the one's made up from Plaster of Paris and other harmful materials, buying seed rakhis, using flowers and leaves for decorations instead of plastic confetti etc.



Plant Trees: Trees absorb harmful pollutants and release oxygen for us to breathe. Humans and other species depend on trees as they improve soil, conserve water, store carbon, moderate local climate and regulate temperature extremes.



Green Vehicles: Choose Carpooling because it lowers greenhouse gas emissions. Opt for bicycles for shorter distances. Electric vehicle serves as a greener alternative to petrol or diesel vehicles. By eliminating exhaust, EVs can reduce greenhouse gas emissions.



Source: www.unep.org