

## **Make a Resolution to Be More Sustainable!**

Living a more sustainable lifestyle is largely dependent on our personal choices. Making a commitment to sustainable actions is one of the biggest hurdles towards achieving our personal sustainability goals. What better time to make a commitment to sustainability than at the start of a new year?! We have included a few ideas below for sustainable actions. If you feel inclined to make sustainability a larger priority in your life in 2022, see if you can adopt one or more of these ideas into your work or home life!

### Change Your Purchasing Habits

- Buy local to reduce packaging waste and shipping-related emissions
- Prioritize products that minimize packaging, such as concentrated cleaning products and food items that avoid individual wrappings
- Consolidate trips to in-person stores and combine online orders
- Purchase and utilize items that can be reused, rather than single-use items
- Bring cloth bags with you to the store or collect plastic bags to be recycled

### Reduce Your Energy and Water Usage

- Install LED bulbs in your home light fixtures
- Use “smart” power strips to eliminate phantom plug loads from equipment and appliances when they are not in use
- Use natural light to reduce the need for artificial light
- Cut back on HVAC usage when you aren’t home
- Consolidate dishwasher loads rather than washing by hand or running the dishwasher every day
- Upgrade old water fixtures to low-flow alternatives
- Look for the Energy Star or Water Sense logo when purchasing new appliances

### Others!

- Switch to online billing methods to reduce paper mail
- Plant a garden to grow your own vegetables and herbs
- Use hand lawn and gardening tools or electric counterparts to combustion-powered equipment
- Create your own compost pile to reduce your food scraps that are landfilled
- Plant native species to support pollinator populations
- Create a birdhouse out of items you would otherwise throw away