

## Steps Toward Personal Sustainability

### Check yourself

Do you want to find out how to live more sustainably? The first step is to evaluate your current lifestyle. Ask yourself the following questions, then make a plan to form more sustainable habits!

#### Your Kitchen

1. Where does your food come from? Do you eat meat with every meal?  
-Eating food grown locally significantly reduces your carbon footprint. If you usually eat meat with every meal, try to cook at least one meatless meal per week.
2. Do you plan your meals?  
-How much food do you throw away every week? Taking time for meal planning will not only help you eliminate food waste, it will also help your wallet!
3. Do you recycle? Do you compost?  
-These are two easy tasks that help keep unnecessary items out of landfills.

Check your “foodprint” by visiting: <https://www.earthday.org/foodprints-calculators/>

#### Your Household Goods

1. How much new technology do you have?  
-In the last 12 months, have you bought a new TV, laptop/computer, or phone/tablet? While some technology actually helps reduce your carbon footprint, stick to the basics. Only upgrade when necessary, and make sure to properly recycle old electronics.
2. What does your closet look like?  
-How much of your wardrobe are you actually wearing? Style trends are constantly changing, which can lead to a cluttered closet. Consider donating clothes that you don't wear often, and stick to the basics to avoid adding to the demand of new goods.
3. Do you have any secondhand or upcycled goods?  
-The constant demand of new items including furniture and décor is not only causing pollution from factories, it's also quickly adding to landfills. Buying second-hand goods and upcycling items around your home can help prevent both of these problems!

Use this calculator check your plastic consumption: <https://www.earthday.org/plastic-pollution-calculator-2/>

#### Your Daily Emissions

1. What kind of vehicle do you drive? How many miles per day do you drive it?  
-Compact vehicles with better fuel economy are a good option. If you are in the market to upgrade your vehicle, consider a hybrid or fully electric car!
2. What is the thermostat in your house set to?  
-Turning your heat down by just two degrees can have a big impact on our planetary health!
3. How many appliances are on at a time?

-Larger appliances such as refrigerators need to stay on, but remember to turn lights off in rooms that you're not using. Unplugging your phone charger, toaster, hair dryer, and other small appliances when they're not in use also helps!

Measure your own carbon footprint at: <https://www.carbonfootprint.com/calculator.aspx>