

5 Ways to Live More Sustainably

- 1. Don't toss it; fix it:** Take up basic sewing skills to fix holes or sew buttons onto your clothes. Transform items you don't wear anymore into a new garment. You also can look online for tutorials to fix or repurpose other items.
- 2. Lower your energy bill:** Incorporating small changes like switching to LED lightbulbs, turning off devices at night, or opening your blinds to enjoy natural light instead of leaving lights on, really add up. If the weather is nice, hang your laundry outside to dry.
- 3. DIY when you can:** Many cleaning, beauty, and hygiene products can be made at home, with simple ingredients that are free of plastic and harsh chemicals. Not to mention, it can be a good money-saver.
- 4. Buy less:** If you really need or want something, try looking at secondhand stores first to score a better deal, and to do the environment a favor.
- 5. Reduce food waste:** Try to buy only the groceries you need. Embrace meal prepping and get creative with leftovers. Composting is also a great way to reduce waste.

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