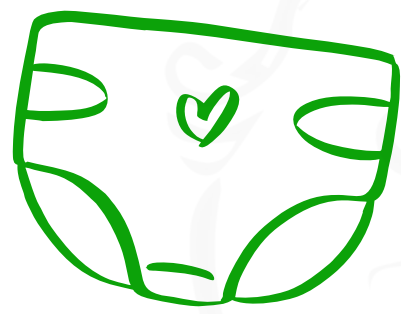


Sustainability in Baby's First Year – A Practical Guide for Parents of Camberville



FROM ONE PARENT TO ANOTHER: I GET IT — BEING SUSTAINABLE ISN'T ALWAYS EASY, ESPECIALLY WITH A NEW BABY. BUT IT ALSO DOESN'T HAVE TO BE HARD OR PERFECT. SUSTAINABILITY IS A CHOICE. JUST LIKE PARENTING, IT'S FULL OF TRIAL AND ERROR. HERE ARE FOUR SIMPLE WAYS TO BEGIN MAKING ECO-CONSCIOUS CHOICES IN BABY'S FIRST YEAR. START SMALL, AND LET IT GROW.

1 Use Cloth Diapers or Eco-Friendly Disposables



A baby uses 6,000–7,000 disposable diapers in early years, each taking up to 500 years to decompose.

IMPACT

- Cloth diapers can reduce diaper-related waste by over 60%
- Switching to cloth saves roughly 1 ton of landfill waste per child
- Families can save \$1,000–\$2,000 over the diapering years

RESOURCES

- [Diaper Lab](#): Cloth Diapers and Cloth Diaper Delivery Service for the Cambridge, Somerville, Boston, Arlington, Medford areas and more

2 Choose Secondhand Gear & Clothing



Textile production consumes significant water and energy. Making one cotton onesie requires up to 200 gallons of water.

IMPACT

- Choosing used clothes reduces emissions by 73% vs buying new
- Extending the life of clothes by 9 months can reduce carbon, water, and waste footprints by 20–30%

RESOURCES

- [MOC + Kids & Maternity Exchange](#): Nikki | niBuy, sell, and exchange baby/toddler/kid/maternity/nursing items
- [Mutual Aid Medford and Somerville \(MAMAS\)](#): resources and support to Somerville & Medford neighbors through mutual aid praxis.

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3 Make Homemade Baby Food



One baby eats approximately 600 jars/pouches in their first year if fed exclusively packaged baby food.

IMPACT

- Making baby food at home can cut packaging waste by up to 90%
- Parents save an estimated \$1,200/year by preparing food at home

RESOURCES

- Parent Food Bloggers
 - [Messy Bun Motherhood](#)
 - [Yummy Toddler Food](#)

4 Buy in Bulk+ Reduce Single-Use Plastics



Plastic packaging makes up 40% of all plastic usage, with baby products frequently found in small, heavily packaged formats.

IMPACT

- Buying in bulk can cut packaging waste by up to 75%
- Switching to refillable containers can divert over 200 plastic containers per year from landfills

RESOURCES

- Connect with your [Moms of Camberville](#) Facebook community to explore eco-friendly options together!

DISCLAIMER: THESE RECOMMENDATIONS REFLECT ONE MOM'S PERSPECTIVE AND PERSONAL EXPERIENCE NAVIGATING SUSTAINABILITY IN EARLY PARENTHOOD. I ENCOURAGE YOU TO EXPLORE, RESEARCH, AND MAKE THE CHOICES THAT FEEL RIGHT FOR YOUR FAMILY AND LIFESTYLE. SUSTAINABILITY IS A JOURNEY, NOT A CHECKLIST.

SOURCES: U.S. EPA, ZERO WASTE INSTITUTE, ELLEN MACARTHUR FOUNDATION, FOREST STEWARDSHIP COUNCIL, EPA, BABYCENTER, NATIONAL RESOURCES DEFENSE COUNCIL, THREDUP RESALE REPORT, REAL DIAPER ASSOCIATION, JOURNAL OF ENVIRONMENTAL HEALTH