

Practicing Sustainability During COVID



WEEK 3

"Sustainability is the continued protection of human health and the environment while fostering economic prosperity and societal well-being." (Fiksel et al. 2012)

Practicing sustainability is a journey. We start this journey for many reasons such as a desire to improve the environment, to reduce our chemical exposure, or even save money. Like most things, the more you do and learn about, the more you realize there is to do and learn about. If you're ready to go beyond the "low hanging fruit", here are just four suggestions on where to start. These tips may push you to try new things or ask yourself probing questions. Remember to be gracious with yourself and others. We're all on this planet together!

Going Beyond "Normal"

GENTLY USED

Fast fashion not only uses intense amounts of natural resources, but it also is filling our landfills. It takes

700 Gallons

of water to make one new t-shirt ([source](#)). Get educated ([start here](#) or [here](#)). When you buy clothing, consider consignment stores or online consignment. Have kids? There are many consignment options in our area.

SMART SHIPPING

Chances are you're getting more delivered to your door than you were pre-COVID. However, the environmental impact of all that shipping can be quite large.

CONSOLODATE

your items into one delivery whenever possible by planning ahead and making lists. If it's something you use regularly, consider buying in bulk.

CONSCIOUS CONSUMER

Every dollar you spend tells the market what consumers value, and every product has an environmental

IMPACT

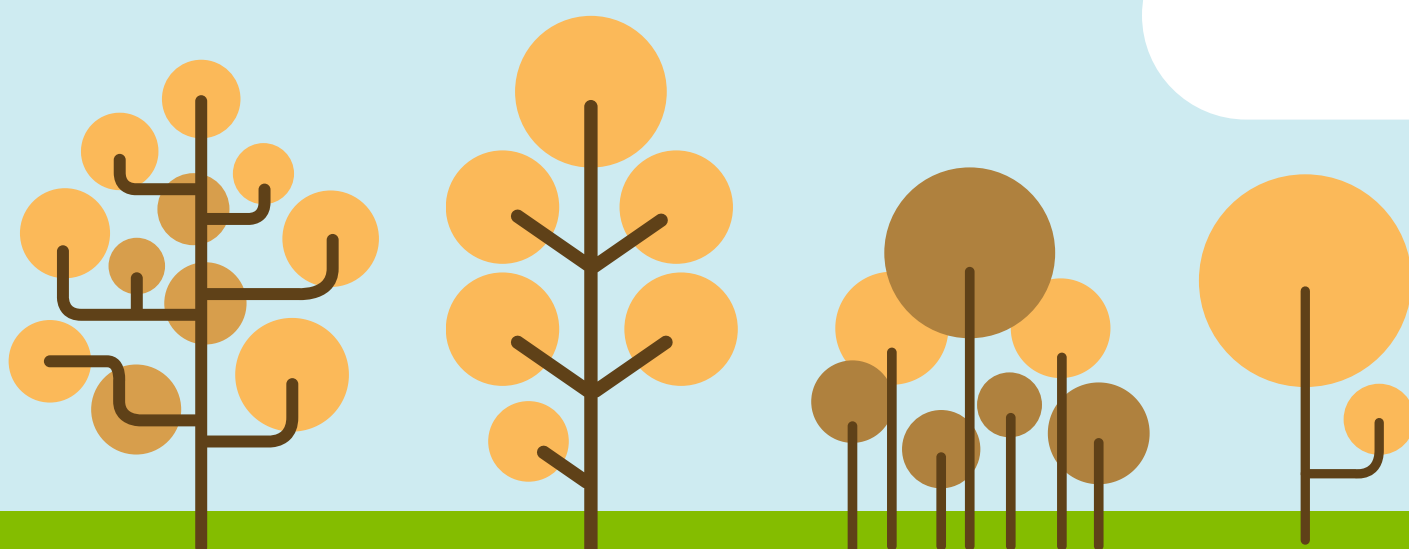
Start with just one product you buy and learn about it and ways you can buy better in the future. Join November's Challenge to go deeper.

SUSTAINABLE PERIOD PRODUCTS

Rethinking your menstruation products can be better for the environment (think of all those plastic applicators) and better for you due to the chemicals in some products.

RETHINK

your products and learn more about the options out there. Here are two resources ([here](#) and [here](#)) to get you started.



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