

Sustainable Living: How to Shop, Dress, Play and Consume More Sustainably

Sustainability is often written and spoken about as a lofty concept being driven by governments and corporations, that will impact economies in the distant future. Governments and corporations undoubtedly have an important role to play in championing sustainability, as they are responsible for establishing policies, laws, regulations and industry standards that direct how resources are used. However, the role of individuals, interest groups, and civil

society in the sustainability movement should not be underestimated. With some immediate and simple lifestyle changes, we can all contribute towards creating a more sustainable future. Furthermore, sustainable living has numerous benefits, including savings, improved health and wellbeing, and reduction of carbon dioxide emissions. Here are a few simple steps that we can take to shop, dress, play and consume more sustainably.



How to Shop Sustainably

Reduce Plastic

Purchase items with plastic-free packaging and walk with a reusable shopping bag to the grocery store, the market and even to the mall.



Not only is local food fresher and more nutritious, but it also has a lower carbon footprint and supports local businesses.

NO PLASTIC BAGS



SAY NO TO PLASTIC STRAW

Repair and refurbish instead of buying new



To shop less is to shop better. Invest in purchasing better quality products that will last longer.

Before you replace your broken television, blender or couch set, consider having these items repaired and/or refurbished. Repairs usually cost much less than purchasing new and help small service providers in the community.

Sustainable Leisure

Vacationing in-country helps to reduce your overall carbon footprint and supports local establishments. Moreover, taking the time to explore the country improves your appreciation of the flora, fauna, history and culture of your homeland.



Try a 'staycation'

Chose sustainable vacation accommodation.

There is a growing number of environmentally friendly vacation spaces that utilise sustainable practices such as renewable energy, LED lighting, natural lighting, farm-to-table restaurants, etc. If you have a choice, why not choose a sustainable option.



Carpool to events.

Incorporate sustainability into your events. When planning your events – weddings, birthday parties, baby showers, corporate events, etc. – include reusable crockery and cutlery and sustainable décor elements.



How to Dress Sustainably



Buy better quality clothing and wear them longer. As fashion goes, if you keep your clothes long enough, they will be back in style before you know it.

Buy clothing made from natural fibres, such as linen and cotton, as opposed to synthetic fibres, such as polyester. Production and washing of synthetic fibres releases over 500,000 tons of microfibres into the oceans annually (Fall-Johnson, 2020).



Repurpose old clothing. For example, old towels can be repurposed as washcloths. Even some international fashion brands, such as Rave Review of Sweden and Conner Ives in the UK, produce the majority of their designs from existing materials.



Rent a dress or suit.

A growing trend in developed countries is the rental of garments for special occasions, including weddings, gala events, and graduation balls. This is a sensible way to look fashionable at a lower cost while eliminating waste.

Sustainable Consumption



Eat more fruits and vegetables.

Farming of livestock, particularly cows, produces about one third of human-caused methane emissions globally. Reducing beef consumption is an immediate change that can reduce methane emissions.



Don't waste electricity.

Turn off the lights and air conditioning when you leave a room. Hang your clothes on the line to dry instead of using the dryer and use energy efficient appliances as much as possible.



Don't waste water.

Use just enough water to shower, brush your teeth and wash dishes. Also, utilise a bucket to wash your car, as this would greatly reduce water consumption.

Sustainable living is achievable. However, it requires awareness, planning and consistency to make it a lifestyle.