



10 Easy Ways to Live More Sustainably



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Hello!

We are Adel & Libby from adbra.

Our easy to use tools are designed to make looking after your well-being simple and actionable, in a way that suits you. Our range supports People, Mind & Planet.



We've created this short e-book on a topic dear to our heart - living sustainably.

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Introduction

Sustainability has often not been adopted because people think that trying to live a more sustainable lifestyle means being deprived of certain things they enjoy.

All over the world today, there is growing attention and interest in the idea of sustainability because it can enable people to live more freely, without products & services which are often pushed upon us by mass-producers, marketing, and social constructs. Living a more sustainable life will ultimately help people protect themselves and the environment in the long-term which is why we must be willing to embrace it.

The objective of this book is to present ten ideas that inspire you about how you can live a more sustainable life. The book covers some of the simplest yet effective concepts that will not only add value to your life but also enable you to reach out to others with the message of sustainability.

Are you ready to get started? Let's begin...

Chapter 1 - Reduce Single-use



Utilising single-use items goes against living sustainably. Single-use items are just that, 'single-use' and the energy used to make them is wasted in one sitting. Single-use items such as food packaging and cutlery are often also not suitable for recycling or can be contaminated with food when disposed of. It's not environmentally or economically sustainable to rely on single-use items. Moving to reusable items is key to living more sustainably.

So the solution is simple, when you get out there to make purchases, say no to single-use items, taking your reusable items with you. Don't use single-use carrier bags, always have a canvas bag with you when you go shopping and this bag can be used repeatedly for a long time.

Avoid single-use coffee cups (especially if you take coffee a lot) stick with reusable cups you can find at most high-street cafes. Don't rely on napkins or tissues that are single-use, there are reusable fabric napkins you can wash after use and this saves a lot of rubbish being created for no reason.

Chapter 2 - Eat Local & Seasonal



Did you consider that for every food item you purchase that isn't home-grown, you contribute to the increase of CO₂ emissions and climate change?

The higher our demand for food items that are not locally produced, the more countries import produce that is transported to us, leading to further CO₂ emissions.

The solution to this challenge is for all of us to try to source food more locally and food that is in season, meaning it is grown locally at the time of year that it is eaten. For example, bananas and other tropical fruits have to travel across the world to get to you.

Reliance on produce that needs to travel far to get to you also isn't a sustainable option because most of this imported produce is planted solely for maximising profit and may have been exposed to chemicals (sometimes for preservation) which can impact your health.

So what are locally grown foods? These are foods that are produced within a geographical region that is considered as been peculiar to your area? Fruits, vegetables, dairy products, eggs, and locally raised meats are some examples of such foods.

As a consumer, buying locally and seasonally, you will also gain an understanding of how and where the food you consume is produced while alleviating our reliance on fossil fuels.

Chapter 3 - Travel Right



Each choice of transport you use on a daily, weekly & annual basis contributes towards the use of greenhouse gases and ultimately climate change.

As a start, within your locality, consider walking, running or cycling which can be healthier options than your reliance on cars and other transport options.

Taking public transportation helps because too many cars on the road lead to increased environmental pollution that also contributes to the challenge of global warming.

If you must use a taxi, consider the idea of sharing a ride with someone else because this will also reduce the individual use of cars that are not a part of living a sustainable life.

What about your choice of holiday destination?

We all love to go on holiday. When you do, consider holidaying in a place that is closer to home. Vacations that take you farther away from home will cause you to fly, leading to release of a large amount of CO₂ emissions.

When you start considering holidaying closer to home you will be amazed at all the great places you can visit without spending as much as you would have to visit far places.

Chapter 4 - Shop Sustainable



When we step out to make purchases, we often think about what is convenient for us, especially with regards to our finances but living a sustainable lifestyle means you will need to become mindful when making purchasing choices.

The next time you go shopping, try to ascertain if the item is sustainable by learning more about the business behind its production. It is crucial that we show concern regarding the source of things we buy when you buy something, you are directly or indirectly supporting the views of the business behind that product.

So if for example, you purchase items that were made by companies who are indifferent about the concept of sustainability and recycling then you will be helping them do more harm to the environment.

For every item that is not sustainable, there is a sustainable alternative; you need to seek out these items and rely on them more. An excellent example of a group that is making significant sustainable steps with items is ADBRA.

ADBRA strives to provide environmentally friendly products as a sustainable alternative. For more details on their products, they do search for ADBRA on [Amazon.co.uk](https://www.amazon.co.uk).

Chapter 5 - Reuse & Upcycle



It is often easy to want the latest trend or products. The more new things you get, the more waste the planet will have to deal with in the long-term.

Considering buying used products such as clothes, toys, and furniture is a great way to reduce waste. Aside from purchasing used products, you can also contribute by giving out the items you no longer use, so someone else doesn't have to buy something new.

When you no longer have use for some items such as clothes, consider listing them online for someone to come over and pick up for free. Your offer for free things will make a positive impact on the environment and help the person also adopt a sustainable approach to life.

Imagine a world with reduced manufacturing produce, a world where we all rely on each other for items instead of polluting the environment with the use of fossil fuels and other chemicals from manufacturing plants.

If you are wondering how you can share this step with others, you can organise an Up-cycle/Re-use group in your neighbourhood.

Chapter 6 - Less Animal Produce



The idea of becoming vegan suddenly might be scary, especially if you love eating meat, but there is no need to become vegan overnight. You can take small steps towards reducing your amount of meat intake.

Excessive meat consumption is linked to some cancers, and it is also a significant source of carbon emissions so making an effort to reduce it is both suitable for your health and the environment.

Animals all consume food and water as they need to be adequately fed. We can provide proper nourishment for people if we just ate the stuff we feed to animals instead, which is plant-based foods.

For every calorie obtained from meat, 17 calories need to be fed to the live animals, think about this when deciding to cut out meat for good. More importantly, eating plant-based meals does make a lot of sense for your health.

Chapter 7 - Carbon Offsetting



Regardless of how sustainable or green you are, your carbon footprint still exists. Carbon footprint refers to the amount of carbon dioxide released into the atmosphere.

If you are doing your best to curtail environmental impacts you won't be able to completely control those who are not concerned with the environment.

As such, you can have a role to play in offsetting the carbon footprint of others. You can get involved in tree planting yourself or there are organisations specifically created to offset carbon footprint. By giving a few pounds per month to such organisations, you could help out with initiatives such as tree planting in local communities.

You will have to seek out platforms and organizations involved with this idea; the Carbon Footprint is an example of such an organization. Carbon Footprint has its Carbon Offset Project which is a selection of projects that aims at investing in high-quality international carbon reduction projects, for more details visit <https://www.carbonfootprint.com/carbonoffsetprojects.html>

Chapter 8 - Buy Naked Produce



We have already discussed the importance of switching to a plant-based diet, which will inevitably entail the consumption of more fruits and vegetables. However, there are packaging practices that are not sustainable.

When you walk into most shops that sell fruits and vegetables, you will observe that some are pre-packed with plastic film. Once the film is peeled off, it most often can't be used again.

Buy fresh fruits and vegetables that are sold in their 'naked' state without any plastic lining and insist on products that are delivered naturally directly from the farms.

Also, choose loose options instead of multipacks, products that have been packed in a bag within a bag. If you buy in multipacks you will be getting a lot of unwanted bags that you wouldn't use again thus polluting the environment.

Chapter 9 - Recycle & Compost



Recycling should still be a staple way to live more sustainably as well as consuming less.

If you use paper, plastic, metals, and other recyclable items, reuse them where possible and consider carefully before purchasing more whilst recycling when they are at their end of life.

Not all plastics are recyclable so you must take the time to discover which can be recycled by your local authority. In addition to recycling materials you use, separating food waste is essential because it makes excellent compost and can actually be used to generate energy.

Organic materials such as food or animal waste can break down and release methane, which is a potent global warming gas. But if this waste breaks down in an anaerobic digester, the methane can be captured and used to generate electricity.

Reach out to your local authority to understand more about what is accepted.

Through recycling of plastics and food waste, you will be enabling less material production & a cleaner environment, this will have positive effects on the planet.

Chapter 10 - Encourage Others



We have focused on how you can adapt and live a more sustainable life with a focus on improving your health and the state of the environment. However, what others do to the environment also affects the commitments you make.

As such you shouldn't be solely concerned about what you can do but also on how you can get others to do something as well because collective change can make a big impact.

You can multiply your efforts by talking to other people around you, encouraging them to get educated about the environment, and knowing more about the concept of sustainability.

Do not underestimate the impact of your words or the ability it has to cause someone else to take a positive approach towards the environment.

You may just be speaking to one person at a time, but that individual will tell someone else who will also reach out to someone else and before you know it you have created a chain reaction of awareness on sustainability and the environment.

Conclusion

Well done!

Most people wouldn't have been able to read beyond the title because the idea of sustainability doesn't appeal to them, but you read beyond the title, read through all the chapters and sections and here you are at the end!

However, we must wrap up this experience with a commitment to executing everything gained. It isn't enough to read and discover what you need to do; you must also be willing to implement the ideas learned.

In the past, people used to say "Knowledge is power" because they believed in the power of what they knew, but today with increasing access to knowledge due to technological innovations, knowledge isn't influential anymore.

Instead, it is the execution of knowledge that is all-powerful. Until you do something with what you know, whatever you know will not be helpful or useful to you. So today and this very moment is an excellent time to take a step forward and implement what you've learned.

Go back to your kitchen shelf, shopping lists, and every other thing that connects with what we've unearthed and intentionally seek ways to implement the steps provided above.

Remember that one of the critical objectives of this book is not only to impact you with the message of sustainability but to also equip you with valid information such that you can teach someone else.

All the best in leading a more sustainable lifestyle!