

SUSTAINABLE *Summer* TIPS

Sustainability is defined as the quality of not being harmful to the environment or depleting natural resources and thereby supporting long-term ecological balance. In simpler terms, we need to maintain the world we live in before we run out of resources. **Why is this important?** Well, because using more resources than can be replenished is going to leave humans and ecosystems lacking necessities in the future if we are not using them wisely. To take individual action, here are some things **YOU** can do this summer (and year round, too!) to help conserve resources and help our planet!



SWITCH FROM PLASTIC TO REUSABLE WATER BOTTLES:

Plastic waste is often ingested by marine wildlife, which causes ecological disruption. Plastic cannot fully decompose in the environment and can remain there for up to thousands of years.

REDUCE MEAT CONSUMPTION/EAT LOWER ON THE FOOD CHAIN:

Annual meat consumption is predicted to more than double from what it was at the turn of the century by 2050. For every pound of beef produced, at least 2,000 gallons of water are required. Thus, reducing beef consumption to 50g per day could reduce agricultural greenhouse gas (GHG) emissions by 22%.



ADD MORE VEGETATION TO YOUR RESIDENCY:

Vegetation regulates the flow of the biogeochemical cycles (nitrogen, carbon, phosphorus, and hydrologic) which helps our ecosystems remain intact. It also maintains more water in the landscape, and this reduces the need for irrigation/pesticides.

DONATE UNUSED ITEMS/CLOTHES:

Reusing items reduces the amount of material needed in order to create new products. Recycling 100 million pounds of clothes has an effect on the environment equivalent to removing 26,000-35,000 cars from the road



USE A LOWER-FLOW SHOWERHEAD/REDUCE SHOWERTIME:

Because less water would need to travel to reach your body with a lower-flow showerhead, water conservation would be actively practiced. Cutting showertime by 1 minute each day could save 500 gallons of water each year.

MAKE YOUR OWN GARDEN:

Plants, trees, and other autotrophs act as highly effective air purifiers, sequester carbon dioxide, and release O₂ for us to breathe. The roots of the plants also stabilize the soil and filter water. Plus, it makes for a fun activity with friends and family!



UTILIZE PUBLIC TRANSPORTATION:

Approximately 85% of greenhouse gas emissions from the transportation sector are strictly related to the surface transportation system. A single person who switches from a 20-mile commute by car to existing public transportation can reduce their annual CO₂ emissions by 20 pounds per day!

SWAP YOUR SUNSCREEN:

Many sunscreens contain oxybenzone and octinoxate, which are chemicals that contribute to coral bleaching. Coral bleaching occurs when reefs are distressed, so they expel algae and disrupt the ecosystem as a result.

