



# SUSTAINABLE

*focus*

## April – Recipe for a Sustainable Lifestyle

*Living sustainably does not have to be complicated; in fact, **focusing on sustainable choices can make life a lot easier!** This issue provides focus areas for anyone who wants to live sustainably but is unsure of how to start, or is overwhelmed by the idea.*

### What is Sustainability?

***To live sustainably** is to use resources in such a way that resources are not depleted at a rate faster than they can be replenished, and to do as little harm to the natural environment and ecological balance as possible. All of this is done so that posterity will be able to meet its resource needs as well.*

*Living sustainably requires viewing everything we touch and use as a resource. There is a lot of opportunity for reducing our consumption! Every product, from cell phones to food to cars, require natural resources during extraction, manufacturing, transport, and utilization. These products are later disposed of, having a secondary impact on ecological balance.*

**Recipe for:** *a Sustainable lifestyle*

### Ingredients:

1. Acknowledgement that we each need to do our part to protect earth's resources.
2. Conscious decision-making and self-assessment.
3. Willingness to try a different way of doing things.

### Directions:

1. Avoid Plastic
2. Choose Earth Friendly Foods
3. Reduce Energy Use

*... continued on page 2.*

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## Directions:

### 1. **Avoid Plastic: Pack a bag each day with the following items:**

- Reusable bottle/cup
- Reusable cutlery
- Cloth napkin
- Reusable food container
- Metal straw

### 2. **Plan: Simplify & Slow Down**

- Reduce consumption. Ask yourself: "Do I NEED that?"
- Plan your day to avoid driving unnecessary miles.

### 3. **Choose Earth-Friendly Foods**

- Eat less meat: Consider one meal per day without meat, or one day per week without meat.
- Choose organic: it is healthier for both you AND the planet.

*Directions Continued p. 3...*

## Keep it Simple

The average American will consume **53 times** more goods and services than someone from China throughout their life. **53 times!**

With the ability to overconsume, a consciousness of conservation is crucial to living sustainably.

## Avoiding Plastic

- Buy vegetables without plastic bags.
- Bring your own bag every time. Pro tip: keep bags in your car, purse, desk, and by your front door.
- Refuse straws- request "no straw please."
- If faced with buying a plastic container or bottle, always choose the container with the highest recycled content.
- ALWAYS **recycle** plastics!

## Earth-Friendly Food

- The meat industry emits high amounts of carbon dioxide and methane. Cows have been named one of the three biggest contributors to global warming- cars and deforestation being the other two.
  - Beef- emits 27 kilos CO<sub>2</sub>/lb, equivalent to driving 63 miles
  - Lamb- emits 39.2 kilos CO<sub>2</sub>/lb, equivalent of driving 91 miles
  - Vegetables- emits 2 kilos/CO<sub>2</sub>/lb, equivalent of driving 4 miles
- Diet is probably the biggest slice of your water footprint. Vegetables use SIGNIFICANTLY less water than meat:
  - 1 lb beef uses 1,799 gallons
  - 1 lb pork uses 576 gallons
  - 1 lb of corn is 108 gallons
  - 1 lb of soy beans is 216 gallons
- Shopping at farmer's markets is a great way to support the local economy and minimize the distance produce is driven to reach your shopping bags, which reduces carbon emissions.

## Directions (continued):

### 4. Manage Energy Systems!

- Save energy at home by learning about your highest energy consumers
- Save energy at work by following sustainability program guidelines

### 5. Reduce, Reuse, Repurpose *then* Recycle... Always Recycle.

- Recycling diverts millions of pounds of waste from landfills each year and repurposes the resources used to create the virgin materials. Always Recycle!

*Combine ingredients, mix well, and use daily- now you're on your way to living sustainably! Thank you for doing your part!*

*April 22, 2018 is Earth Day. However, by following these tips you can help the Earth everyday!*

## Save Energy at Work

- If you are away from your desk for more than an hour, turn computer and monitors off!
- Ensure lights, printers, and all other electronics are turned off before you leave at night and over the weekend.
- Dress "weather-appropriate" rather than adjusting space temperatures.
- Ensure all doors to the outside are kept closed!

## Save Energy at Home

- Set thermostats back, higher temperature in summer, lower temperature in winter, (or ideally turn off) when you leave your residence.
- Turn lights off in rooms you're not using and when you leave.
- Have AC and heating systems checked and tuned annually.
- Unplug appliances not in use to eliminate "phantom load."

## Reduce, Reuse, Repurpose, THEN Recycle

- Recycling is great, but reducing your consumption is even better!
- The cleanest energy is the energy unharvested.