

Choosing an Eco-Conscious Lifestyle

by Aubrie Wolff

Our resources are scarce and it's more important now than ever to save what we can. Every little bit will make a difference especially if we all make an effort. You don't need to do anything drastic. There are many things that can be done in our everyday lives to help save our planet's resources on which we all depend.

It all starts with what you choose to bring into your home. When shopping (with your cloth bags), make decisions to buy products in recycled or recyclable packaging or at least not ones not in wasteful packaging. Everything we buy requires resources to produce and ship. If a product is wrapped in a ton of plastic, it used a lot of resources to make and it will take a long time to breakdown. Try to reuse or repurpose anything you can, such as scratch paper, cleaning rags, compost food scraps and empty storage jars. Donate things you no longer want to charity or friends. Stop buying anything disposable like paper plates, cups, razors, etc. One of our most precious resources is water. From using rain barrels and planting native shrubs to collecting shower water in a bucket while it heats up to installing water saving toilets and showerheads, saving water can be simple and should be a priority.

Outside of the household, you can have an influence on how our resources are used. Spread the word about how important this is by encouraging your family and friends to live in a resource conscious way. E-mail or write merchants who use wasteful packaging and ask them to change. Contact your legislators when environmental legislation is pending to let them know it matters to you. There are many other things besides these that can be done, but it should be a good starting point for those of us who can stand to waste less.