

Easy, simple changes to live a greener lifestyle

In today's world, environmental concerns are more pressing than ever. However, making a positive impact on the planet does not require drastic measures. Simple, everyday changes can collectively contribute to a healthier and greener future.

From reducing waste and saving energy to supporting sustainable practices, we explore practical tips and ideas to help you integrate eco-friendly habits into your daily lives.

Save energy

It's true that carbon emissions cannot be stopped entirely, but you can contribute by cutting them down through conserving energy and starting from your home. All it takes is a flick of a switch!

It will surprise you that much of the energy (and your money) you can save is by flipping switches off as you leave a room.

You can install energy-efficient bulbs, for example, LED ones, instead of aesthetic-



looking incandescent bulbs. These LED bulbs use 75 per cent less energy and last 30 times longer, which is a sure win for your pocket and Mother Earth.

Switch to reusables

Switching to reusables is the most



straightforward way to reduce waste, which promotes a cleaner environment and healthier ecosystems.

You can start by using containers and bottles that are not plastic in a place where you possibly spend your time the most: the office. You can keep a mug to serve the purpose in your workstation instead of using plastic bottles and cups for water and drinks you take throughout the day.

Earthen containers and bottles can be a good alternative as they do not carry toxic compounds that contaminate food. Earthen bottles keep water cool, making them an excellent choice over plastic ones. Many functional yet stylish designs make reusable items a way to express yourself while helping save the planet.

Reduce meat consumption

The beef we see at our dinner table or the steak we consume in high-end restaurants adds to the climate crisis, as raising beef

generates methane, a planet-warming gas. Going for a plant-heavy diet is unrivalled, but it doesn't mean removing meat completely.

If you are having meat every day, try cutting it from the menu at least one day a week. A meatless meal now and then might introduce you to delectable and nutritious food you may not have considered trying — a tasty exploration that could benefit your health and the planet.

You can also try involving poultry in your intake, as it has a low climate impact.

Use less fuel for transport

If you have a car or an automobile that uses fuel, leaving it at home reduces carbon footprints considerably. Options like walking, biking, or public transport ensure the emissions are low. Walking or

biking to work or a short-distance errand adds to your and the environment's good health. For long distances, mass transit or carpooling with a friend or colleague is a good option.

If you feel adventurous, you can take up the challenge of treading long distances on foot. The triple package of exercise, fresh air, and money saved on fuel is a fantastic green-friendly choice all around!

Make meaningful purchases

Meaningful purchases on your part will bolster a greener lifestyle in your daily routine. The world generates 2.01 billion metric tonnes of solid waste every year, and it's up to us to counteract it.

You can buy good used furniture instead of new ones and choose high-quality products that will not end up in a landfill a year later.

Fast fashion has been all the rage for years, and its grasp did not exclude our closets. Instead of deciding to buy these sorts of clothes, you can make sustainable fashion a trend by purchasing basic pieces that can be worn in several ways.

Learn about sustainability

With the ready access to the internet, it's possible to learn about sustainability with ease. Reading about environmentalism and how carbon footprints impact pollution levels will give you insight into the basis of these practices.

Besides, joining local communities, online forums, and volunteering are practical ways to enter into a global conversation about a greener lifestyle, as well as building relationships with like-minded people.

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Photo: Collected



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