

# Cultural Daily

Independent Voices, New Perspectives

## 5 simple & easy tips for sustainability in everyday life

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Attempting to live more sustainably doesn't need you to have an unmatched love of trees or to identify as a member of the "hippie" subculture. But hey, if you are, that's okay too! Simply, it's unnecessary to overhaul your approach completely, and even little adjustments may significantly impact the world. The best part is that many of these tips are simple to implement and will save you money.

All of these tips will help reduce your carbon footprint and will introduce sustainability into your day-to-day life. Let's check them out.

### 1. Change your mindset

Having the right frame of mind is crucial to living sustainably and developing environmentally responsible routines. It's a snowball effect – once you start thinking there may be a better way to accomplish something you've always done the same way, there won't be no going back.

Start your journey simply. For example, don't purchase any more plastic water bottles or stop using straws. You'll be asking yourself why didn't I use **reusable metal straws** sooner!

As a society, we have become used to instant gratification, to the point that we don't bat an eye when someone suggests swinging by the store on the way home to pick up some pre-sliced, plastic-wrapped items for supper. When you consider what happens to all of that plastic, you'll start seeing the issue.

Consider if there is room for improvement in your existing daily routines, such as how you buy and dispose of food and clothes. Changing your mentality from "consume first" to a more conscious approach is the first step toward a more sustainable lifestyle. You don't have to make a million adjustments at once. The more you put this way of thinking into practice, the simpler it will become to make greener choices for yourself and the world.

### 2. Airdry your clothes

Hang your things outdoors to dry if possible. Some people may think it's archaic to dry their clothes outside in the sun on a clothesline, but in other countries, it's the standard. Simply put, we've become used to the dryer's efficiency.

The monthly energy used in your house may be reduced by a large margin if you break the practice

of drying every load. After the refrigerator, the dryer is the biggest energy hog in your home. In addition, hanging your garments outside may restore color to faded whites and remove deep stains.

### 3. Use a reusable grocery bag

A tote bag, which can be reused indefinitely after being washed, is an environmentally responsible alternative to plastic bags and other single-use plastics. Carrying a backpack with you as you shop is another option. At the checkout line, just take your bag and place your items inside.

### 4. Forget about fast fashion

Fast fashion is one of the highly unsustainable industries, plus it's generally unethical. This includes but is not limited to exploitation and human rights abuse, excessive water use, microfibre waste, deforestation, and more.

How often it is that you buy an H&M blouse because it's trendy, only to have it break apart in the wash a few weeks later or, even worse, collect dust in your closet because you never wear it?

Choose organic, sustainably created fabrics and labels that care about their workers and the environment over cheap, mass-produced synthetic apparel. It's wiser to invest in a few high-quality pieces, such as a timeless knit sweater, than to stock up on a bunch of cheap, disposable pieces from the fast fashion industry.

There are many sustainable fashion firms making a difference in the environment, and several eco-friendly fabric alternatives, such as recycled and organic cotton. If you don't mind some digging you can also always go to the second-hand stores and thrift some goodies too.

### 5. Compost food

We have a serious issue with food waste. Buying less food is one strategy for conserving resources, but if you can't help but stockpile surplus supplies, find creative uses for the leftovers you do have.

If you have a backyard, what's stopping you from starting a compost pile from your food waste? You can toss in some fresh herbs, fruit, and veggies, but be careful not to put meat inside the compost bin since it can make everything rot.

If you're a gardener, you'll appreciate how the compost pile creates nutrient-rich soil and how it can be used as an eco-friendly, all-natural fertilizer.

*Photo by [Mert Guller](#) on [Unsplash](#)*

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