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## SUSTAINABLE LIVING

# MAKING IT REAL, EXAMPLES OF SUSTAINABLE PRACTICES

# SUSTAINABLE LIVING

We've touched on a few aspects of sustainable living. But, as mentioned in the opening paragraph, sustainable living is a way of living. It is giving back what you take; it's considering the impact of what you buy, not just here but in a place far away or the world over. It is investing in your community, in the environment and a better life. It is reconsidering the rush that our life has become and making more deliberate choices.

Below are some actions we can take to make our living more sustainable, and our life more livable.

- When it's time for new wheels, consider a efficient vehicle, such as a hybrid or electric car.
- Replace incandescent light fixtures with energy efficient bulbs.
- Install water saving bath fixtures and appliances that use less water.
- Practice organic methods in the garden, and in the home.
- If building, build for energy efficiency, and incorporate renewable and recyclable materials.
- If possible invest in wind or solar energy.
- Become involved in the community to lobby for green space allotments, controlled growth, and conservation of local agricultural areas and protection of local businesses.
- Provide food, cover and nesting space for wildlife by planting flowers, shrubs and trees to attracts birds and wildlife. Contribute back to the natural world we share with wild creatures. Provide bird feeders and nesting boxes also.