

Sustainability Tips

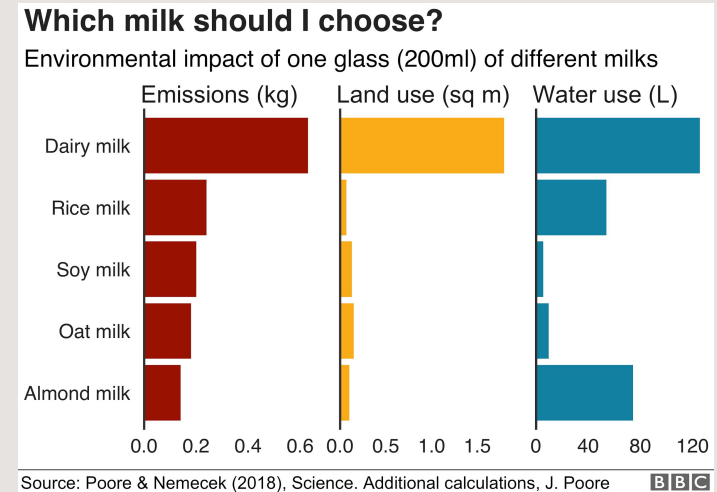


Brought to you by your Housing Sustainability Assistant (HSA)

As HSAs, we place a lot of emphasis on waste related sustainability, like recycling and composting. However, there are obviously many more ways to live a more sustainable life. Here are a few tips for how to increase sustainability through what you eat.

Food

- What we eat affects the environment in many different ways, from what we're eating to how it's produced, distributed, packaged, and consumed.
- Did you know: a single almond takes about **1.1 gallons** of water to produce, or about **10 gallons** for a handful.
 - However, cow's milk is even more water-intensive than almond milk!



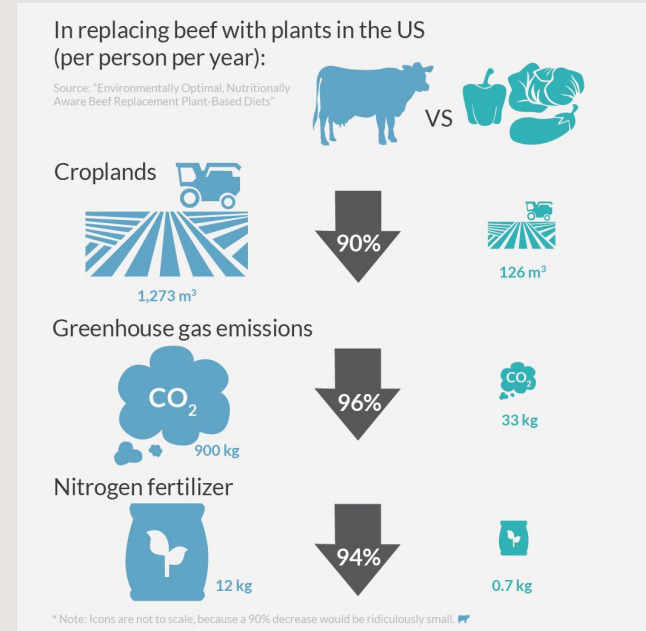
Animal Agriculture

- There are varying numbers out there, but according to the EPA, farming is responsible for **574 million metric tons** of CO₂ emissions in the U.S. each year.
- **42%** of agricultural emissions come from animal agriculture, and $\frac{2}{3}$ of those gases are directly emitted by ruminants (cows, buffalo and sheep) through methane when they burp and fart.
- Livestock accounts for **14.5-18%** of human-induced greenhouse gas emissions worldwide.

Source: <https://www.nytimes.com/2018/01/25/climate/cows-global-warming.html>

Animal Agriculture cont.

- Animal agriculture further damages the environment through extensive water and land usage.
- This doesn't necessarily mean you have to become vegetarian or vegan though. Simply cutting down the amount of meat and dairy you consume, especially beef and lamb, can benefit the earth a lot.



Source: <https://climatenexus.org/climate-issues/food/animal-agricultures-impact-on-climate-change/>

Eating local and organic

If you can afford it...

- Eating local reduces the amount of travel needed for your food to get to you, therefore reducing CO2 emissions.
 - In the U.S., the average piece of produce travels 1,500 miles, while local food may only travel 100 miles or less.
- When practiced well, organic agriculture can create crops that are more resistant to droughts and floods.

Source: <https://foodrevolution.org/blog/why-buy-local-food/> and <https://foodrevolution.org/blog/organic-food-prices/>

Palm Oil

- Palm oil comes from the fruit of oil palms, and palm kernel oil comes from the fruit's seed.
- **~50%** of the packaged foods in your typical supermarket contain palm oil. It's used so much because of how cheap it is.
- In Malaysia and Indonesia, oil palm plantations are the leading cause of rainforest destruction. These plantations produce **90%** of the world's palm oil.
- **~300 soccer fields** of rainforest are cleared every hour. If it continues at this rate, **98%** of rainforest in Indonesia will be destroyed by 2032.

Source: <https://foodrevolution.org/blog/palm-oil-facts/>

Here are a few tips for how to to live
a more sustainable life through
what you wear.

Fast Fashion is inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends

Fast Fashion

- Fast fashion is not only ethically questionable, it also isn't good for the environment.
 - The industry uses a lot of water and unsustainable materials to create cheap clothes.
 - Fast fashion also relies on a lot of transportation, since these clothes are usually made overseas.



The background is a solid light orange color. It is decorated with several stylized fireworks. Each firework has a central yellow starburst with multiple purple and yellow star-shaped trails radiating outwards. There are seven such firework graphics scattered around the central text: one in the top left, one in the top center, one in the top right, one on the far right edge, one on the left edge, one in the bottom left, and one in the bottom center.

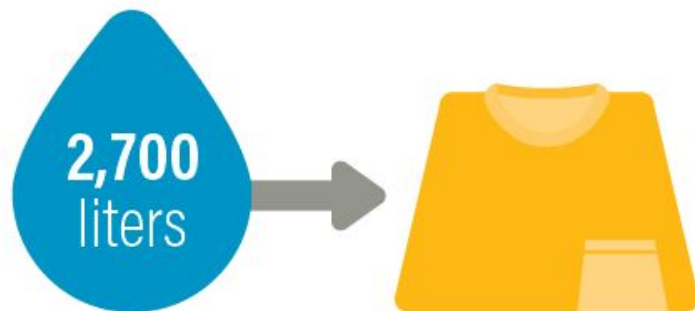
fast fashion (not very) fun
facts marathon!!

Environmental Impacts

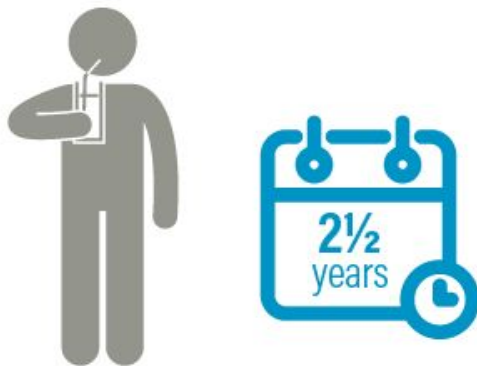
How many miles would you have to drive a car to create the same amount of greenhouse gases as making a pair of jeans?

How long do non-biodegradable clothes stay in the landfill?

It Takes 2,700 Liters of Water to Make One Cotton Shirt



Enough Water for One Person to Drink for 2½ Years



Environmental Impacts cont.

- Chemicals used to grow, dye, launder, and treat clothes end up in runoff and pollute nearby bodies of water. Dyeing and treatment of clothes makes up ~**17-20%** of all industrial water pollution.
- On average, **1 kg** of cotton requires **10,000 liters** of water to grow. This is significant, as ~**90%** of all natural fibres used in the textiles industry is cotton.

2,635 kg

of clothes (one garbage truck of clothes) is burned or sent to landfills every second.

That's enough to fill 1.5 Empire State Buildings every day, and all of Sydney Harbor every year!!

Environmental Impacts cont.

- In the US alone, **1.2 million tons** of textile waste is created annually.
- Globally, the fashion industry is worth **10%** of global carbon emissions.
- Cotton crops are responsible for around **\$2 billion** worth of toxic pesticides each year.



Source: <https://ejfoundation.org/news-media/2017/fast-fashion-costing-earth>

Alternative Options

- More sustainable options include:
 - thrifting ([Clothes Minded](#), [Avalon](#), [Goodwill](#), [Buffalo Exchange](#), [Hey Betty](#), [Eons](#), [Highway Robbery Vintage](#))
 - buying clothes from more sustainable brands
 - [Good On You](#) is an app and website that gives ethical brand ratings on sustainability
 - decreasing the amount of clothes we buy by being more conscious about the brands we are buying from

Minimizing waste may seem like a lot of effort, but it reduces the massive amount of (often non-recyclable) packaging you use and can save you money in the long run.

Bathroom

- Instead of buying products that come in plastic packaging, consider buying them in bar form (bar soap, bar shampoo, bar conditioner, etc.).
 - If you prefer liquid soap, there are many websites that sell shampoo and conditioner in refillable containers. You just have to send them back for refills! Most of these containers are also made out of aluminum, which can be recycled.
- Use bamboo toothbrushes rather than plastic.
- Always use towels to clean and dry.
- Loofahs are meant to be replaced every two months, so instead of plastic bath sponges, opt for natural or biodegradable loofahs/sponges.

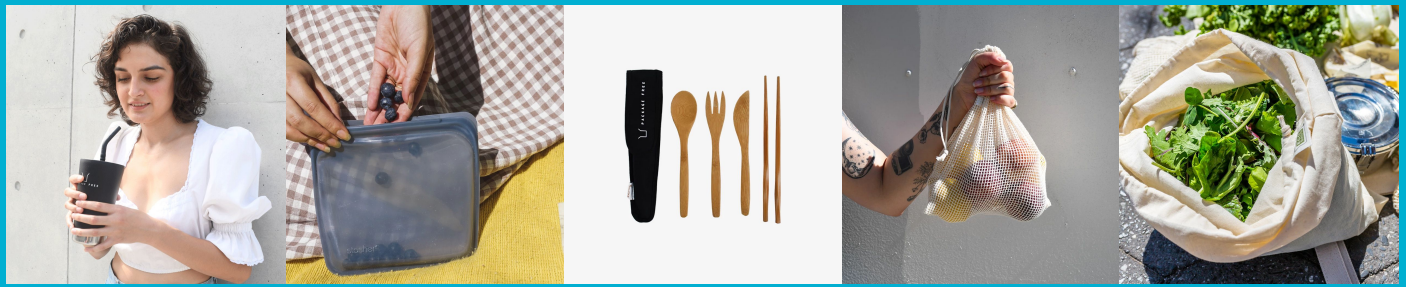


Cleaning

- Paper towels are compostable, but not everyone has the option to compost. You can replace them with regular towels, dishcloths or un-paper towels (reusable paper-like towels).
- Most cleaning products come in plastic packaging. Shops like [Blueland](#) and [Truman's](#) sell refillable cleaning supplies.
- Zero waste tips for the bathroom can also apply to a lot of cleaning and kitchen supplies.



Food



- When buying food, minimizing waste can seem impossible considering the amount of packaging involved.
 - If buying produce, simply use a reusable bag instead of the plastics ones you normally use.
 - Consider products in glass, paper or metal packaging instead of plastic packing.
- Bring reusable bags when shopping for anything!!!
- Buying ready made food and delivery requires a lot more packaging than making the food yourself does, so stop being lazy and just make it yourself!
 - If you are getting delivery, request no plasticware and use your own utensils.
 - When buying fast food or any type of drink, bring reusable utensils and bottles.
- Reusable straws are a great way to minimize waste, but often the cup itself is plastic too, so bring a reusable bottle with the straw!

**You don't have to live
completely waste-free.
Simply adopting a few
package free
alternatives to
frequently used items
can help!**

A lot of these tips may seem expensive, but sustainability also means materials that last much longer. This means you are buying the same thing a lot less than you would be when buying the single use option. Also, every time you buy something with packaging, you're paying for that packaging too!

Every single-use item
we use has a zero waste
alternative. Every time
you buy something,
think about what zero
waste option you could
be buying instead.

need inspiration?

The Package Free Shop has alternatives for just about anything! If you need help with ways to minimize waste in your lifestyle, look through <https://packagefreeshop.com/> for ideas and/or package free products to buy.

(just a few) Zero Waste Shops

- <https://www.marleysmonsters.com/>
- <https://packagefreeshop.com>
- <https://www.thezeromarket.com/>
- Bathroom Products
 - <https://byhumankind.com/>
 - <https://www.plaineproducts.com/>
 - <https://shopparrotfish.com/>
 - <https://www.etsy.com/shop/AlmanacBeauty>
 - <https://naturalveganclub.com/>
 - <https://www.hellohibar.com/>
- Cleaning Products
 - <https://www.blueland.com/>
 - <https://www.trumans.com/>
- Wax wraps (plastic wrap replacement)
 - <https://goldilockswraps.com/>