14 Eco-friendly New Year's Resolutions

Let´s begin the new year by making some small changes that make a big difference! Here are some simple ideas below to help you reduce your environmental footprint and live a healthier, more pro-active life!



Recycle

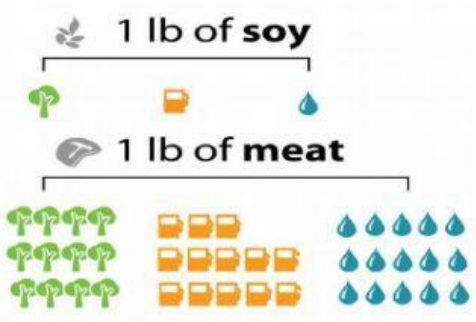
The amount of rubbish we throw away is increasing due to things like lifestyle changes and an increasing population.

We need to increase the amount of rubbish that is recycled because we cannot continue to landfill or burn it forever. We must work together to protect the environment. The participation of each person counts. If we don´t recycle, we can contribute to contamination in the air and seas.



Eat seasonally

According to scientists, researchers, and natural health experts, it is important to eat with the cycles of nature and only consume food that was grown at the time you are eating it. In order to preserve foods that are out of season, they are often covered in pesticides, waxes, and preservatives in order to maintain their fresh appearance. Eating seasonally is not only better for your health, it also promotes balance with both the earth's resources and its life forms. The changing of the seasons is a source of natural diversity that should be embraced rather than combated. Seasonal foods are cheaper to produce and cheaper to buy, not to mention, you can help your local farmers who choose to farm sustainably.



Eat less meat

Try and make every Monday a Meatless Monday

Vegetarian diets have grown in popularity as a way to try and reduce ones carbon footprint. However, eating locally and/or switching away from red meat can also have a significant impact on reducing emissions. According to a study by the University of Michigan, eating all locally-grown food for one year could save the equivalent of driving 1,000 miles, while eating a vegetarian meal **one day a week** could save the equivalent of driving 1,160 miles.



Stop using plastic bags. Always bring your own reusable bags

Plastic bags are convenient, however their convenience is costly to the environment. They are difficult to recycle and are often thrown away. Plastic does break down, but in a landfill it can takes up to 400 years; worse, it doesn't ever become other materials. It breaks down into microscopic pieces of plastic that are still non-biodegradable. Reusable bags are a great alternative to plastic bags. They are relatively cheap, last a long time and help preserve the planet!



Start a veggie garden

Though growing your own vegetables can seem overwhelming to some, it's actually much simpler than it sounds. Even if you don't have a yard, consider starting a patio garden or even an indoor herb garden on a windowsill. You'll be amazed at how many tomatoes or peppers you can grow out of one pot! Gardening is a natural stress-reliever and you can also save money on groceries!



Use reusable cups, bottles and napkins

Imagine just how many cups, bottle and paper-towels you throw away every year! Paper-towels, plastic water bottles and takeaway coffee cups have become a standard commodity. Using reusable items saves you a lot of money in the long run. The great thing about reusable items is that they are a one-time purchase and they will help reduce your environmental impact!

These easy switches help you and the environment!



Buy your music and books digitally

It´s often cheaper and saves space. This will also help you to cut down on paper and plastic consumption. If you have a smartphone, tablet, Ipad or Kindle, read newspapers online and buy eBooks instead.



Borrow, share, lend or swap items instead of buying

These are healthy choices for the planet as well as for our emotional health. As social beings, we enjoy sharing our things with others. Why fill the landfill with more rubbish when we can simply reuse and recycle items?Think twice before you buy something. Do you really, really need it?If we want to tackle climate change head on, we need to examine the way we live our lives, and how this impacts the planet and our co-inhabitants. Modern society tells us that in order to be happier, better and more successful, we need to have more stuff. However, researchers have found a connection between an excessively materialistic outlook and increased levels of anxiety and depression.

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Walk more, drive less

This can save you money, reduce your carbon footprint and keep you fit!



Replace your lightbulbs

Reduce your energy bill, save money and have longer lasting lightbulbs. LED lights are free of toxic chemicals like mercury or harmful gases.



Watch/read an environmental documentary or book every month

It´s very important to know about how the environment is changing. When we stay up-to-date, we can be ready and informed about necessary changes to improve our lifestyle.



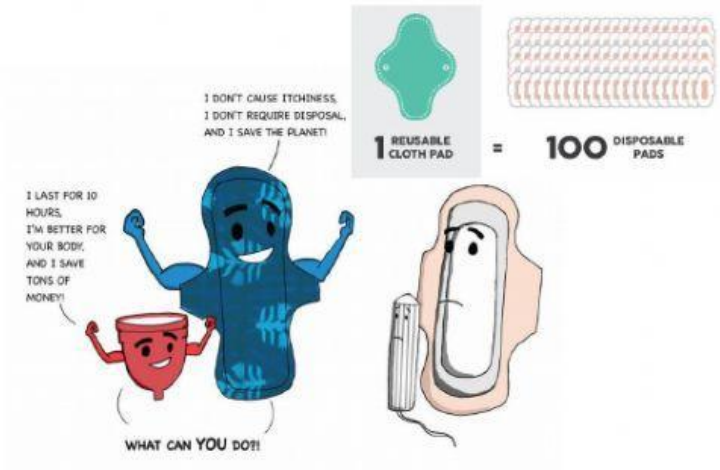
Spend more time in nature

There are many benefits to our health when we spend time outdoors. Some research studies have proved that contact with nature can improve our cognitive function as well. We must take a moment to connect with nature, even if only once per week.



Buy locally

When you shop at independent or local-to-you businesses, more money is kept within your community because local businesses often use or buy from local service providers, farms, and companies. Buying locally helps grow other businesses as well as your region's tax base.



Switch to reusable menstrual products

According to the Women's Environmental Network, a woman will go through an average of more than 11,000 disposable menstrual products throughout the course of her life, which is an extraordinary amount of waste. It has also been said that single-use sanitary napkins and tampons can cause irritations and absorption of dangerous chemicals.

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