Four Simple Steps Towards a More Sustainable Lifestyle

If you'd like to do something for the environment, but don't really know where to start, don't worry – you don't have to change your entire lifestyle to make a change. It's often the little things that add up and can make a real difference. If you're scared of committing to a lifetime of organic and sustainable living, then why not start small and see what happens? We've compiled a few easy tips for beginners who want to work towards a more sustainable future and a healthier and happier lifestyle.

Eat Green(er)

You don't have to become a vegan or vegetarian overnight, but why not skip meat once in a while and try and cut down on your chicken and beef intake? If you cut down on meat, you will also save quite a bit of money, which means that you could go to the butcher or farmers market more often to treat yourself to some grass-fed organic beef. After all, it's quality over quantity. Plenty of people around the UK are doing meatless Mondays – and there's no reason why you couldn't be one of them. So look for some vegetarian recipes online and get cooking.

Choose Sustainable Cleaners

It's easy to buy strong, harsh household cleaners from the supermarket, but did you know that you could simply use basic household items instead of harsh chemical cleaners and get the same effect? A mixture of vinegar and baking soda, with some lemon juice added in, makes for a great cleaner for household cleaning emergencies in the kitchen and bathroom. Cleaning has never been so simple and cheap – and sustainable.

Turn Off the Lights

We all know we shouldn’t waste energy, but how often do you actually find yourself leaving on the lights, simply because it’s easier? Try to make it a habit to turn off any lights and lamps that you don’t need, even if you’re just popping to the shop across the road. And remember to swap your light bulbs for energy-efficient ones to save energy and money. You won’t have to feel so bad if you do end up forgetting the lights once in a while.

Avoid Plastic

It’s generally a good rule of thumb to avoid plastic whenever possible. Take your own bag for shopping instead of getting a new plastic bag every time you buy something. Not only are tote bags sturdier than plastic, they will last you a long time, while being a lot better for the environment. What’s not to love? Try and avoid bottled water, too, as plastic generates massive amounts of container waste. Get yourself a reusable water bottle that you can refill, and save some money while you’re at it too.

Sources and Further Reading:

- *Maybe We Shouldn’t Ever Buy Grocery Store Chicken* – Green Lifestyle Market
- Greening Yourself – Green Lifestyle Market
- DIY and Green Cleaning Tips – Cleanipedia