How to be Green

Being green, or being environmentally considerate, is more a mindset than a certain set of actions. It’s all about conservation, consideration, sustainability, and looking to the future. With the right mindset, your daily choices will result in a greener lifestyle.

Reduce, then Reuse, then Recycle

Recycling is great, but reusing something that may otherwise be thrown into the recycle bin requires little-to-no energy. You can always recycle the item later. Reducing your consumption is the best choice. If you don’t need it, don’t buy it! Consumption for the sake of spending money or “keeping up with the Jones’s” is not a sustainable lifestyle.

Before making any purchase, a green consumer will consider both the environmental implications caused by the manufacturing of the product as well whether or not the product is something the individual really needs in the first place. If you don’t need it, don’t buy it.

Older is Generally Better

While the new Lexus 420h hybrid SUV is pretty sweet to look at and gets pretty decent mileage, discarding an older Honda Civic for the new hybrid is not the greener choice. The environmental footprint of building a new car is massive. It will take years for the slightly improved mileage to pay off that footprint.

Local is Better

Buying an apple at a local fruit stand versus purchasing an apple at your local grocery that was shipped cross country or across the ocean is a greener choice. The shorter the distance

traveled, the smaller the carbon footprint.

Buy Used

There are some very trendy used clothing stores where you can get designer clothing for 20% (or less) of the full price. Used cars, used bicycles, and used televisions can all be had at a substantial discount guaranteeing you a cleaner, greener conscious.

Strive to be Self-sustaining

Living off the grid is great, but even small steps can enrich your life by giving you piece of mind, a healthy hobby, and a healthier body. Consider starting a small vegetable garden. Maybe just start with tomatoes. After your initial success you'll probably be hooked and begin taking more and more steps towards being self sufficient.

Avoid Chemicals

Most chemicals are not good for the environment or for us. Limit your use of plastics, use low VOC or no VOC paint when remodeling your home, and forgo chemical air fresheners and detergents. You'll live a greener lifestyle and enjoy a healthier home.

Conclusion

Take a few steps and start thinking about your choices and actions as you go through your day. It's all about consideration. As time goes on, you will train your brain to be more and more aware of environmental implications.

For an easy step by step guide to reducing yoru carbon footpritn while savign money be sure to check out Going Green Today.