

# Practicing Sustainability During COVID



*"Sustainability is the continued protection of human health and the environment while fostering economic prosperity and societal well-being." (Fiksel et al. 2012)*

With everything going on right now, it may be hard to have the energy to focus on sustainability. However, we encourage you to take steps now for the sake of our future. Remember that even small steps add up and often lead to more change. Further your impact by getting others involved. Forward this newsletter on to friends or family and challenge each other to practice the tips given here. Keep in mind that the products you use today have health and environmental impacts today and beyond.

## Out And About

### SHOPPING

It seems like everything is moving to more single-use items during this pandemic. Lessen your own impact by

### OPTING OUT

of single-use plastics. Do this by bringing your own cutlery or straw with you to eateries, using reusable bags at the store (wash afterwards), or bringing your own coffee with you from home.

### MASKS

Masks have definitely become part of our lives, so be

### MINDFUL

by using reusable cloth masks when possible. Find masks from responsibly sourced materials ([see this article](#)) or find a seller that uses repurposed materials. If you do use disposable masks, consider recycling them ([check out this program](#)).

### COMBINE TRIPS

One way to be safer AND more sustainable is to be more

### PURPOSEFUL

when you do leave the house. Combine trips and try not to make any unnecessary trips. Always avoid idling ([see more here](#)).

### MAKE YOUR VOICE HEARD

Consumers have a lot of power when we make our voices heard. If you see ways a store or your city could improve, let them know by

### WRITING THEM

or calling. Let those who represent you know what you want.

