

Practicing Sustainability During COVID



WEEK 2

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

To reduce the spread of COVID-19, we are spending more time at home, and focusing on where we live is arguably the most impactful way to practice sustainability. The pandemic has most likely changed some of the ways we buy things, how and where we eat, and how we are spending our time and resources. Here is a great article titled "[3 Reasons We Need to Begin Using Sustainable Products \(and How to Do it\)](#)". Its section on how to switch to more sustainable products is very helpful.

Around the Home

LITTER STOMP

With people spending more time outdoors, litter is even more of an issue ([see this local article](#)). Last

SATURDAY

Keep Fort Worth Beautiful hosted a [litter clean-up event](#). Even though it's over, you can commit to picking up litter around your own neighborhood. Practice physical distancing and wash your hands or wear gloves.

HOME OFFICE

Whether your working from home or taking classes, there are steps to "green" your office space. Start with the products you use

FREQUENTLY

and buy more sustainable options next time you need them. Here is a great [local article on ways you can make your home office more sustainable](#).

E-WASTE RECYCLING

Chances are you have cords, wires, or old electronics collecting dust.

NOVEMBER 12

HSC Sustainability is hosting a community recycling event for such items (and more). [See all the details on this flyer](#).

GROWING FOOD

No matter where you live, you can grow something. This helps you

CONNECT MORE

with your food and may even help you eat more vegetables! Tarrant Area Food Bank offers [great resources](#). Also, sprouting is an easy way to add greens that doesn't require a lot of space. [See this resource here](#).

