

Sustainability Simplified

Written by



Live Mindfully

No Pressure | No Perfection
Just Progress - One Mindful Step at a Time

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Reusable Bags: A Small Swop with Big Impact

Did you know that single-use plastic bags can take over 500 years to decompose? Most of these end up in landfills, where they harm wildlife, pollute ecosystems, and contribute to environmental degradation. In urban areas, animals often scavenge through waste, ingesting plastic bags that can cause choking hazards and disease and disrupt natural food sources.

Beyond environmental harm, plastic bag production is resource-intensive 8% of the world's oil consumption goes into making them, with an estimated \$12 million wasted annually on plastic bags that end up discarded.

Switching to reusable bags made from sustainable materials like cotton, mesh, hemp, or even upcycled old shirts is an easy and effective way to reduce waste. Unlike plastic, these bags don't break down into micro-plastic, which contaminate water and soil. Plus, there are plenty of DIY tutorials online to help you create your own reusable bags!

Glass Food Storage: A Safer, More Sustainable Choice

Not all plastics are created equal, but many—even some labelled as dishwasher-safe—can leach harmful chemicals into food over time. Plastics are made using a mixture of carbon, polyethylene, nitrogen, oxygen, and phthalates, which may seem harmless but have been linked to serious health risks.

Why choose glass?

- Non-porous & easy to clean – Unlike plastic, glass won't absorb odours or stains. It's also
- resistant to mould and bacteria.
- Heat-resistant & durable – Glass withstands high temperatures, making it safer for hot foods and microwave use.
- Keeps food fresher – Glass containers preserve taste and quality better than plastic or silicone.
- Eco-friendly & endlessly recyclable – While glass requires more energy to produce, its long lifespan and non-toxic nature make it a more sustainable option in the long run.

Switching to glass food storage is a small change that can make a big impact on both your health and the environment!



Buy Local When You Can: Small Choices, Big Impact

Shopping locally isn't always the easiest or most affordable option, but when possible, it's a great way to reduce waste, conserve energy, and lessen dependence on mass production. Buying from farmers' markets, community gardens, or even growing your own food helps cut down on packaging waste and transportation emissions while supporting small businesses and local farmers.

Many locally sourced foods are also organically grown, meaning they are free from harmful chemicals, hormones, and additives used to make produce look "perfect."

Start small! Try purchasing fresh produce locally while still getting pantry staples from chain stores. Every little step makes a difference and supports a more sustainable, community-driven economy.

Composting: Give Back to the Earth

Not everyone has the time, space, or resources for full-scale composting—and that's okay! But if you have a garden or even a few potted plants, composting can be a simple way to reduce waste and enrich the soil.

What to Compost:

- Vegetable & fruit scraps
- Tea leaves & coffee grinds
- Eggshells (clean & crushed)
- Garden trimmings & soil
- Unprinted cardboard & paper (black ink only)
- Even pet waste!

Over time, these materials naturally break down into nutrient-rich fertilizer, reducing landfill waste while nourishing plants and improving soil health. Even small-scale composting makes a big impact—it's an easy way to turn waste into something valuable for the planet!