



# 12 Ways to Live More Sustainably

Every day we make choices in our lives that affect the environment, the climate and other species. Here's how you can "choose wild" and reduce your environmental footprint to leave more room for wild animals and plants:

## 1. Think twice before shopping.

Before you buy something new, ask yourself if you really need it. If so, consider buying gently used and look for minimal packaging.

## 3. Go #PlasticFree.

Cut down on plastic waste by shopping with reusable bags, ditching single-use water bottles and avoiding products made from or packaged in plastic whenever possible.

## 5. Pay attention to labels.

Buy organic food whenever possible. Choose non-toxic cleaning supplies and avoid sunscreens with oxybenzone or octinoxate.

## 7. Drive less, drive green.

Walk, bike, carpool or use public transportation whenever possible. Combine errands to make fewer trips and keep your car in shape with regular tune-ups and tire inflations.

## 9. Choose Wild Energy.

If your state allows you to pick your electricity supplier, use a Green-e certified company. Explore the options — and tax credits — for installing solar in your home.

## 11. Choose to have a smaller family.

With more than 7.5 billion people in the world, we're not leaving much room for wildlife. We can achieve an ecologically sustainable population in ways that promote human rights and allow plants, animals and ecosystems to thrive.

## 2. Make sure your big purchases have big environmental benefits.

Look for the Energy Star label on home appliances and more fuel efficient car models.

## 4. Boycott products that endanger wildlife.

Avoid places that sell products from threatened species, such as bluefin tuna, and look for products made from sustainable materials that don't endanger habitat.

## 6. Be water wise.

Skip the bottled water. Conserve water by taking shorter showers, fixing leaky toilets and choosing low-flow or low-water appliances.

## 8. Green your home.

Improve your home's energy efficiency with adequate insulation, energy-saving windows and a programmable thermostat. Get an energy audit to find more ways to save energy.

## 10. Take Extinction Off Your Plate.

You have three chances a day to reduce your environmental footprint by eating less or no meat. Prevent food waste with smart, planned shopping and consume what you purchase.

## 12. Use your voice and your vote.

Get politically involved in your community and at the national level. Vote for candidates with strong environmental platforms and talk to your friends about wildlife protection and the need to address human population growth and overconsumption.

For more info, visit: [biologicaldiversity.org/population\\_and\\_sustainability](https://biologicaldiversity.org/population_and_sustainability)

