

# 3 Ways to Practice Sustainability

Sustainability is not just a buzzword. It should be a way of life.

During the time of pandemic, the world went through one of its toughest challenges. The protection of the health of billions became the top priority, and unfortunately, some practices took its toll on Mother Nature.

The volume of online shopping resulted in excessive plastic waste. Disposable masks and other medical wastes increased in the past year. The demand for more convenient and ready made products set back environmental efforts in previous years, especially in terms of minimizing waste, recycling and repurposing.

Luckily, there are still many things you can do in your homes that can help ease the burden on the planet. Here's how you can keep help in your own way.



## Save water

Even though the pandemic requires most people and households to constantly disinfect, wash hands and maintain proper hygiene, you can still save water. Keep your showers short, recycle indoor water for plants, don't flush unnecessarily, fix the leaks in your house, and don't run the water when you're brushing or shaving.



## Reuse and recycle

Use a reusable water bottle instead of buying bottled water outside. Segregate your waste so that it can still find new purpose. Check your items to see if you can barter them with someone rather than make new purchases.



## Start a backyard garden

Maintaining a backyard garden can help you cultivate fresh fruits and vegetables that you can cook for your family. You can also start your own compost plot to fertilize your greens rather than opt for chemical pesticides. You can begin with a simple herb garden and work your way up to fruit bearing trees. If you are short on space, you can try to set up a vertical garden. Its a relaxing and productive activity that will give you a finer appreciation for the wonders of nature.

