

Live a happy and sustainable midlife

12 steps to a more sustainable 2020

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Reduce household energy usage

Try turning off lights that aren't being used and don't use appliances unnecessarily, such as drying clothes on an airer rather than the dryer. Make sure you buy energy efficient appliances.

Re-sell and donate clothes

Clothing you no longer need can be donated which reduces the demand for cheaply made, disposable products. Try clothes swapping with friends too!

Eat less meat

Producing meat for the growing population has a devastating effect on the environment. Even if you don't want to go fully vegan, cutting down on the meat can help reduce the amount of meat produced.



Reduce, Re-use, Recycle

Take your recycling to a local recycling centre if you don't have a recycling bin at home.

Save water

Start by conserving household water both inside and outside. Look at appliances in your home, such as washing machine, shower, toilet and outside think about sprinklers and hoses.

Use your car less

Try setting up a car-pool, or consider walking more and using public transport when possible.



Buy the right sized house

Buying a smaller house will help you use less energy than a bigger house.

Use daylight as much as possible

Relying on sunlight in the day will reduce the amount of fossil fuels used to produce electricity.

Un-plug devices when not in use

Save on your monthly energy bill as well as the planet. Your electronic devices still draw electricity when they are off, so make sure you un-plug.



Use energy saving light bulbs

Change from traditional light bulbs to energy efficient ones or use natural light when possible.

Change your washing habits

Think about the volume of water used when you bathe, do the laundry, wash dishes, ect.

Stop unwanted mail

Reduce your unwanted mail as much as possible to prevent the volume of waste produced.

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