

10 ways Weston residents can be more sustainable

It's not difficult to be more sustainable. Many times it saves money, sometimes a lot of money. Sometimes a small upfront investment is required.

1. Walk more, drive less. Don't idle. Get a step counter for motivation and compare your steps to family and friends. Carpool.
2. Switch to renewable power generation.
3. Eat more vegetables and less meat, especially beef.
4. Use a lawncare provider that uses renewable energy. Cut it and leave it.
5. Compost food waste and leftovers. Reduce food waste by planning your meals (tips at <https://www.savethefood.com/tips/10-easy-tips-for-meal-planning>).
6. Reduce, reuse, recycle. Use reusable shopping bags and recycle plastic shopping bags when you receive them. Reduce paper use by reading books and newspapers on your iPad or other reader. Bring a reusable mug to Starbucks. Don't use disposable items.
7. Reduce your home heating and cooling costs by insulating your home. Lower your thermostat in winter, raise it in summer. Don't heat or cool when you're not home. Wear a sweater.
8. Switch out incandescent lights for energy efficient, long lasting LED bulbs. Use an electric teakettle. Turn off appliances and lights that you are not using. Replace old, inefficient appliances.
9. Use filtered tap water to fill reusable water bottles, instead of buying plastic water bottles.
10. Educate others.