

Energy City Insights – Sustainable Living Tips & Tricks

Starting off the new year with good habits is often a goal for many - whether that means eating better, drinking more water, spending time outside or even discovering a new hobby. Maybe this is the year you include sustainability in some of your New Year's resolutions?! There are numerous ways to add sustainable practices into your life, check out these tips and tricks for making 2021 the year you reduce your carbon footprint.

Sustainable Home Resolutions:

- Vacuum the coils on the back of your refrigerator.
- Install water-saving shower heads and faucets and consider a low-flow/dual flush toilet.
- Wrap your water heater with an insulating blanket (available at most hardware stores) to save energy and allow it to run more efficiently.

Waste Reduction Resolutions:

- Opt-out of junk mail to reduce the amount of mail you are throwing right into the recycling bin.
- Buy and USE reusable water bottles, coffee mugs and shopping bags.
- Consider a new reusable item. Many retailers sell reusable storage bags, that are a great alternative to single-use plastic bags.
- Buy in bulk to reduce packaging for items such as soap, dry-good foods (nuts, flour, coffee), cleaning supplies and shampoo.

Creative Reuse Resolutions:

- Reuse take-out containers for food storage at home and rinse glass jars to be used again.
- Instead of donating old clothing, reuse items for cleaning rags around the house.
- Consider switching to cloth napkins or reusable paper towel products - they can save you money in addition to being a more sustainable option.

T-Shirt Upcycling

If you are interested in sustainability and a project, consider upcycling your old t-shirts. Upcycling, also called “creative reuse”, is the idea of taking something that would otherwise be thrown away and turning it into a new item with true value. Consider using old t-shirts to make rugs, pet toys, art or even a lampshade! [Click here to learn more.](#)